

Counting Weeks: A Changing Understanding of Premature Birth at Early Gestations

Internet Enduring Material

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Time to Complete

The estimated time for completion of this Internet Enduring Material is 60 minutes.

Target Audience

This presentation is intended for physicians, advanced practice providers, and other clinicians practicing within the Neonatology specialty.

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Disclosure of Relevant Financial Relationships

Kaashif Ahmad, MD and Matthew Rysavy, MD, faculty for this educational activity, have no relevant financial relationships with ineligible companies to disclose. *FDA Disclosure(s)*: none to report.

Timothy Biela, MD, Nicole Brenson and Jaya Sariga, NNP-BC, planners of this educational activity, have no relevant financial relationships with ineligible companies to disclose.

Commercial Support

There is no commercial support for this educational activity.

Overview

This activity examines the evolving understanding of premature birth at the earliest gestational ages and the clinical implications of current terminology. Through a historical lens, participants will explore how definitions of prematurity have shifted over the past century and why the broad label "extremely preterm" inadequately captures the distinct physiology, management needs, and outcomes of infants born at ≤ 24 weeks. The activity highlights emerging evidence from the Tiny Baby Collaborative and presents the rationale behind the 2026 AAP Joint Workshop on Terminology convened to develop a more precise classification framework.

Objectives

At the conclusion of this activity, the participant will be able to:

- Describe the historical evolution of prematurity definitions.
- Identify key physiological and clinical management differences among infants born at 22, 23, 24, and 25–27 weeks' gestation.

ACGME/ABMS Competencies

- Patient Care and Procedural Skills
- Medical Knowledge
- Practice-based Learning and Improvement
- Systems-based Practice

IOM Competencies

- Provide Patient-Centered Care
- Employ Evidence-based Practice

Participation and Credit

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 75% or greater correct on the post-test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*[™], or nursing contact hour(s).

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Contact

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