



Whether you are lying on a deckchair at the beach, relaxing in a cold swimming pool or hiking in the mountains, we hope you are enjoying summer time. In this double edition, we compiled reports, expert interviews, and parents' stories on topics like World Breastfeeding Week, nutrition, hospital visits, and much more, for you to browse through. Happy holidays!



Your EFCNI team

World Breastfeeding Week 2016

This year's theme of *World Breastfeeding Week* of the *World Alliance for Breastfeeding Action (WABA)* was "Breastfeeding: A key to sustainable development". To highlight the importance of breastfeeding and to support this initiative, we created a social media series on interesting facts about breastfeeding.

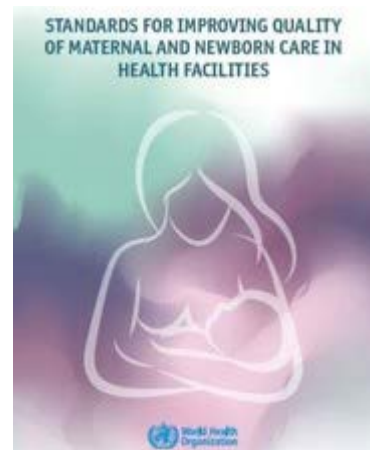
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EFCNI contributes to WHO Standards on maternal/newborn care

The period around childbirth is the most critical for saving maternal and newborn lives. To realise the vision to improve the quality of care for mothers and newborns around the time of childbirth, the *World Health Organization (WHO)* prepared a new framework. EFCNI proudly contributed to the development of these newly published *WHO Standards for improving quality of maternal and newborn care in health facilities*.

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Silke Mader awarded as Iconic Innovative Trailblazer of the Decade

EFCNI Chairwoman Silke Mader was awarded one of the *Iconic Innovative Trailblazers of the Decade* at the *ALL Ladies League (ALL) – Women Economic Forum 2016* in New Delhi, India. In a [video speech](#) to the 1,500 delegates from 75 countries, she thanked the award committee who had honoured her as an "inspiring social entrepreneur".



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EFCNI visits The Dyson Centre for Neonatal Care in Bath

At the beginning of August, Silke Mader and Nicole Thiele from the EFCNI team had the great opportunity to visit *The Dyson Centre for Neonatal Care in Bath*, United Kingdom, which opened its doors in 2011. The totally new design concept of the neonatal unit allows the care team to put their ideas in family-centred care for preterm or ill born babies into practice.



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New members of the EFCNI Scientific Advisory Board

We are glad to continue our series about the new members of the EFCNI Scientific Advisory Board. We highly appreciate the participation of the international experts.



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EFCNI Scientific Advisory Board: Welcome Dr Morten Breindahl

Expert in the field of neonatal transports: Dr Morten Breindahl, consultant neonatologist at the Department of Neonatology at the National University Hospital in Copenhagen, Denmark, recently established the *International Federation of Acute Neonatal Transport Services* (INFANTS). This organisation has the mission to establish a world-wide cooperation for all neonatal transport teams.



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EFCNI Scientific Advisory Board: Welcome Professor Pierre Kuhn

Focused on the sensory sensitivities of very preterm infants: Pierre Kuhn (MD, PhD) is a professor of paediatrics at the *University Hospital of Strasbourg*, France, and an invited researcher at the *Karolinska Institute* in Stockholm, Sweden. He works as senior neonatologist and has the position of head of the NICU at the *University Hospital Strasbourg* since 2007. His research focuses on the sensory sensitivities of very preterm infants.



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EFCNI Scientific Advisory Board:

Welcome Dr Nicholas Lack

Master of numbers and figures: Dr Nicholas Lack is a statistical consultant currently employed as head of statistical methods at the *Bavarian Institute for Quality Assurance* in Munich, Germany. He has gathered over 30 years of international experience in maternal and child health in government health administration assignments in the United Kingdom and Germany.

