
OCTOBER 2026 - JOURNAL CLUB

What can structured feeding support change?

Neo-MILK | Clinical review pending | AI-assisted editorial learning kit

Start with the paper

A stepped-wedge cluster trial involving 1,627 very-low-birth-weight infants in 15 German neonatal units reported an estimated 11-percentage-point increase in exclusive mother's own milk feeding at discharge (95% CI 3-19). The modeled control baseline was 43%. The bundled intervention cannot identify the contribution of individual components; longer-term benefits remain unproven.

A suggested 30-minute conversation

0-5 min: Name the question and what matters to the group.

5-15 min: Appraise the study design, measured outcomes, and uncertainty.

15-25 min: Discuss local applicability and family priorities.

25-30 min: Choose one uncertainty, a source to check, and a next conversation.

Questions for the table

- How does this population and setting compare with ours?
- What does cluster randomization change about our appraisal?
- What barriers, resources, and family priorities need attention?
- What outcome, process, and balancing measures would support a local test?

One uncertainty to carry forward

Source: Koeberlein-Neu et al. BMC Medicine. 2026;24:504. Published September 11, 2026. Full text checked October 25, 2026.

Original paper: <https://doi.org/10.1186/s12916-026-05211-1>

Read the complete kit: nicuhearts.org/journal-club-neo-milk

For team learning. No patient details. Local review and approvals precede changes to care. Not accredited continuing education.