



Dear friends and supporters of EFCNI,

We are proud to announce that the first findings of our COVID-19 survey were published at the beginning of the month, giving detailed insights into the results of our global survey of parents' experiences in the NICU during the pandemic. The results are eye-opening and, frankly, often quite sad – and they have reminded us why it is so important to keep fighting for babies born too soon, too small, or too sick!

Apart from COVID-19, which continues to be a topic of central concern, this newsletter edition also brings you lots of e-learning opportunities and chances to participate and raise your voices for preterm born babies – whether it is the revision process for individual standards in the European Standards of Care for Newborn Health or one of our online learning series. Happy reading (and learning)!

As always, we are thankful for your continuous support and interest in our work!

Please stay safe and healthy,

Silke Mader and the EFCNI team

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NUTRITIONAL CARE

Involving parents in feeding their preterm infants

EFCNI contributed a chapter to the latest edition of “World Review of Nutrition and Dietetics”, emphasising the role of

Nutritional Care of Preterm Infants

Scientific Basis and Practical Guidelines
2nd Edition



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parents as primary caregivers of their preterm child. Parents often feel overwhelmed by the preterm birth of their baby. The focus of the contribution therefore lies on parent empowerment in terms of feeding the baby. Thoughtful support by the NICU team promotes bonding between parents and child. Especially when feeding, parents can meet their own need of caring for their child and gain confidence. The full chapter can be found online in the “World Review of Nutrition and Dietetics. Nutritional Care of Preterm Infants - Scientific Basis and Practical Guidelines”.

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PARENTERAL NUTRITION

Problem analysis paves the way for solution approaches

In the August edition of the German-speaking magazine “Fachzeitschrift Kinderkrankenschwester”, EFCNI has now been able to present its “Toolkit for parenteral nutrition of preterm and sick newborns – From guideline to multidisciplinary application”, in detail by addressing very specific measures and practical tips for improving parenteral nutrition in preterm and sick newborns. The toolkit is based on the findings of a barrier analysis that EFCNI conducted together with a multidisciplinary panel of experts and which was also published in July earlier this year. It addresses neonatologists, paediatricians, pharmacists, paediatric nurses in neonatology, but also other members of a multidisciplinary nutrition team. We are particularly pleased that this publication can specifically reach the professional nursing staff who play a major role in the safe application of parenteral nutrition. We would like to point out that the toolkit and some related publications are currently only available in German.

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Network

SHORT ONLINE SURVEY

Supporting large, randomized trials through online survey

Our Australian partner parent organisation “Miracle Babies” is asking all parents, nurses, physicians as well as general members of the public worldwide to participate in a short online survey about the PROTECT Trial. The PROTECT study



© Miracle Babies / PROTECT Trial

evaluates the effect of a medication called pentoxifylline on preterm born babies with late-onset sepsis or necrotizing enterocolitis. The study aims to see if pentoxifylline improves rates of survival without disability in these babies. So far, over 680 preterm born infants have been enrolled since 2017, with no serious adverse events. The accompanying survey consists of five questions and takes about three minutes to answer, with the hope being that a large, randomized trial about the effects of pentoxifylline would help to improve outcomes for preterm born babies.

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Science



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NATIONAL BREASTFEEDING STRATEGY

German federal cabinet adopts a national strategy to improve breastfeeding rates

Human milk is the optimal nutrition for term born and preterm infants. In Germany, however, only 40 percent of all infants are exclusively breastfed for at least four months, while exclusive breastfeeding is recommended for the first six months, with a minimum of four months. The national breastfeeding strategy aims to improve breastfeeding friendliness in Germany and increase breastfeeding motivation. Each woman should be supported according to her individual needs. Particular attention should be paid to women who have been breastfeeding less frequently or for a shorter period of time. This strategy is based on the international research project "Becoming Breastfeeding Friendly" and aims to create sustainable change with the involvement of different stakeholders. Please note that the document is in German.

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BENEFITS OF HEALTHY LIFESTYLE INTERVENTIONS

Effectiveness of maternal behaviour in improving women's and infants' health

The objective of the systematic review of 602 meta-analyses published since 2011 was to examine the effectiveness of certain interventions to improve health-related outcomes for women and infants, and to explore shared behavioural techniques of these interventions. Pregnant women were the target population for the inclusion criteria of the papers studied. In terms of intervention, included papers had to relate to maternal smoking, alcohol, dietary, or physical activity behaviours. While the results of the reviews are conflicting or

varied, diet and physical activity appear to be the variables that have the most significant impact on maternal and infant health.