[View more](#)



EFCNI Scientific Advisory Board: Welcome Dr Atle Moen

Expert in modern NICU design: Dr Atle Moen is a consultant neonatologist at the *Rikshospitalet Oslo University Hospital*. He finished his Medical Degree at the *University of Oslo* in 1991 and wrote his thesis for his medical doctorate on *Circulatory effect of surfactant replacement*. Since 2002, he is a certified paediatrician. In *Drammen Hospital*, he planned and implemented a new single room level II NICU in 2012.

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Welcome to our new collaboration partner: BVKJ

The *Berufsverband der Kinder- und Jugendärzte e. V.* (BVKJ) is the professional interest group of paediatricians in Germany. 12,000 paediatricians from hospitals, medical practices and public health services belong to the association. The BVKJ is committed to create equal opportunities and the best possible health care for children and adolescents in Germany.

[View more](#)



EFCNI welcomes Uplift-Aufwind as new collaboration partner

Ten years ago, the NGO *Uplift-Aufwind* started down exemplary new routes to support children and mothers in Kyrgyzstan, a former republic of the Soviet Union. With an interdisciplinary team of local and international specialists, as well as dedicated volunteers and staff, Uplift-Aufwind focused on practical needs and developed a comprehensive early intervention program to prevent children from becoming social orphans.

[View more](#)



New factsheet for families in German

language

After featuring our factsheet on *Welcoming parents in the NICU* in the last edition of the newsletter, we proudly presents the German version *Die Familie - ein wichtiger Partner auf der Neugeborenen-Intensivstation*.

- [Download the German version](#)
- [Download the English version](#)



Die Familie – ein wichtiger Partner auf der Neugeborenen-Intensivstation

Die Neugeborenen-Intensivstation

Leb- und Begleitperson, die eine Intensivstation für Neugeborene, Säuglinge, Kinder und die sogenannte Mutter-Babyn-Intensivstation (NICU) auch als Intensivstation für Säuglinge und Kinder bezeichnet wird. Hier werden die Kinder für eine mit modernster Technologie ausgestattete spezialisierte Intensivstation aufgenommen, werden während der Pflege und Überwachung für ein bis zwei Wochen in der Regel intensiv überwacht.

Wichtig ist, dass die Eltern von Beginn an in die Entscheidungen über die Pflege und die Ernährung des Kindes einbezogen werden und die Verantwortung für die Entscheidungen über die Pflege und Ernährung des Kindes mit der Verantwortung der Intensivstation teilen. Die gemeinsame Verantwortung und das Engagement der Eltern sind ein wichtiger Bestandteil der Intensivstation und können dazu beitragen, die Eltern zu unterstützen, sich an die Intensivstation anzupassen und die Eltern zu unterstützen, sich an die Intensivstation anzupassen.

Die Rolle der Familie auf einer Neugeborenen-Intensivstation

- Bekommen Sie die Möglichkeit, an der Pflege des Kindes teilzunehmen
- Treffen Sie Entscheidungen über die Ernährung des Kindes
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Meet EFCNI @ these congresses

We will participate in several [congresses](#) within the coming months and would be happy to see you there!

Meet the EFCNI team @

- [Conference Nutrition and nurture in infancy and childhood bio-cultural perspectives from 23 to 25 August 2016 in Dalarna, Sweden](#)
- [Conference The Power of Programming 2016 – Developmental Origins of Adiposity and Long-term Health from 13 to 15 October 2016 in Munich, Germany](#)
- [6th Congress of the European Academy of Paediatric Societies from 22 to 25 October 2016 in Geneva, Switzerland](#)
- [Global conference on maternal infant health from 4 to 6 November 2016 in Florence, Italy](#)



Fundraising under the moon: Starlight music festival

We regularly ask our partner organisations to send us an update on their year-round events. This time, we are presenting you selected activities of *Mora Thavmata*, one of our partner organisations from Cyprus. Read more about their latest events, like the exceptional *Starlight* music night festival.

