

Evidence and Excellence in Perinatal Care

11-13 September 2019, Newcastle

Nicholas Embleton

Nick helps lead a broad portfolio of research including large trials (ELFIN and SIFT studies) and mechanistic studies (MAGPIE), and coordinates the Newcastle Preterm Birth Growth study tracking the outcomes of children born preterm into late adolescence. Currently is CI on two studies 1) INDIGO: an exclusive human milk diet and 2) FLAMINGO: Feeding in Late and Moderately Preterm Infants Nutrition and Growth Outcomes.

Nick is a member of ESPGHAN Committee of Nutrition, coordinates the multi-disciplinary Neonatal Nutrition Network, and works with colleagues in Liverpool & Nigeria to establish a Neonatal Nutrition Network in sub-Saharan Africa. He is clinical lead for qualitative studies exploring neonatal loss (the Butterfly project www.neonatalbutterflyproject.org).



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Why is this a hot topic for neonatal professionals?

“This session will provide a brief review of major recent research trials and an update on some recent trials commencing in the UK.”



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What do you see as being the greatest challenge for neonatal professionals over the next ten years?
(And how can we best prepare for this?)

- “1. Keeping up to date with a massive literature relevant to practice, but not having sufficient time to keep up to date
2. Inspiring the next generation to get involved in research despite the increasing amount of bureaucracy that hampers ‘grass roots’ research.”*



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How do you make the most of your time when attending conferences?

“Decide what questions I want answered when listening to the different lectures i.e. have some sort of aim in mind. If I don’t get the question answered, ask it at the end!”



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