



Dear friends and supporters of EFCNI,

Spring is coming and, befitting the season, this month our focus lies particularly on questions of health and progress. Our new campaign “Healthy early nutrition – healthy future” draws attention to the crucial role that nutrition plays during the first 1000 days in a child’s life. Likewise, our “Human Milk Matters” campaign continues to advocate for human milk, human milk donations, and human milk banks. Pre-eclampsia Awareness Month is ahead, underlining the importance of early screening for women’s health. Ultimately, these projects showcase the complex, multi-faceted nature of neonatal care.

Please stay safe and healthy,

Silke Mader and the EFCNI team

## EFCNI



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### HUMAN MILK MATTERS

#### Take part in our social media flashmob on 19 May!

For World Day of Human Milk Donation on 19 May, EFCNI will be launching a flashmob on social media. We kindly ask you to join and help us raise awareness for the enormous health benefits of human milk for babies born preterm or sick. Together with your help, we want to inform parents, healthcare professionals, and political decision-makers about the benefits and the great value of human milk, human milk donations, and the work of human milk banks!

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### HEALTHY EARLY NUTRITION



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## New campaign promoting healthy food choices for a healthy future

The first 1000 days of a child's life, from the moment of conception until two years of age, are crucial in their development. Nutrition plays a major role in this time as nutritional choices shape the path for a baby's healthy start in life. "Healthy early nutrition - healthy future" is our new campaign, dedicated to nutrition during pregnancy and the first 24 months of a child's life. A mix of up-to-date information and input from international experts in the field of antenatal care and early nutrition awaits you.

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## MAY IS PRE-ECLAMPSIA AWARENESS MONTH

### Act early! Screen early! Register early!

For the fourth time, EFCNI, together with more than 50 parent organisations and 11 medical societies, is raising awareness for early pre-eclampsia risk assessment and efficient preventative measures. Besides a social media campaign including a global flashmob, there is also a free live webinar on World Pre-eclampsia Day, 22 May, to learn more about this pregnancy-related disease from a patient perspective and gain an understanding of first-trimester pre-eclampsia screening and pre-eclampsia diagnosis from highly recognised healthcare professionals.

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## A STRONG START FOR LITTLE HEROES

### Happy Kangarooing!

We are delighted to announce that all winners of this years' raffle received their Kangaroo-Sweaters or their Kangaroo-Chair. With those means, it is easier for parents to practice and enjoy intense skin-to-skin care with their preterm born baby while being in the NICU. We warmly thank all participants and supporters for their great commitment and the incredible work. For the heart-warming and charming pictures of the winning clinics, please visit our website. Please note that the website is in German.

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## Network



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## Supporting Kangaroo Care across Ukraine

One of our partner parent organisations in Ukraine, “Ranni Ptashky – Early Birds”, just completed an ambitious fundraising project in collaboration with industry sponsors. With the help of the money they raised, they bought Kangaroo Care chairs, sweaters, and blankets and distributed them to NICUs in 17 cities in Ukraine. Congratulations to “Ranni Ptashky” for improving the situation in these NICUs and giving so many parents an opportunity to extensively kangaroo with their preterm born babies.

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## Science



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### E-LEARNING OPPORTUNITY

## Registration is open for the RECAP Summer School

Looking for something to do this summer? We invite researchers in the fields of neonatology, epidemiology, and psychology to sign up for the RECAP Summer School which starts on 1 July. Registration is free. The Summer School offers a chance to learn about the RECAP preterm cohort platform as well as the benefits of cohorts and registers in scientific research. Lecturers from across Europe will discuss their research into very preterm birth cohort and their work with the RECAP preterm platform.

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### CLINICAL TRIALS

## Paediatric trials: industry and non-industry coming together

What are the differences between these two types of trials? What are the benefits of working together? Questions that may not be so easy to answer at first glance. An article for the TREOCAPA research project, written by EFCNI's Senior Project Manager Aisling Walsh, provides an overview of both types of trial and the ways in which they work together, including the prominence of the patient voice.

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## FOLLOW-UP AND CONTINUING CARE



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## Use of follow-up care for very preterm born babies still depends on socioeconomic factors

The SHIPS Research Group just published a letter in the British Medical Journal in which it discussed the use of follow-up services after birth in Europe. Based on a survey of parents in 19 regions across 11 countries in Europe, the analysis focused on parents with babies born very preterm, i.e. with less than 32 weeks of gestational age. Among other things, it found that young mothers (under 24 years of age) as well as mothers born outside of Europe tended not to use for follow-up care. Generally speaking, socially disadvantaged families were more likely to never use follow-up services, corroborating previous studies. Moreover, in comparing the situation in different regions and countries, the analysis revealed great disparities in the use of follow-up care across Europe. The authors therefore stress the need for standardisation in follow-up and continuing care and called for action. EFCNI forms part of the SHIPS Research Group and contributed to and collaborated on the study.