[View more](#)



German book release on infants born small for gestational age (SGA)

Karger recently published a book, called *SGA – Mangelgeburt*, on the etiology, development, and possible risks as well as treatment options for infants born small for gestational age (SGA). The German publication, written by *Urs Eiholzer*, aims to reach pediatrics, neonatologists, gynecologists, obstetricians, and endocrinologists as well as other health professionals who are

interested in impaired growth, adiposities, diabetes, and metabolic syndromes.

[View more](#)

Guest articles featuring Ethical decision-making and palliative care

In July, we addressed the issue of *Ethical decision-making and palliative care* - not an always easy, but an always important topic. It includes questions like decision-making processes in neonatal care, communication processes, and decisions related to the transition from curative to palliative care. Find out more in our guest articles.

- [*The Butterfly project: supporting parents who have lost a baby from a multiple pregnancy*](#), by Dr Nicholas D Embleton
- [*Development of guidelines for neonatal palliative care in Hungary*](#), by Livia Nagy Bonnard
- [*Silke's story: Lena and Lukas - Preterm birth changed my whole life*](#), by Silke Mader
- [*A treasured keepsake for those who have suffered the loss of a loved one*](#), by Kate Polley
- [*Parent statement*](#), by Yannic Verhaest
- [*Parent statement*](#), by Nick Hall

Interview on Ethical decision-making and end-of-life-care

In July, we featured the important newborn health topic *Ethical decision-making and palliative care*. In an interview with the platform *OPENPediatrics* Professor Jos Latour, Chair of this Topic Expert Group, discusses his work in end-of-life care with paediatric patients and their families. He speaks about critical care, palliative medicine and ethical questions.

[View more](#)

11 months - 11 topics

Shared decision-making and communication processes are important in every neonatal unit. This month, we asked Professor Gorm Greisen and Professor Jos Latour, one of the Chair Teams of the *European Standards of Care for Newborn Health* project (Topic Expert Group on *Ethical-decision making and palliative care*), some questions on important issues in the field.



Ethical decision-making
and palliative care

EFCNI



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Guest articles featuring Nutrition

During the month of August, we have been publishing news and guest articles on the topic *Nutrition*. We feature issues like breastfeeding, special feeding requirements of preterm and ill born babies, parenteral and enteral feeding, own mother's milk and milk banking, or preterm formula and supplementation.

- [Breastfeeding a preterm baby](#), by Oleksandra Balyasna
- [On the importance of breastfeeding](#), by Professor Michael Abou-Dakn
- [The benefits of human milk banks](#), by Dr Corinna Gebauer
- [Experiences from the work of a lactation consultant](#), by Elke Schubert



Nutrition

EFCNI

The importance of breastfeeding

On the occasion of *World Breastfeeding Week*, the Division of Health Visitors and the Division of Neonatologists for the Board of Health Professionals in close collaboration with the Hungarian parent organisation *Melletted a helyem Egyesület (Right(s) beside you)* arranged a conference at the Hungarian Parliament in Budapest. For the first time ever, well-known experts in the fields of lactation, nutrition, and neonatology came together in the parliament to exchange views and latest research results.



[View more](#) (Facebook)

Breast milk consumption in preterms and cardiac shape in adulthood

Researchers from the *Cardiovascular Clinical Research Facility* at the *University of Oxford*, United Kingdom, recently published a study in the journal *Pediatrics* examining the association between breast milk consumption in preterm neonates and long-term cardiac morphology and function.

[View more](#)

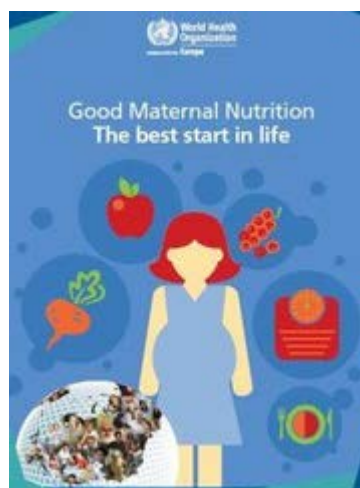


WHO report Good maternal nutrition. The best start in life

The nutritional well-being of pregnant women affects not only their health and their fetuses' development but also children's long-term risk of developing noncommunicable diseases (NCDs) or obesity, according to a new report from the *World Health Organization/Europe. Good maternal nutrition. The best start in life* was launched under the auspices of the Minister of Health of Latvia

during a consultation on maternal nutrition, taking place in Riga on 27–28 June 2016.

