

WINTER 2023

NOURISH NEWS



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

OVERVIEW:

- Study Progress
- 2-Year Follow-Up Visits
- Staff Spotlight

Contact us with any questions or updates!

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New Year Greetings from the Nourish Study Team!

Happy New Year! We hope you and your families had a wonderful holiday season.

This past year, the Nourish Study has made much progress! Since the beginning of 2022, we have:

- Enrolled 23 new babies
- Completed 25 MRIs
- Performed 47 Peapods & 81 Bioimpedance measures
- Seen over 50 families in follow-up clinic, including our first 2 families for the 2-year follow-up visits!



Photo Credit: Elizabeth Laduca



Photo Credit: CGT Photography



2-Year Follow-Up Visits

We are so excited to share that the Nourish Study had its first 2-year follow-up visits with participants that joined the study in 2020!

The Nourish 2-year follow-up visits help determine the potential impacts of the Nourish diet in the NICU on participant growth and brain development. To top it all off, our special two-year-olds get stickers to decorate their very own Nourish certificate!

Thank you to our Nourish families for staying in touch and letting us be a part of your child's progression.

We look forward to seeing your two-year-old when the time comes!

If you have any questions, please reach out to us.



Staff Spotlight: Tina Steele, RN, IBCLC and Debbie Cuddy, RN, BSN Research Nurses



Tina is a Registered Nurse specializing in neonatal intensive care and for the last 20 years, a board-certified Lactation Consultant. She is the Senior Research Nurse for the Department of Pediatric Newborn Medicine and has been a key member of most Belfort Lab studies since 2016. Tina is passionate about improving the parent/family experience in the NICU as well as the care, nutrition, and growth of preterm infants.

Debbie has been a registered nurse in the field of neonatology for 31 years. She's worked with the NICU research department for 2 years. She enjoys being a part of the process of trying to improve the outcomes of our precious NICU babies.

