

Continuing Education (CE) Information

ASPEN 2026
NUTRITION
SCIENCE &
PRACTICE
CONFERENCE



Conference Goals and Target Audience

The ASPEN Nutrition Science & Practice Conference is designed for members of the healthcare team, including dietitians, nurses, physicians, pharmacists, advanced practice providers, researchers, and others who practice the sciences of clinical nutrition and metabolism. The conference provides healthcare team members with current and cutting-edge information in the fields of nutrition support, clinical nutrition, and metabolism.

Conference Objectives

Upon conclusion of the conference, healthcare team members will be able to:

- Challenge current clinical practices
- Integrate evidence-based updates into practice
- Reflect on the implications of current research
- Identify gaps in knowledge that require further education and training
- Identify gaps in the knowledge base of their team that require further education and training

Learning Levels

To assist in selecting sessions that are most appropriate for you, each session will be identified by learning level on the ASPEN website at www.nutritioncare.org/conference:

- **Basic:** Assumes little or no prior knowledge of areas covered. The basic session is aimed toward individuals building a foundation for competent practice.
- **Intermediate:** Assumes a general knowledge of the literature and clinical practice within the areas covered. Intermediate sessions are aimed toward individuals wishing to expand their skills and knowledge base.
- **Advanced:** Assumes thorough knowledge of the literature and clinical practice within the areas covered. Advanced sessions are aimed toward individuals seeking a synthesis of recent advances and future directions.

Successful Completion

ASPEN provides CE credit to physicians, nurses, pharmacists, and dietitians who attend in full each session claimed for credit and complete the program evaluation process within the electronic CE system in ASPEN's eLearning Center, www.nutritioncare.org/elearning. Registered conference participants will need to log in using their ASPEN credentials to gain access to the conference evaluations in the eLearning Center.

International Participants

Participant feedback is essential in the continued improvement of ASPEN's educational programs, including the annual conference. International participants are encouraged to use the electronic system to submit evaluations for the sessions attended and the overall conference. Through the electronic system, detailed documentation of the sessions attended at the conference will be provided on a discipline-specific transcript.

In Person and Virtual Conference Participation

ASPEN26 is a conference presented live and in real-time to both in-person and virtual attendees. Both in-person and virtual attendees can ask questions and interact with speakers and peers. Participants must follow all processes for successful completion and all applicable accreditation guidelines.

System Requirements for the Virtual Conference

- Computer with internet connection
- Windows or Mac OS
- Supported Browsers: Firefox 100+, Chrome 100+, Safari 12+, Microsoft Edge 100+
- JavaScript & Cookies enabled
- Recommended RAM: 1GB+

Mobile Support

- iPhone or iPad running IOS 14+
- Android Running 10+, Chrome Browser

*Also compatible with iOS and Android-based tablets and smartphones.

Accreditation Statement



In support of improving patient care, The American Society for Parenteral and Enteral Nutrition (ASPEN) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Pre-conference (02/14/2026): ASPEN designates this [each] live activity for a maximum of 4 AMA PRA Category 1 Credits™.

Main Conference (02/14/2026 – 02/17/2026): ASPEN designates this live activity for a maximum of 21.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists: Main conference, a maximum of 21.5 contact hours/2.15 CEUs may be earned for the ASPEN 2026 Nutrition Science & Practice Conference. Knowledge activities.

Nurses: Main conference, ASPEN designates this activity for a maximum of 21.5 nursing contact hours.

Dietitians: Main conference, ASPEN designates this activity for a maximum of 21.5 CPEUs.

Commission on Dietetic Registration <small>eat right. the credentialing agency for the Academy of Nutrition and Dietetics</small>	Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.
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This activity was planned by and for the healthcare team, and learners will receive 21.5 hours (main conference) and 4 hours (preconference) Interprofessional Continuing Education (IPCE) credit for learning and change.

Continuing Education Credit Hours

Pre-conference programming on February 14, 2026, provides a maximum of 4 continuing education hours. Pediatric Preconference Course (4).

Details on the Physician Preconference Course can be found at the end of this document, as this course is not an IPCE activity.

