

## Welcome to Newsletter 8 for the C\*STEROID Trial

Can we safely reduce the risk of breathing problems for newborn babies by giving corticosteroid injections to their mothers before a planned caesarean section?

## RECRUITMENT UPDATE

January has got off to a great start! **Well done team Auckland for hitting double digits of 10 new recruits for the month.**

Site	Total (babies)	Last month
Auckland	253	10
Waikato	85	3
Tauranga	28	0
Christchurch	35	3
Northland	5	0
Wellington	20	1
Counties	7	0
<b>Total</b>	<b>433</b>	<b>17</b>

**Reaching 17 new recruits overall for January is also an achievement!** We would love to see each of our sites add to the recruitment total next month. **Can we reach a total of 20 for the month of February?**



Photo shared with consent

## Reminders for C\*STEROID eligibility criteria and what the trial involves:

### C\*STEROID Eligibility

#### Inclusion criteria

- Planned CS at 35<sup>+0</sup> – 39<sup>+6</sup> weeks
- ≥24 hours & <7days until planned birth
- Singleton or twin pregnancy, live fetus

#### Exclusion criteria

- Diabetes
- Major fetal abnormalities
- Prior IM corticosteroid use in pregnancy
- Prior C\*STEROID participation

### What does C\*STEROID involve?

- Invitation and consent
- Two 11.4mg betamethasone or saline placebo injections ≥24 hours & <7days prior to planned CS, given 24 hours apart
- Neonatal blood glucose monitoring in the first 12 hours
- Questionnaires at study entry and 6 weeks after delivery

The remainder of clinical care continues as usual.



Exciting news is on the way with our Australian sites almost officially up and running! We are excited to have our trans-tasman friends join the C\*STEROID team very soon.

## iSTAT MACHINE REFRESHER

Blood glucose monitoring for babies is an important aspect to the C\*STEROID trial. If you need a refresher on how to use an iSTAT machine, please contact Elisa Tam for an instruction video.



**To ensure best practice at collecting samples and using the machine, here are our top tips:**



- **Ensure baby has a warm heel** prior to any testing. You can use a glove filled with warm water or an infant heel warmer if available
- **Ensure all your equipment is ready** prior to collecting the sample. Having the machine ready to go is important to process the sample quickly before it clots
- If you are using a capillary tube to collect the blood sample, **keep the capillary tube horizontal** and avoid any air bubbles

For more tips and explanations, check out our instruction video.

## UPCOMING MEETINGS



### *Substudies meeting*

4:00 - 5:00PM NZT, 2:00 - 3:00PM AET

Please join us to discuss substudies for C\*STEROID & PRECeDe.

Zoom link: <https://rb.gy/dgecgv> Meeting ID: 979 6600 2565 Passcode: 702315



### *Investigators meeting*

Location: PSANZ 2023, Room 103

12:45 - 1:30PM AET, 2:45 - 3:30PM NZT



If you are planning to attend the investigators meeting in person or by zoom please RVSP using this form: <https://forms.gle/jxiVJBXkiEhWe7sz6> for catering purposes

## CONTACT US

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