



November has passed and we are already in the midst of the Christmas preparations - the holiday season can be stressful so please, take a moment and lean back, take a deep breath and enjoy this special time. We personally like to take the opportunity to look back on what has happened over the past year. The first thing that comes into our mind is 17 November - World Prematurity Day! It is so marvellous to see this worldwide movement growing stronger. The purple light was shining a light on preterms and their families. Our heartfelt thanks go out to everyone who joined World Prematurity Day and made this possible. This last newsletter in 2017 also holds some information on our latest publications and research participation as well so enjoy reading.



We wish you a wonderful Christmas, holiday season and a Happy New Year!

Your EFCNI team

Feeling snug with Mum and Dad

After five years of intensive planning and construction work, the Klinikum Dritter Orden in Passau, South Germany, festively celebrated the opening of its new Parents-Baby-and Family Centre. EFCNI is proud to have contributed to the brainstorming and analysing process in realising this unique clinical unit.

[View more](#)



Let them thrive! World Prematurity Day 2017

This year's World Prematurity Day celebrations again exceeded all expectations. The 7th WPD-celebrations under the slogan *Let them thrive!* inspired many to great activities; some heart-warming, some informative and others simply stunning, all of them putting preterms and their families in the focus. We would like to show you a tiny best-of to give you an impression of our dedicated and ever-growing community. Please be aware that this is only a small part of what had been realised from supporters of World Prematurity Day and we cannot express how grateful and moved we are! Thanks go out to everyone for their commitment!



- [View the global recap 2017](#)
- [Example by our corporate partner Baxter](#)
- [EFCNI Changemaker Map with currently about 350 entries](#)

News from the EFCNI donation

programme

We are more than happy to introduce another project that could be realised thanks to the growing number of donors. EFCNI and the Greek parent organisation *Ilitominon*, raised funds for the *Helena Venizelou District Hospital* in Athens, Greece. The money was used, among others, to train the neonatal staff in the *Family and Infant Neurodevelopmental Education (FINE)* programme as well as for kangaroo chairs and further equipment.

[View more](#)



New parents' room initiated at the Hospital Dritter Orden, Munich

With joint forces we can achieve so much. In another charity project – also supported by EFCNI – we realised the opening of a modern, needs-based parents' room at the Children's Hospital *Klinikum Dritter Orden* in Munich, South Germany.

[View more](#)



Digital camera systems in the NICU

Can web cameras for live-streaming in the NICU support the family-centred care approach? What aspects should be taken into account before their implementation? In order to answer these and further questions, EFCNI organised a roundtable with well-known experts. Based on this a position paper (in German) was developed that was recently introduced to the public at the MEDICA – the world forum for medicine in Düsseldorf, Germany

[View more](#)



SHIPS project meeting in Porto

In November 2017 all members of the *SHIPS (Screening to Improve Health in Very Preterm Infants in Europe)* project – met in Porto, Portugal, for a four-day meeting. SHIPS is entering the final stage of data collection by now and the results are about to accede. During the meeting, the project partners developed strategies how to best perform the outstanding assessments. Furthermore, plans how to structure the results and to transfer them to patients, public, practice and policy were generated via group discussions and an EFCNI workshop. Our special thanks go to all partners for their valuable input and contributions.

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Spotlight on perinatal care: the DGPM congress in Berlin

The *28th congress of the German Society for Perinatal Medicine (DGPM)* in Berlin from 30 November to 2 December was a good

occasion to reflect upon standardisation in the context of perinatal medicine and care in Europe: Professor Maier from the University Hospital Marburg (Germany) spoke about the *EPICE (Effective Intensive Perinatal Care in Europe)* study and discussed to which extent standardisation and evidence-based processes are currently applied. Following up on these questions, EFCNI Chair Silke Mader presented the *European Standards of Care for Newborn Health* project.

[View more](#) (Facebook)

Parent power for the implementation of standards

In December, we welcomed ten participants from seven countries for a two-day Level II workshop about the implementation of the soon-to-be-launched (autumn 2018) standards of the *European Standards of Care for Newborn Health* project. Following fruitful discussions and hours of intense work, the workshop members developed first concrete measures, like a 5-year strategy plan for the implementation of different standards topics, e.g. hand hygiene, on a country level. Thank you all for your commitment and your fresh ideas!

