

Aotearoa Nutrition Guidelines for Preterm Babies Project

We have a Health Research Project Grant to develop Aotearoa Nutrition Guidelines for Preterm Babies. They will be developed by a multidisciplinary Guideline Development Group over the next 2 years. This is the 5th newsletter

Two day Aotearoa Nutrition Guidelines for Preterm Babies hui

On 10-11 April, 19 members of our national Guideline Development Group met for 2 days to vote on evidence to decision documents for our 60 guideline questions. This hui was primarily focused on questions in the parenteral nutrition and enteral nutrition sections. We came up with recommendations for 18 of the questions including whether we give infant formula or donor milk rather than wait for mother's own milk in moderate-to-late preterm infants whose mothers' breastmilk is not available at birth, the evidence for the use of Kangaroo Care in preterm babies and whether fortified vs unfortified expressed breastmilk should be used for preterm babies.

Before the meeting, the team had been working hard gathering all the evidence. This included attending lots of training sessions to screen academic research using Covidence, appraising evidence, and how to put together evidence to decision tables recommending different approaches and interventions. We are using two products – Covidence for screening and the review of articles and extraction, and GRADEPro for putting together evidence to decision tables. Preliminary thematic findings on breastmilk expressing and whānau interviews that have been taking place at Auckland City and Middlemore Hospitals were also presented to the group. We are indebted to Associate Professor Vanessa Jordan who has been supporting our group as a systematic review expert, reviewing evidence to decision tables and running several training sessions. She covered how to use GRADEPro, completing evidence to decision templates, and risk of bias. We are also being assisted by Dr Julie Brown who has trained us in screening, data extraction template set up and data extraction. Over the next two months we are meeting via zoom every fortnight to cover the remaining questions and finalise the recommendations. Once we have finalised the recommendations, the guidelines document will be put together and consultation process with key stakeholders and endorsers will begin.

From left to right: Frank Bloomfield, Adie Lynn, Jutta van den Boom, Lilia Delgado Paramo, Violet Clapham, Carol Bartle, Chloe Bell, Sarah Rusholme, Lisa Kremer, Liza Edmonds, Lela Yap, Lindsay Joseph, Kim Ward, Annette Murphy, Tanith Alexander, Toyin Oladimeji, Vanessa Jordan, Mariam Buksh and Barbara Cormack.



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Three new Guideline Development Group members

We have three new members on our Guideline Development Group:

Chloe Bell is a 3rd year medical student, who has been working over the summer as a Liggins Clinical Intern. She was also a preterm baby and she has agreed to join us as a third consumer rep on the GDG alongside Dr Sarah Rusholme and April Reece.

Annette Murphy is a Nurse Practitioner at the Special Care Baby Unit, North Shore Hospital. Her many years of clinical experience provides critical operational expertise as we now debate and approve the many evidence to decision tables ensuring the guidelines are based on sound research but also practical to implement.

Carol Bartle is a Policy Analyst for the New Zealand College of Midwives. She has a background in nursing with over twenty years working in neonatal intensive care, midwifery, education, and lactation consultancy and is an advocate for the protection, promotion, and support of breastfeeding.

We are delighted to have these three new members join us.



Chloe Bell



Annette Murphy



Carol Bartle

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