



Dear friends and supporters of EFCNI,

We hope you had a good start into the new year and feel ready to begin 2022 with energy and joy.

In this newsletter edition, we report on updates and developments in the field of human milk banks, which have been particularly affected by the COVID-19 pandemic and the ensuing precautionary measures. Moreover, we summarised the findings in our COVID-19 report on parents' experiences during the pandemic and developed a more condensed project report.

Finally, we wanted to let you know that this year, we will deviate from our usual, monthly newsletter to a bi-monthly edition. But worry not - we will also keep you updated on our website and social media channels.

Many thanks for your continuous support!

Please stay healthy and safe,

Silke Mader and the EFCNI team



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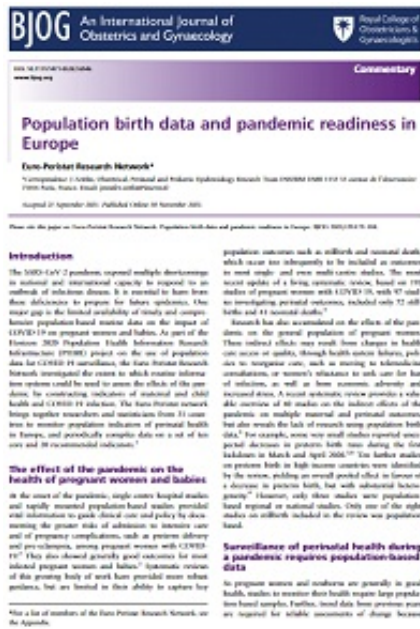
DIGITAL SUPPORT FOR PREEMIE PARENTS

The tracking apps Pregnancy+ and Baby+ are now packed with content around preterm birth

Pregnancy and parenthood are an exciting journey, and apps have become a popular way to accompany this experience. However, for women whose pregnancy is different from the norm (for example due to complications or preterm birth) such apps are not exactly tailored to their needs or experiences. That is why EFCNI has worked together with Philips to provide new relevant content for their Baby+ and Pregnancy+ apps with a special focus on topics related to preterm birth. Together, high-quality content has been developed that answers questions such as, “How can I prepare for preterm birth as an at-risk patient?” and “Can I breastfeed my preterm baby and how do I support the milk flow after a c-section?” Both apps can be downloaded free of charge and the new content is available in up to 19 languages!

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Network



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EUROPERISTAT NETWORK: NEW PUBLICATION

Insights into the effect of the pandemic on the health of pregnant women and babies

We would like to draw your attention to the commentary “Population birth data and pandemic readiness in Europe” from the Euro-Peristat Research Network. The pandemic revealed multiple deficiencies in health systems, which, when solved, can help to prepare for future challenges. However, there is limited data available to assess the impact of the pandemic on pregnant women and babies. The Euro-Peristat network developed an online survey for 31 participating countries asking about the availability of birth data to construct basic indicators of perinatal health. Large population-based samples are key to accurate interpretations of the situation of mothers and newborns. This initiative helps to understand the data’s importance, provenance, and possible uses.

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BREASTFEEDING ATTITUDES IN THE UK

A “high nurturance” parenting style is linked to a mother’s tendency to breastfeed

Breastfeeding is very beneficial for maternal and infant health, yet very few mothers in the UK practice exclusive breastfeeding with their newborns. Trying to improve this rate, researchers investigated any relationship between parenting styles and breastfeeding behaviours in mothers. A total of 1,347 mothers participated in a study by answering questionnaires about their feeding attitudes, personality traits, and parenting styles. The study presented insightful results that could help target interventions and improve breastfeeding rates across the UK and other countries.

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HUMAN MILK BANK SERVICES

Study identifies seven pandemic-related vulnerabilities to human milk banks

Around 806,000 babies benefit from human milk banks (HMB) annually worldwide. However, HMBs have faced multiple challenges during the COVID-19 pandemic. A Virtual Collaborative Network (VCN) of 80 HMB across 35 countries was created to recognise and mitigate the pandemic-related obstacles for infants in need of donor human milk. Evidence was collected through online platforms. Despite an apparent increase in demand during COVID-19, the results indicated seven pandemic-related vulnerabilities in HMB-service provision, including maintaining sufficient donors, transport logistics, safe handling, and contingency planning. Within the study, the VCN proposed recommendations around the safe handling and processing of human milk in the context of COVID-19, but further innovation and research are needed.