[View more \(World Health Organization\)](#)



Breastfeeding recommendations in Arabic language

Because breast milk is the best nutrition for infants: *Germany's National Breastfeeding Committee (Nationale Stillkommission)* recently launched two leaflets *Breastfeeding recommendations for pregnant women* and *Breastfeeding recommendations for infancy* in Arabic language.

[View more](#)



Multiple birth rates in Europe

A recently published study by *Heino* and colleagues looked at differences in multiple birth rates in Europe and found increased risks for adverse perinatal outcomes in multiple pregnancies. The study used aggregate birth data from the *Euro-Peristat* project for the year 2010.

[View more](#)



Relaunch of OPENPediatrics

OPENPediatrics, the free and open-access continuing community for pediatric clinicians, founded at *Boston Children's Hospital*, has launched a new version of its website. The new site has been developed with a responsive design to support browsing on every device and supports more functions than the previous site.

[View more](#)



Survey on cross-border healthcare

The *International Federation for Spina Bifida and Hydrocephalus (IF)*, together with the *European Disability Forum*, and the *European Patients Forum* launched a questionnaire, which will measure the impact of the *Cross-Border Healthcare Directive* on persons with disabilities and persons with chronic diseases in Europe.



[View more](#) (IF)

Study results from the population-based cohort EPICE

The *British Medical Journal* recently published latest study results from the population-based cohort *EPICE* (Effective Perinatal Intensive Care in Europe). The study by Zeitlin et al. evaluated the implementation of four evidence-based practices for the care of very preterm infants with the aim to assess their use and impact in routine clinical practice.

[View more](#)



Suboptimal bonding impairs neonatal development in preterm infants

Findings from a review by Kommers and colleagues suggest that neonatal intensive care units should focus more on interventions that optimise bonding. The authors found that suboptimal bonding impaired hormonal, epigenetic and neonatal development in preterm infants, but these impairments could be reversed by bonding interventions.

[View more](#)



Depression and anxiety symptoms in parents of very preterm infants

A research study published in *JAMA Pediatrics* by the *Murdoch Childrens Research Institute* has shown that more than a third of parents of infants born very preterm struggled with depression and anxiety after the birth of their child.

[View more](#)



Horizon 2020 – Call on proposal for promoting mental health

Promoting mental health and well-being in the young: In regards to the EU Research and Innovation programme *Horizon 2020*, submission session for proposals on this specific topic is now available until 4 October 2016 (short application) respectively 11 April 2017 (full proposal).

[View more](#) (European Commission)



Work Programme by the European Commission

The *European Commission* published the *Work Programme 2016–*

2017 in the area of Health, demographic change and well-being.

[Download the Work Programme](#) (European Commission)



Mark your calendar

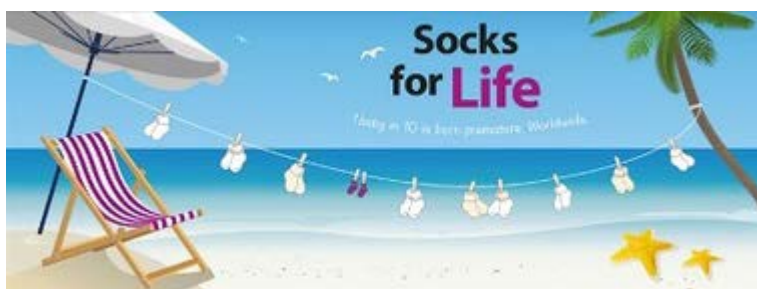
Receive an overview on [congresses and conferences in 2016](#) and find out where to meet EFCNI.



[Awareness days in 2016](#)

Happy holidays!

EFCNI wishes you happy holidays and a splendid summer time.



Special thanks to our corporate partners for their kind support:

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