



# CAROSIKA COLLABORATIVE

Preterm birth care across Aotearoa: whānau-centred, equity-driven

## Carosika News

December 2025 – Issue 1



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### Words and phrases we use

We believe the perspective and language we use support equitable change. We take an approach to honour Te Tiriti o Waitangi and use positive framing with inclusive language, aiming to respectfully acknowledge diversity and difference and promote inclusion and participation of all within preterm birth care.

We integrate commonly used te reo Māori words and phrases without English translation. We hope that you will start to learn and use these words in your everyday practice. Some examples are: Māmā – mother, Wāhine – women, Pēpi – baby, Rōpū – group, Mahi – work, Pānui – newsletter.

We also encourage you to use our 'Commonly Used Words' resource sheets for Te Reo Māori, Tongan, Samoan, Hindi, Punjabi and Cook Island Māori. <https://www.carosikacollaborative.co.nz/resources-whanau-information>

## Haere mai, Talofa, Svaagat and Welcome

As 2025 draws to a close, we are very proud to launch 'Carosika News', a quarterly newsletter from the Carosika Collaborative. Our rōpū have been planning this pānui for some time, we hope you enjoy it!

For those of you new to the kaupapa, the Carosika Collaborative is a transdisciplinary rōpū **working across the pregnancy sector** to achieve the best outcomes for all pēpi at risk of preterm birth or born preterm in Aotearoa – with a specific focus on equity for all whānau. Our collaborative provides national leadership in preterm birth care through evidence-informed practice, whānau voice, education and advocacy.

Preterm birth remains a significant and inequitable health issue across Aotearoa.

### Preterm Birth in Aotearoa



Preterm birth accounts for 8% or 1 in 13 of all live births. More than 4500 whānau experience preterm birth every year.



Preterm birth rates range from 6% to 11% across different regions. People living in the least deprived areas have better preterm birth outcomes.



European and Asian whānau have lower rates of preterm birth than Māori, Pacific and Indian whānau and their pēpi are more likely to survive when preterm birth has been very early.

Our mahi brings together whānau, community, healthcare professionals, healthcare services, researchers, policy-makers and funders to address **spontaneous and provider-initiated preterm birth, including for prediction, prevention and preparation**. The Collaborative belongs to everyone who wants to improve preterm birth outcome in Aotearoa.

Our name and brand has a unique whakapapa which we look forward to sharing in our next pānui. We have recently reviewed our branding to reflect the maturity of our kaupapa and our national role. Our new tagline is: **Preterm birth care across Aotearoa: whānau-centred, equity-driven**.

If you would like to be added to our contacts list to receive Carosika News and other communications directly from us, email us at [carosikacollaborative@auckland.ac.nz](mailto:carosikacollaborative@auckland.ac.nz). We would also love to hear from you if you have ideas for content you would find interesting and helpful. **Please join the Carosika Whānau**

## Whānau story



### Tasi's story: Honouring Carosika and finding strength as a Pāpā

Tasi Wilson, a proud Samoan husband and pāpā, shares his deeply moving journey through preterm birth and loss. In 2014, he and Tina Allen-Mokaraka (NgāPuhī, Te Mahurehure, Ngāti Pakau) welcomed their daughter Carosika born at just 23 weeks and 6 days. She lived for just over an hour, precious moments that have changed their lives forever.

Tina and Tasi hadn't received any information about preterm birth, and the experience left them feeling unprepared and unsupported. Whilst facing challenges navigating their care, they

are forever grateful to the hospital's Bereavement Care team, who enabled time and space for them and their whānau/aiga to hold and dress Carosika.

For Tasi, healing has meant looking after his own wellbeing – staying active, connecting with friends, and talking with other pāpā who have been through similar loss.

He and Tina keep Carosika's memory alive with their daughters, Blessing and Clare, who speak often of their "angel siblings" and include them in drawings and family visits. "Angel and Carosika will live forever in us and in Blessing and Clare."

– Tasi Wilson [Read more on our website](#)

## Practice Point

Clinical practice guidance from Taonga Tuku Iho – The Best Practice Guide for Equity in Preterm Birth in Aotearoa. All resources are available on our website.

### Cord clamping practice at preterm birth

In the first few minutes after birth and whilst the umbilical cord (pito) remains open, pēpi receive a passive placental (whenua) transfusion of warmed, oxygenated autologous (own) blood. It provides them with time to naturally transition their breathing and blood supply to the outside world. Deferring, or waiting to clamp the cord (for 60 seconds or more) is standard practice for term pēpi, who are well.



