



Title	Interventions for Promoting Development in Children Born Preterm
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Aim

To determine the effects of: early interventions and other treatments for children born preterm; interventions to prevent impairments; and interventions aimed at parents of preterm children.

Conclusions and results

We included 6 systematic reviews. *Developmental* care in special care bay units might improve nutrition in the short term for children born preterm. Children receiving developmental care (ie, NIDCAP – Newborn Individualized Care and Assessment Program) had less need for respiratory help and had a slightly shorter hospital stay. These children also showed better neuro-development results at 12 and 24 months of age. Other results showed that children at risk of developing impairments might have positive effects from interventions related to their age. Specific and general development programs had positive effects on physical development. Preterm children or children with low birth weight gained from early intervention for physical development. *The Kangaroo method* was safe and had some positive effects on nutrition in children born preterm. Due to the lack of reliable research, no conclusions can be drawn on the effects of massage in preterm children.

Methods

The results presented in this report are based on systematic reviews (overview of overviews). We searched the following databases in September 2005: Cochrane Library (Cochrane Database of Systematic Reviews, Database of Abstracts of Reviews of Effect (DARE), Health Technology Assessment Database (HTA), EMBASE, MEDLINE, CINAHL, PsycINFO, and Eric.

Further research/reviews required

All included systematic reviews pointed to the lack of relevant and reliable research in this area.