



## WHY ARE FOLLOW-UP-PROGRAMMES SO IMPORTANT FOR (VERY) PRETERM BORN CHILDREN? A SET OF ARGUMENTS



(Very) preterm born children face higher risks of health and developmental problems than children born at term. Follow-up programmes aim to identify any problems early in order to enable interventions and optimal management of healthcare needs.

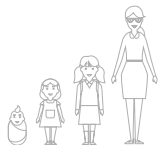


Not only for parents and families, but also for healthcare professionals involved in follow-up care, health service, policy and research, follow-up programmes hold several benefits and advantages.



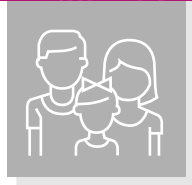


# A SET OF ARGUMENTS FOR PARENTS AND FAMILIES



**Follow-up programmes give insights into health conditions and development of their child**

- reduced stress and anxieties
- chance to “just be parents”



**Follow-up programmes provide precise and timely information to families to facilitate decision-making and good health**

- for important life events (e.g. school choices, deferred or delayed school entry)
- further screening and assessment for developmental disorders (e.g. Autism Spectrum Disorder)
- monitoring for less visible health conditions (e.g. high blood pressure or lung problems)



**Tailored care and development of (very) preterm born children may reduce the health-related as well as social burden of families and increase their quality of life**





# A SET OF ARGUMENTS FOR FOLLOW-UP TEAMS AND HEALTHCARE PROFESSIONALS



**Follow-up programmes facilitate early identification of children in need of support**

- timely and adequate delivery of diagnostic and therapeutic interventions
- effective coordination and management of care
- appropriate and transparent information for parents and families

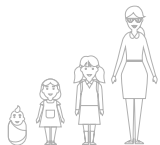


This project has received funding from the European Union's horizon 2020 research and innovation programme under grant agreement number 633724.

Editing and design: **EFGONI**



# FOR HEALTH SERVICE, POLICY AND RESEARCH



**Especially in the areas of attendance, memory, and learning preterm born children may have challenges which potentially impact life-long emotional well-being and performance**

→ longitudinal follow-up programmes from early infancy up to schooling age are important



**Short- and long-term follow-up data gathered from those programmes helps to improve neonatal care also for future generations of preterm born infants**



**Follow-up data also helps to identify causal pathways of developmental problems, and in particular risk and protective factors as well as coping strategies**