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## VACCINES DURING PREGNANCY

### Vaccinating pregnant women protects both mother and baby from infectious diseases

A selective literature survey by Röbl-Mathieu et al. discusses how vaccines can prevent infections and diseases in pregnant women as well as in unborn and newborn babies. The authors conclude that vaccines are a central element in ante- and postnatal care since they protect the pregnant woman as well as her baby both before and after birth from infectious diseases. To illustrate their argument, Röbl-Mathieu et al. refer to the current vaccination guidelines for tetanus, influenza, pertussis, and hepatitis B for pregnant women in Germany.

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## TRACKING DOWN RISK FACTORS

### The role of maternal weight variables in the development of postpartum depression

Postpartum depression (PPD) is a concerning condition whose causes are still not fully understood. In a secondary cohort analysis of the German “healthy living in pregnancy” (Gesund leben in der Schwangerschaft/GeliS) trial, Johar and colleagues, including EFCNI's Senior Project Manager Dr. Julia Hoffman, investigated the role of pre-pregnancy overweight is a potential precursor of later postpartum depression, particularly among women with a history of anxiety or depressive symptoms.



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## EARLY MULTISENSORY INTERVENTIONS

### Massaging the stress away

A NICU stay can be quite stressful for preterm born babies, and the continued experience of stress can, in turn, affect brain development and cause visual impairments. New results of a clinical trial in Italy, however, corroborate research suggesting that early interventions involving multisensory stimulation can positively impact brain and visual development in preterm babies. The study compared standard care (including kangarooing) to care with additional interventions and extra training for parents. These additional measures included training parents to massage their baby at least once a day. Results show that those babies receiving early interventions tended to have better visual functions.

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## European Standards of Care for Newborn Health



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## NEW PUBLICATION

### ESCNH Project Protocol published in Acta Pædiatrica

The “Project Protocol”, detailing how and why the project to develop the European Standards of Care for Newborn Health (ESCNH) came about, will appear in the May edition of Acta Pædiatrica. It explains the development process and highlights how important it is to include parent representatives alongside healthcare professionals in order to effect true change. The result is a state-of-the-art reference framework which puts preterm and newborn health squarely at the centre of all neonatal care.

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## EFCNI-Academy

## E-LEARNING

### Take part in our E-learning series “Enteral Preterm Nutrition”

Renowned experts from the fields of neonatology and infant nutrition share their expertise on enteral nutrition for preterm



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infants and talk about the importance of human milk. We warmly invite healthcare professionals, nursing staff, and interested learners to participate in the online training – sign up now! The CME-accredited modules of our e-learning series on “Enteral Preterm Nutrition” are free of charge.

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## NEW TRANSLATIONS

Our thermoregulation factsheet is now available in French and Hungarian

Regulation of body temperature is a basic aspect of newborn care. In preterm infants, this is particularly important since hypothermia is associated with a greater risk of morbidity and mortality. Temperature control can be achieved through various care practices. Find out more about thermoregulation and download our newly developed factsheets in French and Hungarian!

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## GLANCE - Global Alliance for Newborn Care



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## PRETERM BIRTH AND PARENTHOOD IN THE PANDEMIC

How parents face and cope with separation policies in NICUs

Like many parents worldwide, Patrícia Larguinho Estêvão and Pedro Filipe Silva Oliveira from Portugal have been separated from their preterm born baby due to the ongoing COVID-19 safety- and hygiene measures. It took almost three months until the family was united for the first time. In this interview with GLANCE, the young couple shares how they coped with this emotionally challenging time.

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## LIVE-Q&A WITH EXPERTS



©Kangaroo Care Awareness Day

## Register for live Q&A with an expert on Kangaroo Mother Care

Do not miss the opportunity to participate in the exchange with Susan M. Ludington, RN, CNM, Ph.D., FAAN on the benefits of Kangaroo Mother Care in a live Q&A presented by Kangaroo Care Awareness Day. Registered users receive a recording of the session.

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EFCNI - Hofmannstraße 7A - 81379 München - Germany

Tel: +49 (0)89/89083260 - Fax: +49 (0)89/890832610 - E-mail: [info@efcni.org](mailto:info@efcni.org)

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