

**Title: On Demand Webinar: Nutrition-Focused Physical Exam: Troubleshooting Challenging Populations in Critical Care**

*Program Instructions:*

1. Watch the session video in full.
2. Review the available handouts.
3. Take the session exam under the **CE Information** tab.
4. Access your CE Transcript from the **CE Transcript** tab after clicking **My Account**.

CE credit available for dietitians, nurses, pharmacists, and physicians

Total Credit Hours: 1.0

On-Demand Activity Start Date: May 15, 2025

On-Demand Activity Expiration Date (all CE credit must be claimed by the expiration date): May 15, 2026

**Speaker Credentials and Affiliations:**

**Laura Kao, RD, CNSC**

Neurocritical Care, Stroke, General Neurology, Epilepsy Dietitian, Clinical Nutrition Department, Stanford Health Care, Cupertino, CA

**Caroline Couper, RD, LD, CNSC**

Advanced Practice I Dietitian, Intensive Care at the Cleveland Clinic Foundation, Cleveland, OH

*Moderator*

**Katie Mathias, MS, RD-AP, CSO, CNSC**

Head and Neck Oncology Dietitian, Clinical Nutrition, Stanford Health Care, Dublin, CA

**Format:** Online as MP3/MP4 files and PDF Handouts

---

**On Demand Webinar Activity Overall Goal:**

This CE activity serves to promote the process of life-long learning for physicians, dietitians, pharmacists, and nurses who specialize in the sciences of clinical nutrition and metabolism.

**Goal and Target Audience:**

This educational activity is directed toward clinical nutrition and metabolism professionals and others who wish to update their knowledge of clinical nutrition and metabolism. By participating in this educational activity, the reader may expect to:

- Acquire knowledge in the area of clinical nutrition and metabolism research.
- Update or confirm your understanding of appropriate clinical nutrition and metabolism practices.
- Identify further learning needs as they relate to the subject matter.

**Webinar Description:**

Diagnosing malnutrition is an essential part of a nutrition assessment in the hospitalized patient's care. The degree of malnutrition guides clinicians' decisions on the plan of care and prescribing appropriate interventions. The nutrition focused physical exam (NFPE) is a big part of the malnutrition diagnosis and can help determine severity. However, performing a comprehensive physical exam can be challenging for clinicians, especially in critically ill patients. This presentation will review barriers to performing physical exams, specifically with patients in the neurological and cardiovascular intensive care units and will discuss strategies to overcome these barriers to implement the best nutrition plan of care for high-risk patients across the care continuum.

## Learning Objectives:

- Identify the limitations of performing NFPE in a variety of ICU patient populations and the strategies to overcome them.
- Summarize how malnutrition can influence the nutrition care plan and determine how to best communicate appropriate interventions with members of the healthcare team.
- Describe best practices for documenting malnutrition and its impact on the continuum of care.

## Requirements for Successful Completion:

To obtain CE credit for this activity, attendees must listen to the education recording, complete an online knowledge assessment for the education recording achieving a score of 100%, and complete an online activity evaluation. All CE credit must be claimed prior to the expiration date, no exceptions.

ASPEN submits data as required to the CPE Monitor for pharmacists. ASPEN submits physician earned CME credit into Pars. ASPEN does not submit data to any other credentialing organization. Pharmacists and physicians: ASPEN will upload earned CE credit into the appropriate system within the required timeframe. Any credit not claimed by the deadline will not be entered. Please provide your correct information when completing your evaluation and claiming CE credit. ASPEN submits only the information that is entered by the pharmacist or physician when credit is claimed and is not responsible for following up to obtain any corrected information to ensure an error-free submission.

## 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.

ASPEN designates this enduring activity for a maximum of 1.0 *AMA PRA Category 1 Credits™* per activity. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists: ASPEN designates this activity for a maximum of 1.0 contact hours/0.1 CEUs. ACPE UAN: JA0002345-0000-25-110-H99-P. Knowledge Activity.

Nurses: ASPEN designates this activity for a maximum of 1.0 nursing contact hours.

Dietitians: ASPEN designates this activity for a maximum of 1.0 CPEUs.

	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).</p> <p>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).</p> <p>RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.</p>
---	--



This activity was planned by and for the healthcare team, and learners will receive (1.0) Interprofessional Continuing Education (IPCE) credit for learning and change.

## **Policies and Information:**

**Non-Commercialism.** ASPEN subscribes to the Standards for Integrity and Independence in Accredited Continuing Education. ASPEN does not provide programs that constitute advertisement or include promotional materials. ASPEN does not endorse any products.

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

**Grievances.** Grievances must be submitted in writing to Senior Director, Education and Research at ASPEN, 8401 Colesville Road, Ste 510, Silver Spring, MD 20910.

### **Computer Requirements and Technical Support:**

Participants will need a computer with internet connection, and it is recommended that end users' devices satisfy the following requirements:

- OS: Windows, Mac
- Browser: Firefox 52+, Chrome 58+, Safari 10+, Microsoft Edge 14+
- Javascript & Cookies enabled
- Recommended RAM: 512MB+

### **Mobile support**

- Iphone 5s+ - Safari Browser - IOS 9+
- Ipad 2+ - Safari Browser - IOS 9+
- Android Running 4.0+ - Chrome Browser

For technical difficulties, please contact Broadcastmed Customer Support:by phone: **1.860.953.2900**

*Phone support is available 8am-8pm EST Monday through Friday.*

by email: [support@broadcastmed.io](mailto:support@broadcastmed.io)

**Refund Policy.** Refunds are not available.

**Commercial Support and Sponsorship:** No commercial support was received for this on demand educational activity.

**Disclosures and Relevant Financial Relationships for Faculty and Planning Committee Members:**

The following individuals have no relevant financial relationships with ineligible companies:

Katie Mathias, Laura Kao, Caroline Couper

ASPEN staff have no relevant financial relationships with ineligible companies.

All relevant financial relationships have been mitigated.

Note: an ineligible company is one whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. For specific examples of ineligible companies visit [accme.org/standards](http://accme.org/standards).

Financial relationships are relevant if the following three conditions are met for the prospective person who will control content of the education:

- A financial relationship, in **any amount**, exists between the person in control of content and an ineligible company.
- The financial relationship existed during the past **24 months**.
- The content of the education is related to the products of an ineligible company with whom the person has a financial relationship.