[View more](#) (Facebook)

German version of the factsheet on pre-eclampsia

After the English version earlier this year, EFCNI recently launched the German version of the factsheet on pre-eclampsia. The factsheet was first introduced to the public on the occasion of the 28th congress of the *German Society for Perinatal Medicine (DGPM)* in Berlin, Germany. Both publications are covering among others risk factors, symptoms, screening and prevention possibilities. Factsheets in further languages are already in preparation.

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

RECAP preterm- all insights now on our website

EFCNI is partner of the EU-funded research project **Research on European Children and Adults born Preterm (RECAP preterm)**. The overall aim of RECAP preterm is to improve health, development, and quality of life of children and adults born very preterm or with a very low birth weight. The project therefore brings together European child to adult cohorts and a group of highly experienced



organisations. To learn more about this innovative project, please go to our new project page providing you with all insights you need.

[View more](#)

Shopping for a good cause

In the mood for Christmas shopping and supporting EFCNI? Both is quite easy. For every order via Amazon Smile until Christmas Eve, the company triples the donation for EFCNI to 1,5 per cent of the purchase value.

[Link to smile.amazon.de](http://smile.amazon.de)



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 @

- *[51st Annual Congress of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition \(ESPGHAN\)](#) from 9 to 12 May 2018 in Geneva, Switzerland*
- *[44. Jahrestagung der Gesellschaft für Neonatologie und Pädiatrische Intensivmedizin \(GNPI\)](#) from 7 to 9 June 2018 in Rostock, Germany*
- *[World Congress in Fetal Medicine](#) from 24 to 28 June 2018 in Athens, Greece*
- *[XXVI. European Congress of Perinatal Medicine \(ECPM\)](#) from 5 to 8 September 2018 in St. Petersburg, Russia*



First family centre in Bulgaria

On 17 November 2017, the first family centre in Bulgaria has opened its doors in Sofia. The centre *Tiny Miracles* was initiated and is operated by the parent organisation *Our Premature Children*. In her guest article, Dr Boyana Petkova from the parent organisation introduces the services of the centre.

[View more](#)



Happy anniversary - Kevyt turns 20 years

This year, the Finnish parent organisation *Kevyt* celebrates its 20th anniversary. Kevyt was founded in 1997 at the Helsinki Children's Hospital as a local organisation but has later extended its activities to the whole country. Heli Kaupinnen, member of the Executive Board, provides insight into the festivities and important milestones of the last 20 years.

[View more](#)



On air: TV spot about Iitominon

Multi-channel talents: on the occasion of World Prematurity Day, a [TV spot](#) about our Greek partner organisation Iitominon was broadcasted for one month on all TV programmes in Greece. Next to this, the Greek Singer/Songwriter Vassilis Babaniaris supported the organisation by composing the [ballad "Your Fighter"](#).



[View more](#) (Facebook, in Greek)

Last-minute Christmas cookies

Santa will be on his way soon, and you are running out of time. Here is an easy and classical recipe found on the German website [Schwangerundkind.de](#) for delicious Christmas cookies that you and your children can make. They are easily prepared and still leave time for your last-minute Christmas preparations and quality time with your family.



[Recipe in English](#)

[Rezept auf Deutsch](#) (Schwangerundkind.de)



Merry Christmas everyone! [Download our Socks for Life Christmas card for your social media platforms for free.](#)

11 months - 11 topics: Infant- and family-centred developmental care

In November, we highlighted the newborn health topic *Infant- and family-centred developmental care*. The family's impact on the development of the child is scientifically proven. Thus, the needs of both, preterm babies and their families, have to be covered.

- [Parent statement \(Facebook\)](#)
- [Interview on Infant- and family-centred developmental care, by Dr Björn Westrup \(YouTube\)](#)
- [EFCNI Rights of Parents and Newborns](#)
- [Video on kangaroo mother care \(in German; DSKN\)](#)
- [The "Siblings Project", by the University Hospital Vall d'Hebron, Spain](#)
- [Video on family-centred care \(Youtube; Bliss\)](#)
- [App "Hallo Frühchen" \(in German; Bundesverband "Das frühgeborene Kind e.V.\)](#)



Infant- and family-centred developmental care
EFCNI

The impact of preterm birth on parents and families

Having a baby born preterm can be a major challenge for parents and other family members, even years after discharge from the Neonatal Intensive Care Unit (NICU). Researchers from Los Angeles, California, described the impact of preterm birth on parents and families and conducted further analyses to see which consequences and additional burdens could be avoided by providing community-based support. Their study (Lakshmanan et al., 2017) has recently been published in *Health and Quality of Life Outcomes*.

