



Dear friends and supporters of EFCNI,

As we step into 2024, we are excited to share some early milestones. We have launched our LinkedIn page and Twitter account (now called X) for the European Standards of Care for Newborn Health (ESCNH). These platforms provide spaces for connection, knowledge sharing, and a collective push towards advancing neonatal care across Europe. What is more, we recently hosted our first ESCNH Speak out session which explored the sensitive topic of (co-)twin loss, inviting renowned experts and affected parents to share their insights. This online conversation provided an enriching exchange of perspectives and shared wisdom.

Here's to a year of progress and collaboration in enhancing neonatal care!

Warm regards,

Silke Mader and the EFCNI team

EFCNI



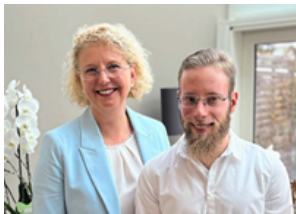
STRONG START FOR LITTLE HEROES

Congratulations to the winners of the raffle 2023

We say "Congratulations" to the winners of the raffle as part of the campaign "Strong start for little heroes" 2023! Many clinics celebrated World Prematurity Day in a particularly creative way and sensitised the public for the challenges and needs of

preterm born babies and their families. A total of 29 neonatal intensive care units participated in the raffle, and we received so many wonderful pictures, summaries, and reports of celebrations. Picking 4 winners was therefore quite difficult. We would like to thank all participating hospital wards and their extraordinary staff from the bottom of our hearts for their outstanding commitment and creativity. We are looking forward to the campaign 2024 and your participation! Please note this campaign is set up in German.

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PRETERM ADULTS

The preterm baby has grown up

Thanks to advancements in medicine, more and more preterm children survive. But when they grow up, they are often left to manage on their own without sufficient support or consideration from the healthcare system. The article “The preterm baby has grown up”, published in the German magazine “tina”, reports on the lives of Juliëtte Kamphuis and Lukas Mader. Both are adults now and still face medical challenges as a result of being born too soon. We are happy to share the article and raise awareness about improving healthcare for preterm babies as well as preterm adults! Read the short summary (in English) or the full article (in German) on our website.

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Network



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SKIN-TO-SKIN CARE

Pioneering state-of-the-art preterm care at Erasmus Hospital in Brussels

Livia Nagy Bonnard, founder of our partner parent organisation “Melletted a helyem Egyesület” (“Right(s) Beside You Association”) in Hungary and a member of the Parent, Patient and Public Advisory Board of the European Standards of Care for Newborn Health (ESCNH), recently visited Erasmus Hospital in Brussels. At the hospital, preterm infants take centre stage in an exemplary model of care. The dedicated staff at Erasmus collaborates seamlessly, ensuring a holistic approach to neonatal well-being. Empowering parents to actively participate in care tasks constitutes a cornerstone of this approach. Internationally renowned expert Dr. Nils Bergman, who visited the hospital at the invitation of our partner parent organisation “Noah’s Ark Belgium”, praised the NICU staff for implementing

immediate skin-to-skin care as hospital policy.

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Science



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WORKSHOP

Discussing childhood obesity and prevention strategies

Parents and caregivers of preterm and term born babies from 10 European countries will take part in a focus group workshop in February, discussing childhood obesity and prevention strategies in their country. The workshop aims to understand the lived reality of parents, to identify communication barriers and chances, and to gather insights on how sustainable behavioural changes can be facilitated. This workshop will be organised, hosted, and moderated by EFCNI as a partner within the EndObesity project, ensuring that the parental perspective is considered. EndObesity is an international research project with collaborators from five different countries aiming to identify family-based barriers and facilitators during preconception, pregnancy, and early childhood associated with childhood obesity.

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FAMILY SUPPORT

Exploring the difference in life satisfaction of parents with term-born and preterm infants

The birth of a child can be both rewarding and demanding for parents. However, having a preterm child alters parents' wellbeing significantly. Data from the German Socio-Economic Panel and the British Understanding Society study reveal the long-term stresses faced by parents of preterm babies. In addition, differences between the mother's and father's wellbeing are discussed. Families experiencing a preterm birth need long-term support to ensure that parents do not jeopardise their own wellbeing out of concern for their child.

