

SUMMER 2021

NOURISH NEWS



Updates for the parents of babies in the Nourish Study, a research study at BWH

Summer Sun, Nourish Fun Updates

Greetings from the Nourish Study Team!

Happy Summer! We hope that your families are adjusting well to life at home and enjoying the warmer weather. After a pandemic-related pause, we are again recruiting babies in the NICU for Nourish. Since re-starting, we have already enrolled 20 babies!



OVERVIEW:

- Summer Updates
- Study Progress
- Family Involvement

Contact us with any questions or updates!

We are looking for pictures of your babies settling in at home to add to our website!

Website:
nourish.brighamandwomens.org

Email:
nourish@bwh.harvard.edu

Phone: 617-652-0020



Scientific Advisory Board

Last month, we held our first Scientific Advisory Board Meeting. Dr. Belfort updated the group on the study's progress to date and our team received valuable input from expert leaders in Neonatology, Nutrition, Psychology, and Neuroscience from the U.S., Germany, and New Zealand.

Follow-Up Updates

Our first few Nourish follow-up check-ins were virtual, but we are happy to report that in-person visits in the follow-up clinic have now resumed! We look forward to saying "hi" to all of our Nourish families at their upcoming 4 and 12 month clinic visits.

Nourish Family Experience

We aim to continuously improve the family experience in Nourish. With your feedback, we can make positive changes. For example, parent feedback recently helped us to create more family-friendly study handouts. There are currently 2 opportunities for parents to help improve the family experience:

- 1) **Anonymous survey.** Please check your email for an invitation to this brief survey. Let us know about any suggestions or hesitations you may have had while in the NICU or at home. Your feedback is greatly appreciated!
- 2) **Parent Advisory Panel.** We are seeking parent volunteers to give feedback to our team on a regular basis. The role has a small time commitment and the potential for big impact! If you would like to learn more, please reach out to our team via phone or e-mail (see the front of the newsletter for our contact info).



Staff Spotlight : Mandy Brown Belfort, MD, MPH



I am Dr. Mandy Belfort, the Principal Investigator of Nourish. As an Attending Neonatologist, I love working closely with the entire NICU team to care for sick babies, providing the treatments they need to recover and grow, reach discharge, and eventually join their families at home. As a Researcher, I am passionate about discovering how early-life dietary interventions can improve outcomes across the entire lifecourse. I am grateful to all of the Nourish families for helping to advance clinical care and nutrition science -- we couldn't do it without you! Outside of work, I stay busy with my husband and 3 children (ages 16, 13, and 9). On most weekends, you can find me on the sidelines of their soccer games! My hobbies include cooking, reading, and spending time outdoors.