



Dear friends and supporters of EFCNI,

The ongoing crises in our society keep reminding us how vulnerable preterm and sick newborns are. All the more reason for us to work tirelessly for the well-being of these smallest patients and their families.

With our campaign for healthy early nutrition, we aim to help lay the foundation for a healthy future. We are also proud to host a multidisciplinary expert roundtable to highlight the topic of RSV protection for all infants under two years of age. And finally, we are happy to launch our new SHIPS brochure on long-term health outcomes and wellbeing in 6 languages. Because that is what drives us: The desire to empower parents to make informed health decisions and help preterm and newborn infants thrive.

As always, we thank you for your continuous support!

Please stay healthy and above all safe,

Silke Mader and the EFCNI team



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SAVE THE DATE AND REGISTER TODAY

## Sign up for the International Conference on Human Milk Science and Innovation (ICHMSI)

The 8th ICHMSI will take place on-site and online in Vienna, Austria on 10-11 June 2022. Main topics will be neurodevelopment and human milk and the role of bioactivity in driving clinical outcomes. As a conference partner, EFCNI will be delighted to meet you in Vienna!

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## FIRST EXPERT ROUNDTABLE ON RSV PROTECTION FOR ALL INFANTS

### How can we protect all children under 2 years of age from severe RSV infections and their consequences?

The 2021/2022 RSV season is drawing to a close and the extraordinary scale of this season has made one thing clear: Respiratory syncytial virus (RSV) infections pose a serious health threat to children under the age of two. With several new prophylactic options currently being developed, EFCNI and a group of experts from different disciplines around child health and RSV have come together to discuss opportunities, challenges, and limits of RSV protection for all infants. Together, EFCNI and the expert group will publish a position paper and a scientific paper to raise awareness for RSV in general, and for RSV protection for all infants under two years of age in particular. We are excited to announce that we successfully launched this project on 24 March 2022 with an expert roundtable.

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## HEALTHY EARLY NUTRITION - HEALTHY FUTURE

### Campaign about healthy nutritional choices during pregnancy and breastfeeding enters round two!

Last year we started our social media campaign “Healthy Early Nutrition – Healthy Future” dedicated to nutrition issues in the first 1000 days of a baby's life. We are back with new input to help mums-to-be navigate the multitude of recommendations and advice regarding their nutrition before and during pregnancy and breastfeeding. A series of infographics provide all facts in an easy-to-understand manner. This year, the materials are also available in German, French and Spanish.

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## Network



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## NEW PARENT ORGANISATION

### Our network is growing: a warm welcome to Noah's Ark, a new parent organisation from Belgium

Noah's Ark Belgium is a non-profit organisation helping parents to manage the burden of preterm birth, supporting research on diseases related to preterm birth and lobbying for the rights of preterm babies and their families. They foster collaboration between parents, families and NICUs to give preterm babies the best possible chances. Noah's Ark Belgium is also the founder of Prematel, a communication platform allowing parents with children in the NICU to access help through a free multicultural helpline, a private Facebook community and regular exchanges within partner NICUs. It's great to have you with us!

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## Science



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## SHIPS – SCREENING TO IMPROVE HEALTH IN VERY PRETERM INFANTS IN EUROPE

### Results of the ‘Study of Health and Wellbeing at 5 years of age’ are now available

The EU-funded “Screening to improve Health In very Preterm InfantS in Europe” (SHIPS) project is a European research collaboration that aims to improve follow-up programmes in Europe. These programmes can identify health concerns of the child when they arise and make it possible to start effective interventions as early as possible. Moreover, follow-up can help parents cope with stress and anxiety. The ‘Study of Health and Wellbeing at 5 years of age’ presented insightful results on the variations in follow-up care in Europe and suggests that there may be social or geographic inequalities in follow-up care that children born very preterm receive. The brochure with the detailed findings has been translated into six languages and is now available on our website.

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## PREMSTEM CO-CREATION WORKSHOPS

### Exciting opportunity to get involved in the development of a stem cell therapy to treat brain injury in preterm babies

Have you ever wanted to get involved in a research project? Now is your opportunity! EFCNI is a partner in the EU-funded Horizon 2020 PREMSTEM project which is conducting research into stem cells to find a therapy to treat brain injury in preterm babies. Starting in May 2022, PREMSTEM is running a series of activities to find out the views and experiences of different people interested in this research. This includes parents or carers of a preterm baby, or adults who were born preterm. They are also keen to hear from people involved in policy or regulatory bodies dealing with clinical trials. The aim of these co-creation workshops is to help PREMSTEM create a successful strategy to take this important research to clinical trial – by addressing the concerns and feedback of people who represent the future users of the therapy.

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## RSV INFECTION IN EARLY CHILDHOOD

### The impact on children's and parent's quality of life

The Respiratory Syncytial Virus (RSV) is a major cause of severe respiratory infections in young children. However, prevention is difficult. In order for decision-makers to assess the benefits of a healthcare intervention, such as a potential vaccine development, an evaluation of both economic and health benefits is needed. Therefore, a prospective multicentre surveillance study was conducted in Spain to explore the loss of Health-related Quality of Life (HRQoL) in children under two years of age following RSV infection. The results showed that children and families experienced an HRQoL loss of up to 38% in the first week after diagnosis. Further knowledge gained on RSV risk factors, healthcare utilisation and average total costs per patient are a first step in the cost-utility evaluation of future RSV-related interventions such as vaccination.

