



Dear friends and supporters of EFCNI,

We just got back from the fifth jENS Congress in Rome and are still happy and excited. It was great to meet with old friends and new, exchange ideas, and learn from one another in engaging talks and presentations. Improving outcomes for preterm and hospitalised infants can only happen if we work together, so it was truly heartening to see experts and patient representatives from diverse backgrounds connect over a shared goal.

September also means that respiratory infections are slowly on the rise again. Our #LittleLungs campaign draws attention to the dangers of Respiratory Syncytial Virus (RSV) for preterm infants. What is more, we are continuing our “Zero Separation” awareness campaign. This year, we focus on the benefits of Kangaroo Mother Care for those born too soon.

Many thanks for your continuous support!

Please stay healthy and safe,

Silke Mader and the EFCNI team

EFCNI



CONGRESS OF JOINT EUROPEAN NEONATAL SOCIETIES

A successful congress, insightful talks, workshops, and discussions around neonatology and women's health

For the fifth time we were participating at jENS, this time in beautiful Rome. After a digital version of this prestigious congress two years ago, it was a pleasure to be back on-site,

together with 1,700 participants, to discuss, learn, and network with experts from all over the world. It was an honour for us to contribute to the incredibly diverse programme with our own sessions and pre-course. We also had the opportunity to involve numerous parents and patient representatives in this year's jENS.

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## Network



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### PREPARING FOR THE AUTUMN COLD

#### Protecting little lungs from RSV

As late summer gently fades and temperatures cool, the risk of respiratory illness rises, including Respiratory Syncytial Virus (RSV) infection. What may start as mild, cold-like symptoms can develop into severe disease, especially in the smallest and most vulnerable babies, such as preterm infants or those with pre-existing conditions. RSV experts at the jENS congress in Rome last week emphasised the crucial role of parental counselling in preventing severe RSV infections. Join our refreshed #LittleLungs initiative on our social media channels this October as we work together to raise awareness of RSV, educate parents and healthcare providers, and inform about options for preventing infection.

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### REGISTER NOW – SOME TICKETS STILL AVAILABLE

#### Sign up for the midwife congress “The importance of protection and care in the first 1,000 days”

In the first 1,000 days, the course is set for a child's health development. This critical time window has an enormous impact on the short- and long-term physical as well as mental health of pregnant women, unborn children, nursing mothers, and infants. This congress aims to strengthen the role of midwives in providing a good start in life for babies. It takes place on 20 October 2023 in Sulzbach near Frankfurt, Germany, where the possibilities of useful and effective preventative measures will be discussed by experts from different fields. EFCNI's chairwoman and co-founder Silke Mader will present on how to interact fruitfully with parents of babies born preterm or sick. Please note that the congress and all related further information is in German.

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## GOALKEEPERS REPORT 2023

### Innovations could save the lives of millions of mothers and babies

The 2023 Goalkeepers Report launched by the Bill & Melinda Gates Foundation presents solutions to prevent the deaths of mothers and babies. As the report claims, researchers have learned more about maternal and neonatal mortality over the past 10 years than they did in the century before. However, the solutions found to improve mothers' and babies' health are not reaching families in the communities where they are needed. Global health experts estimate that by making new innovations accessible to those who need them most, 2 million additional lives could be saved by 2030 – and 6.4 million lives by 2040.

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## INFANT LOSS

### Supporting bereaved parents in Slovakia

Despite the advances in neonatal care in recent years, not all preterm infants survive. To commemorate those lives and express support for bereaved parents, our partner parent organisation malíček initiated a project to reach out to affected families. In collaboration with perinatal centres across Slovakia, malíček developed a commemorative package to be distributed to bereaved families in the NICU.

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## Science



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## LISTENING TO FATHERS OF TWINS

### Research study calls for more involvement of fathers in infant- and family-centred developmental care

What are the experiences and special needs of fathers of twins? A qualitative research study by Kristiina Heinonen describes the experiences of fathers to contribute to the understanding of twin fatherhood and the needs for support. According to the study, fathers of twins are particularly active and involved when it comes to childcare – and they wish to be more visible and fully recognised as parents by healthcare professionals. So far, infant- and family-centred developmental care often has focused more on the mothers than the fathers. However, if the father is active and present, this does not only relieve the mother's burden, but it can also promote the children's development.

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## THE POWER OF COOPERATION

### Involving families from the start can improve research into neonatal health

Parents of preterm and hospitalised infants are valuable partners for research projects. In a recent article, Fabiana Bacchini, CEO of the Canadian Premature Babies Foundation (CPBF) and member of the EFCNI Parent and Patient Advisory Board, shared her motivation to participate in research projects. Bacchini, whose twins were born too soon at just 26 weeks' gestation, describes her transformative experience in the NICU which made her realise the importance of research in order to secure better outcomes for the tiniest patients. In her piece, she calls on researchers to recognise the crucial role families play in developing research projects.

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## European Standards of Care for Newborn Health



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## LIFECYCLE

### The results of the public consultation are in

This year, 76 individual standards of the European Standards of Care for Newborn Health (ESCNH) are under review. As part of the revision process, we conducted a public consultation earlier this year where we asked healthcare professionals, parent representatives, and all other stakeholders as well as the general public to share their insights and perspective with us. We are happy to share the first results with you.

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## EFCNI-Academy



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## THERMOREGULATION

### New training module on thermal management in newborn infants available

Preterm and hospitalised infants often struggle with maintaining a stable body temperature. Our new training module explains why thermal management should form part of care routines, starting already during labour and delivery. It lists ways in which

newborns lose and produce heat and offers tips and suggestions for healthcare staff to improve thermal stability.

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## GLANCE - Global Alliance for Newborn Care



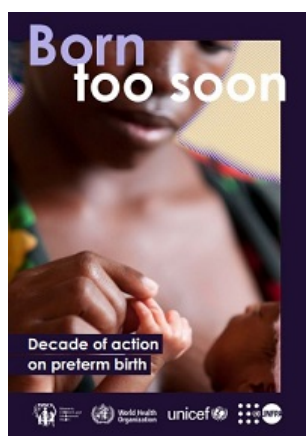
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### UPCOMING CAMPAIGN

#### Zero Separation. Together for better care!

The campaign “Zero Separation. Together for better care!” by GLANCE continues, aiming to enable infant- and family-centred developmental care, with parents having access to be with their baby 24/7. This year’s promotion focuses on Kangaroo Mother Care, its benefits, and the updated WHO recommendations. “We realized we need to educate and support our staff in why we do kangaroo care and how to do it safely”, says Diane K. E. Schultz, NICU nurse at St. Boniface Hospital, Winnipeg in Canada. Read more about the campaign, get involved, and feel free to share our upcoming social media posts.

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### PRETERM BIRTH

#### New exhibition illustrates what it means to be born too soon

In May, ten years after the original paper, the revised report “Born Too Soon: Decade of Action on Preterm Birth” was published. Its aim: to push for progress on maternal and newborn health, particularly on preterm birth and its associated challenges. The newly launched “Born Too Soon” exhibition shines a light on personal stories of resilient families from all across the globe, touched by preterm birth. The exhibition accompanies the report and illustrates the data and trends by highlighting individual experiences.

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The EFCNI 2023 policy and advocacy training workshop for patient and family representatives is supported by a restricted grant from Pfizer.

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