

Physician Preconference Course • Comprehensive Nutrition Therapy: Tactical Approaches in 2026 (PHY-2026)



Disclosures

1. Speaker and planner disclosures are available at www.nutritioncare.org/conference

Claim Your Continuing Education (CE) Credit

1. Go to nutritioncare.org/A26 or scan the QR code.
2. Log in using your ASPEN username and password.
3. While on the event page, you can access event information, session evaluations, etc. Click on the “**Accreditation**” tab and then “**Evaluations and Claim CE Credit**” to start evaluating sessions.
4. Select the session you need to evaluate by clicking on “**Take Evaluation**”.
 - a. Be sure to select your correct discipline when entering session evaluations. Pharmacists and physicians must provide additional information to ensure proper upload into the appropriate system.
5. Complete the evaluation for *each* session you attend and click “**Submit**”. Make sure you fill in the evaluation completely, as the contact hours are not earned until the entire evaluation is completed.
6. Complete the Overall Conference Evaluation by clicking on “**Take Evaluation**” under Overall Evaluation and Transcript.
7. Access your certificates in the “**CE Transcript**” section under “**My Account**” when logged into ASPEN’s eLearning Center.



**Complete your evaluations and claim CE credit by March 14, 2026.
Credit will not be issued after this date, with no exceptions.**

Access Conference Recordings in ASPEN’s eLearning Center

A few weeks after the conference concludes, you can go to ASPEN’s eLearning Center to gain access to the conference session recordings*. ASPEN will send an email notification when the recordings are available.

1. Go to <http://www.nutritioncare.org/elearning/>
2. Log in using your ASPEN username and password.
3. In the **My Account** section, click on **Archived Content**.
4. Then click the ASPEN 2026 Nutrition Science & Practice Conference event title.
 - a. Select the session you want to hear, and you can play it on your laptop or download it by selecting **Download MP3** on the right-hand side of the page.
5. All registered full conference in person and virtual attendees will have complimentary access to the main conference sessions that have been recorded*.
6. Registered preconference attendees will have access to recordings* of the preconference courses that were attended live.
7. Conference recordings will also be available for sale.

**Recordings that will not be available include the roundtables, labs, paper sessions, Premier Paper Session/Vars Competition, and any other presentations where a faculty member has not provided permission, usually the result of presenting unpublished data at the conference.*

Physician Preconference Course: Comprehensive Nutritional 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



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INTERPROFESSIONAL CONTINUING EDUCATION

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.

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.

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

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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.

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.