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## RSV PREVENTION IN LATE PRETERM AND TERM INFANTS

### Promising RSV Phase 3 trial results published in the New England Journal of Medicine

Respiratory syncytial virus (RSV) is a leading cause of lower respiratory tract infections and hospitalisation in infants. To date, there is no comprehensive RSV protection for all infants available, but research is being conducted on new immunisation options to reduce the global burden that RSV places on infants, their families and health services. The New England Journal of Medicine (NEJM) has just published the promising results of a phase 3 trial investigating a new monoclonal antibody with extended half-life designed to protect all infants with a single dose throughout the RSV season. The study enrolled healthy term born or late preterm infants (35 weeks gestational age or more) who experienced their first RSV season. The primary endpoint was met, namely a 74.5% reduction in the incidence of physician-treated lower respiratory tract infections (LRTI), such as bronchiolitis or pneumonia, caused by RSV, compared to placebo.

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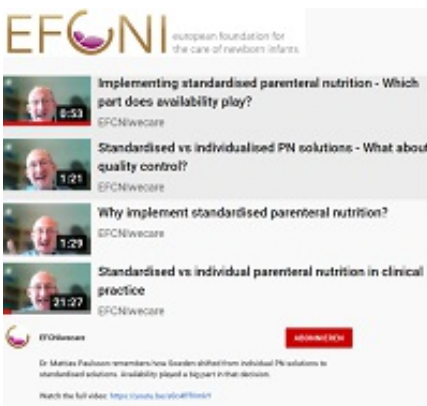
## NEW PUBLICATION ON EVIDENCE BASED PARENTERAL NUTRITION

### Expert working group provides overview of the implementation process of evidence-based parenteral nutrition in German perinatal centres

In 2021, an expert panel on the topic of parenteral nutrition concluded from findings of a previous survey that the implementation of parenteral nutrition in German perinatal centres deviates from recommendations. These findings were the driving force to improve neonatal nutrition and to develop hand-on solutions and practical advice to overcome barriers. In their now recently published article, the working group gives a detailed overview of all processes and describes step-by-step how to implement evidence-based parenteral nutrition in practice. The group aims at motivating German but also other neonatal centres to re-think their practices on parenteral nutrition and to target the implementation of evidence-based parenteral nutrition. Article available in German only.

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## European Standards of Care for Newborn Health



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### FROM AN EXPERT'S POINT OF VIEW

### Sweden's approach to implementing standardised parenteral nutrition in clinical practice

In a very insightful interview, Dr Mattias Paulsson, pharmacist at the University Hospital Uppsala, Sweden, told us why Sweden has made such a comprehensive switch from individualised to standardised parenteral nutrition. Chances and challenges of that process were also discussed and why Dr. Paulsson believes that this step has ultimately paid off for both, professionals and patients. The entire interview is available with English and German subtitles.

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## GREAT LEARNING OPPORTUNITY

### Experienced high-level speakers share up-to-date insights on the importance of human milk for infant health

The importance of enteral preterm nutrition as a means of minimising morbidities, and ensuring growth and disease prevention for newborn infants is undisputed. However, strong diversity regarding the implementation of this recommendation in healthcare practice remains to be a challenge. In our three webinars, healthcare professionals share their first-hand experiences and latest insights on how human milk-based enteral nutrition can help improve health outcomes for newborns and preterm infants in the short and long term. All webinars consist of informative lectures in English, are free of charge, can be completed in individual arrangements, and are CME accredited.

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- ADVERTISEMENT -

### How exactly does a double wall incubator keep your baby warm?

Every newborn deserves a warm welcome to make them feel right at home, in fact, their lives depend on it. Thermoregulation is one of the elements of basic newborn care immediately after birth. Keeping babies warm can prevent a whole host of health and developmental problems. However, too many babies still arrive cold in NICUs across the globe. That is why it is essential to take all possible steps towards maintaining a stable body temperature, including utilising the best technology. It is critical to take a closer look at the incubator you are using, as not all are designed with the same thermoregulation capability.

[WATCH VIDEO](#)

GLANCE - Global Alliance for Newborn Care



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## HEAT EXPOSURE AND ADVERSE BIRTH OUTCOMES

### Heat exposure during pregnancy may lead to preterm birth and stillbirth

Climate change induces extreme weather events such as heatwaves to a greater extent, resulting in higher temperatures worldwide. This may cause severe health problems, especially for vulnerable groups like pregnant women. Two studies in different settings (US and lower-to middle-income countries) have now addressed this issue, examining the relationship between extreme heat exposure and adverse birth outcomes like preterm birth and stillbirth. The results show that heatwave duration and intensity in the week before delivery were associated with preterm birth, especially in certain demographic groups. Future intervention programs should therefore specifically target vulnerable subgroups, and further research is needed to examine the mechanisms behind this association to reduce adverse birth outcomes.

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