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HUMAN MILK BANKS IN GERMANY

Fascinating Bachelor Thesis by our working student Lea Sturm analyses the state of human milk banks in Germany

Last fall, our working student Lea Sturm successfully completed her studies in Health Sciences at the Technical University of Munich. With her bachelor thesis “Current challenges and developments of human milk banks in Germany”, she worked on one of EFCNI’s core topics. In her thesis, Lea Sturm interviewed three experts and leaders on the development of human milk banks in Germany and also discussed with them the challenges associated with such an undertaking. Among her many insights, Lea Sturm found that missing public awareness as well as missing standards and guidelines constitute one of the biggest obstacles to setting up human milk banks across Germany. Special thanks also go to Prof. Schlößer from the University Hospital Frankfurt, Dr. Berns from the Charité Berlin, and Dr. Jakubowicz from the LMU Klinikum Großhadern for their willingness to provide information and interesting perspectives on the current challenges of human milk banks in Germany. Please note that the thesis, written in English, is not yet published and retrievable, and that the following article is in German.

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European Standards of Care for Newborn Health

THANK YOU



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The power of the network

We would like to thank our partners AstraZeneca, Baxter, GE Healthcare, Nestlé Nutrition Institute, Prolacta, and Sanofi Pasteur for supporting the European Standards of Care for Newborn Health (ESCNH). The main aim of the ESCNH is to address the disparities in neonatal care across Europe and to offer a path towards overcoming them. Thanks to our partners, we are able to work continually on this important project. For example, we are currently reviewing several individual standards who completed their first lifecycle. Several new standards will soon be added to the ESCNH to reflect new findings in the field as well. Lastly, we continue to advocate for the implementation of the ESCNH on regional, national, and international levels.

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CHANGES IN THE CHAIR COMMITTEE

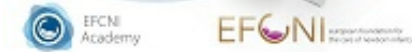
Handing over the baton from one generation to the next

After many years of hard work on behalf of the European Standards of Care for Newborn Health (ESCNH), several distinguished members of the Chair Committee are retiring from their posts. We thank Professor Gérard Bréart, Professor Gorm Greisen, Dr. Onno Helder, and Professor Pierre Tissières for their dedication to the ESCNH and for working tirelessly to improve the state of neonatal care across Europe. At the same time, we are excited to welcome the new Chair Committee members who will fill these seats: Dr. Marina Cuttini, Dr. Marije Hogeveen, Dr. Eva Schwindt, and Dr. James Webbe. Their knowledge and skills will be immensely useful as we continue to revise current standards, develop new ones, and work to implement the ESCNH across Europe.

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La termoregolazione nei bambini prematuri

Factsheet



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THERMOREGULATION

Thermoregulation factsheet now available in Italian

4 out of 10 babies arrive cold in the NICU. This is a worrisome statistic since being too cold can cause severe health issues for babies, especially those born too soon. Body temperature is therefore an important parameter in newborn care. As Dr. Stefano Ghirardello, Director of NICU and Neonatology at Fondazione I.R.C.C.S. Policlinico San Matteo Pavia in Italy, says, “Maintaining an adequate body temperature in the delivery room and the days following birth [...] reduces mortality and morbidity, particularly in premature babies”. Knowledge about the importance of thermoregulation is key, so we are happy to announce that our factsheet on the issue is now also available in Italian.

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E-LEARNING OPPORTUNITY

Register for our free-of charge, CME accredited webinars on enteral preterm nutrition

If not now, when? It is still possible to register for our CME accredited webinars. In informative presentations, international experts share the latest insights and studies on enteral preterm nutrition as a means of minimising morbidities and ensuring growth and disease prevention for newborn infants. We warmly invite healthcare professionals, nursing staff, and interested learners to sign up and participate in the online training!

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GLANCE - Global Alliance for Newborn Care



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ALARMING KEY FINDINGS OF COVID-19 REPORT

Global results of parents' experiences with separation policies

In our global parent survey, we wanted to know how parents of hospitalised babies experienced infant- and family-centred developmental care (IFCDC) in the hospital and their situation as caregivers in the first year of the pandemic. The responses from more than 2,000 participants in 56 countries were both honest and alarming: Concerned parents gave first-hand accounts of the painful separation from their newborns and their experiences of disruptions and restrictions in prenatal care, parental access, infant nutrition and breastfeeding, health communication, and mental health in times of COVID-19. You can download the full survey report with all findings and detailed information per country, as well as a short version, from the link below. For those who missed the digital live event to launch our global study and report, a recording with the original voices of experts, health professionals, parents, and researchers is now also available.

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