[View more](#)



11 months - 11 topics: Care procedures

2017 is coming to its end. December is dedicated to the topic *Care procedures*. This covers a wide range of aspects such as pain management, daily care routines, and parents' involvement as the primary caregivers. For affected parents, EFCNI has released the completely updated edition of the guidebook *Bindung und Pflege von Frühgeborenen* (Bonding and care of preterm infants) in German.

- [Parent statement \(Facebook\)](#)
- [Interview on Care procedures, by Monique Oude Reimer-van Kilsdonk and Odile Frauenfelder \(YouTube\)](#)
- [Download the brochure "Bindung und Pflege von Frühgeborenen" \(in German\)](#)



Care procedures

EFCNI

COINN, the global voice of neonatal

nurses

Neonatal nurses are indispensable for the daily caregiving in neonatal intensive care units. The *Council of International Neonatal Nurses (COINN)* is the global voice of over 5,000 neonatal nurses in more than 70 countries. We are delighted to share a guest article with you about the work of COINN and their role in neonatology.

[View more](#)



Neotrainer - a training programme for the care of preterm infants

Preterm infants require specialised care, e.g. with regard to bathing and weighing. Continuous trainings optimally prepare healthcare staff for their daily care tasks. In line with our topic of the month *Care procedures*, we spoke with the neonatal nurse Anna Kalbér, Germany, who together with Thomas Kühn developed a training approach in the area of neonatology called *Neotrainer*.

[View more](#)



Care procedures and pain management for preterm babies

Besides special equipment and specially trained healthcare professionals in the neonatal unit, preterm infants and ill newborn infants require specialised care and extra support. Furthermore, preterm infants may be subjected to a large number of painful and stressful, although necessary, procedures during their care. We spoke with the neonatal nurse and NIDCAP trainer Monique Oude Reimer-van Kilsdonk from the Netherlands, who together with further experts is developing standard drafts for this topic within the *European Standards of Care for Newborn Health* project.

[View more](#)



Breastfeeding during vaccinations helps reduce pain in newborn babies

Essential, but painful: needles are used for babies' early childhood vaccinations and medical care during childhood illnesses. They cause distress for the babies and often also for their parents and caregivers, and can result in future anxiety and fear about needles. Researchers around Harrison et al. examined if breastfeeding reduces vaccination pain in babies aged 1 to 12 months. The results were published in the *Cochrane Database for Systematic Review*.

[View more](#)



Early developmental intervention

benefits neurobehavioral outcomes of preterm born children

Early intervention programs can contribute to decreasing the risk of negative long-term neurobehavioural outcomes, including cognitive, motor, and behavioural impairments. Moreover, these positive results have a chance of going over into pre-school age.

Researchers found evidence for positive preventive effects on neurobehavioural development in preterm born children if therapeutic treatment starts within the first year of age.

[View more](#)

Fetal Medicine Foundation provides online risk assessment tool for pre-eclampsia

The *Fetal Medicine Foundation* launched a risk assessment tool for pre-eclampsia on their website. This application allows to estimate the risk of early-pre-eclampsia (delivery before 32 weeks of gestation), preterm pre-eclampsia (before 37 weeks) and term pre-eclampsia (before/at 37 weeks) by a combination of maternal factors as well as results of various biophysical and biochemical measurements made at different stages in pregnancy. To check out the pre-eclampsia risk assessment tool, click [here](#)

Save the date - ECPM Congress 2018 in St. Petersburg

EFCNI is co-organising partner of the *European Congress of Perinatal Medicine (ECPM)* by the *European Association of Perinatal Medicine* that will take place in St. Petersburg, Russia, from 5 to 8 September 2018. The focus topics will range from preterm birth, pre-eclampsia, research in diabetes, neonatal lung diseases, maternal psychiatric disorders and pregnancy, ethics, neuroscience, quality improvement, and much more. The scientific committee warmly invites you to submit your abstract by 29 May 2018.

[View more](#) (ECPM website)

Mark your calendar

Receive an overview on [congresses and conferences in 2018](#) on maternal and newborn health.

[Awareness days](#)

Landmark 2017 in the Land of Ideas

EFCNI is one of the most innovative "Landmarks 2017" of the initiative [Germany – Land of Ideas](#).



[View more](#) (website *Germany - Land of Ideas*, in German)

Germany
Land of Ideas



Landmark 2017

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