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FAMILY-CENTRED CARE



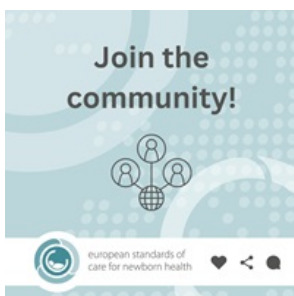
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The benefits and challenges of Mother-Newborn Couplet Care for patients and healthcare professionals

Mother-Newborn Couplet Care describes a concept to no longer separate mother and infant after birth. It instead supports immediate skin-to-skin contact and Kangaroo Mother Care. Nevertheless, it requires a lot of work from healthcare professionals and leaders of all involved departments to create one new and cohesive unit where both the newborn and the mother receive excellent medical care. Examples of successfully implemented couplet care from maternity hospitals in Sweden and Finland may inspire the future care of preterm babies and their mothers in other regions and hospitals.

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European Standards of Care for Newborn Health



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JOIN OUR COMMUNITY

Connecting for change: The European Standards of Care for Newborn Health (ESCNH) are on LinkedIn and X

We are excited to announce the launch of our official LinkedIn page and X (Twitter) account! Stay at the forefront of advancements in neonatal care, as we share news, insights, and updates on all things ESCNH. Join our growing community of healthcare professionals, nurses, doctors, and parent advocates, all dedicated to enhancing neonatal care across Europe. Engage with like-minded professionals, participate in discussions, and contribute to the dialogue that shapes the future of neonatal care. Together, we can create a stronger, more connected network focused on improving outcomes for preterm and hospitalised infants.

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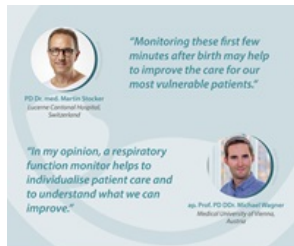
ONLINE CONVERSATION

Inaugural Speak out session: Navigating (co-) twin loss with expert insights

On 23 January, EFCNI led a thought-provoking Speak out session on (co-)twin loss. Four distinguished experts delved into diverse facets of this sensitive topic, offering insights from

various angles, including the parental perspective. The live-streamed event, broadcasted on Facebook, LinkedIn, and X (Twitter), fostered a meaningful conversation. A heartfelt thank you to our outstanding speakers Professor Nicholas Embleton, Michelle LaFontaine, Elsa Silva, and Dr. Gudrun Simmer for their time and dedication. The session is available on video.

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EXPERT INTERVIEW

Manual ventilation in neonates and preterm infants

Sometimes, little fighters need help breathing shortly after they are born. Caregivers in the delivery room or the NICU then use manual ventilation to make sure the newborn gets enough oxygen. Positive pressure ventilation (PPV) is the standard procedure for manual ventilation in neonates and preterm infants. We asked experts Dr. Martin Stocker and ap. Prof. PD Dr. Michael Wagner about the challenges caregivers face during manual ventilation and their views on the use of respiratory function monitors.

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AMBASSADOR ACTIVITIES

Strategic dialogue to improve neonatal health in Cyprus and Greece

Dr. Eleni Vavouraki, ESCNH Ambassador and President of our Greek partner parent organisation Ilitominon, recently travelled to Cyprus. Together with neonatal-paediatric physiotherapist Pani Pantelides, she met with Cypriot Minister of Health, Dr. Popi Kanaris to confer on the urgent need for comprehensive neonatal health policies. The discussion centred on developing a national guideline for robust data infrastructure which includes data collection, analysis, and utilisation of internationally agreed datasets. This marks an essential step towards comprehending and enhancing health outcomes in both Cyprus and Greece.

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EFCNI-Academy

THERMOREGULATION

Main ways newborns lose heat



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Supporting parents for better care

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Safeguarding preterm health through focused temperature management

Explore our comprehensive resources on thermoregulation in preterm infants. Our free factsheet, available in 7 languages on our website, delves into crucial temperature management practices. For further training, access our concise module on thermal care. Our expert video interviews provide additional, valuable insights.

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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.

This online newsletter is issued by EFCNI - European Foundation for the Care of Newborn Infants. Share your comments, suggestions and feedback by emailing news@efcni.org. If you wish to unsubscribe, please click [here](#).

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