Extensive clinical trials research now shows **deferred cord clamping should be the standard of care for the vast majority of preterm pēpi** as well. A systematic review of 18 trials shows that waiting for ≥60 seconds is associated with reduced hospital mortality (including at <28 weeks) and reduced blood transfusions with no effect on neonatal unit admission temperature, mechanical ventilation, intraventricular haemorrhage, necrotising enterocolitis, and several other morbidities that preterm pēpi are susceptible to, without risk to māmā/person.

To learn more about the evidence informing preterm cord clamping practice and review our national recommendations and good practice



points go to: [Umbilical cord clamping practice after preterm birth](#) or use the QR code.

In this section of Taonga Tuku Iho, you can also access a number of resources to support your practice: a Whānau Information tool to support conversations, a Standard Operating Procedure on how to safely deliver deferred cord clamping and an Audit Tool to review your practice.

## What to look out for

### Podcasts co-hosted by the Carosika Collaborative and Little Miracles Trust

Jadey Durey is joined by Professor Katie Groom for two heartfelt conversations with Katie S and Peyton who shared powerful insights into their remarkable experiences with preterm birth.

Scan the QR codes to listen or visit the resource library on our website.



Supporting the whānau of premature and unwell babies

### Carosika Collaborative webinar series for healthcare professionals

Starting in early 2026, we will be releasing a series of webinars to help you get to grips with Taonga Tuku Iho content and put it into your everyday practice.



### Carosika Collaborative Annual Education Day

**SAVE THE DATE Saturday 19<sup>th</sup> September 2026** We will host this fun transdisciplinary learning day at Grafton Campus, University of Auckland, more details coming soon.

### Carosika website, Taonga Tuku Iho and resources

Share the Carosika website with whānau to enable learning about preterm birth. Through our website you can also access Taonga Tuku Iho, our national best practice guide for preterm birth care and many resources to support your practice.

### Contact us:

**Email:** [carosikacollaborative@auckland.ac.nz](mailto:carosikacollaborative@auckland.ac.nz)

**Website:** [carosikacollaborative.co.nz](https://carosikacollaborative.co.nz)

## Who we are

The Carosika Collaborative was founded in 2020 by passionate whānau, healthcare professionals and researchers committed to improving preterm birth outcomes and achieving equity across Aotearoa.

### Carosika Whānau

Introducing people working with the Carosika Collaborative.

Professor Katie Groom and Tina Allen-Mokaraka, founding members and current Chair and Deputy Chair of the Carosika Collaborative Steering Group

*"We love working together and with so many other like-minded people for this kaupapa, we see real opportunity for change for all whānau across Aotearoa."*



**CAROSIKA COLLABORATIVE**  
Partnering whānau, healthcare professionals, researchers, and students

## Research Corner

Current research, publications and presentations that support improved and equitable preterm birth care.

### An evaluation of the quality, suitability and impact on equity of clinical practice guidelines relevant to preterm birth for use in Aotearoa New Zealand

Briar Hunter, Lisa Dawes, Makayla Wadsworth, Lynn Sadler, Liza Edmonds, Judith McAra-Couper, Tina Allen-Mokaraka and Katie Groom. *BMC Pregnancy and Childbirth* (2024) 24:234.

One of the first priorities set for the Carosika Collaborative was to develop a national best practice guide on the care of wāhine/people and pēpi at risk of preterm birth, and the resources needed for its implementation. The team leading this mahi set out to use currently available clinical practice guidelines (CPG) and evidence to create a single point of reference for wāhine/people and whānau, healthcare professionals and pregnancy service providers. This guide is called Taonga Tuku Iho – A Best Practice Guide for Equity in Preterm Birth in Aotearoa.

In this study, recognised and validated methods were used to systematically identify and appraise all CPG that may be relevant to Taonga Tuku Iho. A 23-member transdisciplinary Review Panel with representatives from all major pregnancy and perinatal stakeholder groups contributed to the appraisals.

An astonishing 235 CPGs were identified, but only a minority were scored as 'high-quality'. Interestingly, those in use were of lower quality when compared to those available for use (but not being used). Key themes for consideration in implementation included nationally consistent guidance, culturally considered approach, funding to support implementation and focus on groups experiencing the least advantage.

Take a look at this study to learn more about the research that has informed Taonga Tuku Iho.  
<https://doi.org/10.1186/s12884-024-06415-0>