Main Conference Programming	Maximum Hours
February 14, 2026	2.5
February 15, 2026	6.5
February 16, 2026	6.5
February 17, 2026	4.0
Maximum for Conference	19.5*

*Two additional hours of CE credit are available for the IC Ethics and Neonatal Section Forums, bringing the overall main conference CE credit hours to a maximum of 21.5.

Notices

- Ancillary/satellite programs and corporate symposia are not provided by ASPEN for CE credit.
- Faculty and planner disclosures and resolution of conflicts, if any, will be available in the conference disclosure supplement on the conference website prior to the conference: www.nutritioncare.org/conference.
- Detailed sponsorship and commercial support information will be included on the conference website: www.nutritioncare.org/conference.
- ASPEN subscribes to the ACCME Standards for Integrity and Independence in Accredited Continuing Education.
- ASPEN does not provide programs that constitute advertisement or include promotional content.
- ASPEN does not endorse any products.

Commercial Support: Pediatric Preconference Course is supported in part by Mead Johnson Nutrition.

Privacy: ASPEN respects the privacy of its members and website visitors. Companies that receive personal information from ASPEN to execute the business of ASPEN may use personal information only for that purpose.

Grievances: Should be addressed in writing to: ASPEN Senior Director, Education and Research, 8401 Colesville Road, Ste 510, Silver Spring, MD 20910

Faculty and Planner Commercial Relationship Disclosures and Conflicts of Interest (COI): will be available in the ASPEN26 disclosure supplement on the conference website prior to the event.

www.nutritioncare.org/conference.

Americans with Disabilities Act and Special Services

ASPEN takes steps to provide reasonable accommodation to ensure that no individual who is physically challenged is excluded, denied services, segregated, or otherwise treated differently because of an absence of auxiliary aids and services identified in the Americans with Disabilities Act. If you require special services, please contact ASPEN at aspen@nutritioncare.org or 301-587-6315.

Definitions

- Contributed by: signifies that an organization outside ASPEN has contributed content for the session. For example: "Contributed by the Canadian Nutrition Society (CNS)". All sessions contributed by other organizations were reviewed and approved by the ASPEN Conference Program Committee.
- Presented by: signifies that a chapter or section within ASPEN is presenting the session. For example: "Presented by the ASPEN Ibero Latin American Section (ILAS)". All sessions presented by an ASPEN chapter or section were reviewed and approved by the ASPEN Conference Program Committee.
- Supported by/Supported in part by: signifies that an organization or commercial entity outside ASPEN has provided financial resources, such as an unrestricted educational grant, for the session. For example: "Supported in part by Nutrition Company X" or "Supported by Nutrition Company X".

Physician Preconference Course: Comprehensive Nutrition Therapy – Tactical Approaches in 2026

This course is designed to stimulate interest in nutrition in young physicians and demonstrate its importance to patient outcomes. Each session will start with a case presentation and end with a discussion of the case by the expert speakers, followed by an interactive question-and-answer session.

Course Practice Gap and Goal Target Audience:

The inadequacy of medical nutrition education has been studied for at least the last two decades. Despite numerous efforts to improve nutrition education for physicians, most graduating medical students continue to rate their nutrition preparation as inadequate. This course will attempt to address this gap in nutrition education in medical training.

Target Audience:

Medical students, residents, fellows, and practicing physicians who are not currently experts in nutrition. The course is open to other medical professionals, such as dietitians, pharmacists, and nurses.

This program is designed for the intermediate learning level.

Successful Completion: ASPEN provides continuing education credit to physicians who attend **in full** each session claimed for credit and complete the program evaluation in ASPEN's eLearning center.

Physicians



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

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ASPEN designates this live activity for a maximum of 5 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity is for a maximum of 5 contact hours.

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Commercialism: ASPEN subscribes to the ACCME Standards for Integrity and Independence in Accredited Continuing Education. ASPEN does not provide programs that constitute advertisements or include promotional content. ASPEN does not endorse any products.

Commercial Support and Sponsorship: This physician preconference course is supported in part by Abbott, Baxter, and Nestlé Health Science.

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