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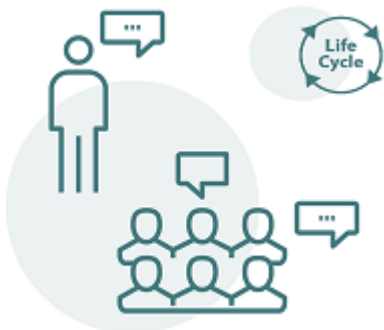
SUMMER SCHOOL

Last chance to participate in the RECAP summer school

Only one month left to sign up and participate in the RECAP summer school! Developed for researchers in the fields of neonatology, epidemiology, or psychology, the 11 different modules focus on very preterm birth cohorts and collaborative research principles and techniques. The goal is to familiarise researchers with the RECAP preterm Cohort Platform and to optimise the use of population data for research and innovation in healthcare, social and education policy. The summer school runs until the end of September. Registration is free.

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European Standards of Care for Newborn Health



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LIFECYCLE

Help us review the European Standards of Care for Newborn Health

At the beginning of the month, we launched an official review process for 20 individual standards from the European Standards of Care for Newborn Health (ESCNH). The objective is to ensure that these standards continue to reflect current levels of knowledge since medicine is an ever-evolving science. This revision process entails both an expert consultation phase as well as a public one, running simultaneously. We want to invite everyone – whether you are an affected parent, a member of a parent organisation, or a healthcare professional working in neonatal care, to participate in the review process. All voices and perspectives should be heard because only together can we organise the best possible care for term and preterm born babies! You can find more information as well as the individual review surveys on the ESCNH website.

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REGISTER NOW TO OUR LIVE WORKSHOP!

“The important first 1000 days of a child’s life”

Want to learn more about real and perceived food intolerance? Then join us for our next training on the topic of “The first 1000 days - a formative phase in a child’s life”! In this half-day face-to-face workshop, renowned experts from the fields of prevention, screening and nutrition will share their expertise on the important first 1000 days of a child’s life - from the time of pregnancy to toddlerhood. All midwives, nursing staff, physician assistants, caregivers, dietitians, and medical assistants are cordially invited to attend our workshop, which will be held in Munich, Germany on 13 October 2021 from 2:00pm-7:00pm. Further information as well as the workshop itself are in German.

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E-LEARNING

Learn more about the importance of enteral preterm nutrition

Enteral preterm nutrition plays a key role in infant health as it helps to minimise morbidities, prevent disease, and ensure growth. Our three-part e-learning series focuses on the importance of human milk for newborns and preterm born babies. The series is geared towards junior to senior level healthcare professionals as well as medical specialists and nursing staff working in the field of paediatrics, neonatology, or infant nutrition. Those wishing to update their scientific knowledge on the topic are also invited to participate. Experienced high-level speakers present the current state of the art on this important topic. The webinar is free and accredited by the European Accreditation Council for Continuing Medical Education (EACCME).

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GLANCE - Global Alliance for Newborn Care



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COVID-19 SURVEY

GLANCE releases first publication on neonatal care during the pandemic

The ongoing COVID-19 pandemic has led to a separation between parents and vulnerable babies at their very start of life although infant and family-centred developmental care (IFCDC) is considered essential for the provision of good-quality neonatal care. This separation bears still unforeseen consequences for babies, parents and the entire family. With a

global survey, carried out among more than 2,100 parents from more than 56 countries worldwide, GLANCE aimed to listen to the parents' experiences during the first year of the COVID-19 pandemic regarding key elements of IFCDC. Detailed survey findings have now been published and can be accessed online. The survey results show an alarming proportion of parents who had to cope with severe restrictions in the provision of IFCDC which may ultimately affect the long-term well-being of the entire family.

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WORLD BREASTFEEDING WEEK

Protecting and promoting breastfeeding - especially during the pandemic

Each year in August, the World Breastfeeding Week takes place, a joint campaign where international organisations like the WHO or Unicef promote the benefits of breastfeeding. For the past seven years, EFCNI has actively supported and participated in the campaign with awareness initiatives that put preterm babies and their mothers in focus. In honour of World Breastfeeding Week 2021, EFCNI's Sarah Fügenschuh, Head of Communications, contributed an article to the blog of our friends and supporters at "BabyCare". In her piece, she discusses the manifold pressures on and contradictory expectations for women when it comes to breastfeeding. She also points to the importance of creating a positive environment for women to learn about the positive health impacts of breastfeeding, develop a routine, and ask for help if needed. Families of preterm babies are particularly vulnerable and need support. As studies have shown, the global COVID-19 pandemic has caused reduced breastfeeding rates and EFCNI has used the 2021 World Breastfeeding Week to promote breastfeeding, educate people, and share practical tips and advice for families. Please note that the article is in German.

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QUALITY OF LIFE DURING COVID-19 PANDEMIC

Impact of COVID-19 on the well-being of pregnant women in Ethiopia

In the health-related study by Dule et al., 384 pregnant Ethiopian women were asked questions from the short version of the WHO quality of life questionnaire to assess the women's current physical, psychological, and environmental well-being, and their social relationships. The survey results were measured using the Multidimensional Scale of Perceived Social Support and the Fear of COVID-19 Scale: Increased fear of the virus and decreased social support and interaction due to governmental protective measures resulted in a lower



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quality of life. The study hence underscores the importance of relieving anxiety and strengthening social support for pregnant women in times of a pandemic.

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