

# 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 a first of the series of newsletters that we will send to update you on our progress.



## WHO IS WORKING ON THE GUIDELINES?

**Steering Group and Guideline Development Group members come from all over New Zealand – meet our team.**

- Adrienne Lynn, Neonatologist, Christchurch Women's Hospital
- Angelica Allermo Fletcher, Neonatologist, Wellington Hospital
- April Mihaere(Reece), Consumer representative
- Barbara Cormack, Principal investigator, University of Auckland
- Catherine Belfield-Haines, Project Manager, University of Auckland
- Eleanor(Ellie)Hoare and Terin Port, Nurse Specialist -Lactation, Auckland City Hospital
- Frank Bloomfield, Researcher, University of Auckland
- Haunui Royal, Kaiārahi, University of Auckland
- Jutta van den Boom, Neonatologist, Waikato Hospital
- Kim Ward, Researcher, University of Auckland
- Lilia Delgado Páramo, Researcher, University of Auckland
- Lindsay Joseph, Neonatologist, Middlemore Hospital
- Lisa Kremer(Ngāi Tahu /Kāi Tahu; Kāti Māmoe; Waitaha), Pharmacist, University of Otago
- Liza Edmonds(Ngāpuhi; Ngāti Whātua), Neonatologist, Dunedin Hospital
- Luling Lin, Research Fellow, University of Auckland
- Mariam Buksh, Neonatologist, Auckland City Hospital
- Rachel Friend, Consumer representative, Auckland
- Tamara Nickerson(Te Whakatōhea/ Ngā Puhī), Clinical Nurse Specialist / Kaiārahi Nā, Auckland City Hospital
- Tanith Alexander, Dietitian/Researcher, Middlemore Hospital
- Violet Clapham, Midwife, Christchurch



## WHY DEVELOP GUIDELINES?

We want every preterm baby no matter where they are born for the best chance of success. Currently variation of care is associated with differences in survival, morbidity, growth, and neurodisability.

## HOW WE DEVELOP GUIDELINES

We are developing these guidelines with a Health Research Grant and the support of a multidisciplinary Guideline Development Group to ensure they are based on up-to-date evidence, they are straight-forward for busy health workers and capture what is important to parents and whānau. Our HRC grant will develop Aotearoa-specific nutrition guidelines for preterm babies over the next two years that tackle the substantial variation in nutritional practice across the country.

**COMING SOON**

Next steps over the coming months are developing specific research questions, evidence review and appraisal, and identifying research gaps in the evidence within an Aotearoa New Zealand context. Guidelines will be based on the most up to date evidence. It's a busy few months ahead for the team.



## WHAT HAVE WE DONE

Steering Group members have been meeting since earlier this year. The Guideline Development Group had their first face to face meeting on the 18 August and continues to meet every two months. It was a busy day where we came up with key outcomes and defined the scope and topics the guideline will cover.