

Aotearoa Nutrition Guidelines for Preterm Babies Project

We have obtained a Health Research Project Grant to develop Aotearoa Nutrition Guidelines for Preterm Babies.

The guidelines will be developed by a multidisciplinary Guideline Development Group over the next two years.

This is the second of the series of newsletters that we will send to update you on our progress.

Systematic review published



Meiliana Meliana is a Ph.D. student at the Liggins Institute focused on nutrition for preterm babies.

Alongside academics, she completed a systematic review of the quality of nutritional guidelines for preterm infants, consistency of recommendations, and gaps in recommendations.

It found the future development of nutritional guidelines for preterm infants should improve the guideline development process, involve stakeholders/consumers, and focus on comprehensive guidelines which cover all nutrition components for preterm infants. We will draw on Meiliana's work as we write the guidelines.

The review was published earlier this year and is available here: <https://aspenjournals.onlinelibrary.wiley.com/doi/full/10.1002/jpen.2568>

Where we are up to?

The Liggins team are currently busy reviewing existing evidence and guidelines to see if they are appropriate for an Aotearoa context and identifying where there are guideline and evidence gaps.



We will conduct further systematic reviews and a qualitative research project involving interviews with parents of preterm babies and healthcare staff in NICUs to fill some of these research gaps. Once this work is completed, we will develop the guidelines and later this year will begin consulting practitioners to ensure the guidelines work in a clinical context.

We Need You - Your help with this consultation stage later in 2024 is key to ensuring our guidelines meet the needs of the end users.

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Changes on the steering and guideline development group

We have a new member on the Steering Group – Sarah Rusholme, the new CEO for Little Miracles Trust, taking over from Rachel Friend. We are delighted that Rachel, the previous Little Miracles Trust CEO and mother of a preterm baby will continue to stay on the Guideline Development Group as a lay member. Sarah (left) and Rachel (right)



Equity review

Steering Group members Lisa Kremer (Kāi Tahu; Kāti Māmoe; Waitaha) a pharmacist and health researcher, Liza Edmonds (Ngāpuhi; Ngāti Whātua) a neonatologist and Tamara Nickerson (Te Whakatōhea/ Ngā Puhi) a Clinical Nurse Specialist – Kaiārahi Nāhi, performed the crucial role of reviewing our PICO questions.

Actualisation of Te Tiriti o Waitangi is fundamental for pēpi and whānau Māori in NICU. As Māori clinicians Lisa, Liza & Tamara are committed to ensuring equity is at the forefront within the guidelines by providing clinical expertise with a cultural lens.



Lisa



Liza



Tamara

Lilia's presentation

Lilia Delgado Páramo is currently undertaking a PhD at the Liggins Institute looking at the available evidence behind current neonatal nutrition practices.

Her presentation at last year's Liggins Student Research Day updated fellow students and staff on her work on the guidelines including conducting qualitative interviews with mothers and whānau and staff at Auckland City Hospital, developing PICO questions and undertaking systematic reviews, and the end job of drafting the guidelines.



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