



C*STEROID

Newsletter 37, July 2025

Welcome to Newsletter 37 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

Hooray, we've done it again, team!

In June, we successfully recruited a **total of 56 babies** to the C*STEROID trial, **matching our highest recruitment record** from last October. This brings our overall total to 1,454 babies.

Exceptional work, everyone! Thank you for your ongoing dedication and efforts. ❤️

A big shout out to the **six sites that met their targets** last month - Congratulations!

With the upcoming August recruitment challenge on the horizon, can we break our highest record again this year?



C★STAR

CLINICIAN OF THE MONTH

Congratulations to the Midwives at North Shore Hospital (Te Whatu Ora Waitematā, Auckland) for being our C*STAR of the month!

Midwives at North Shore Hospital



Here is what the team shared about their experience with the C*STEROID trial:

*"Thank you so much for recognising us. We have been really happy to support the C*STEROID trial and are proud of what we've achieved together. We are pleased to be able to help birthing mothers to contribute to an internationally important research study that will improve outcomes for future māmā and pepi."*



GUIDE TO PROTOCOL DEVIATIONS & WITHDRAWALS

PART TWO

Are you uncertain about when to report protocol deviations and withdrawals for the C*STEROID trial?

Please refer to the examples below to identify the appropriate actions required in each circumstance.

And remember, you can always contact our coordinating centre (trials.admin@auckland.ac.nz) if you have any questions.

Example	Protocol Deviation	Withdrawal	Notes
A participant was randomised before the first study visit, but failed to attend the visit	YES	YES - if refuse further data collection and follow-up contact. NO - if happy to remain in the trial and have data collected.	Reschedule where possible and check the participation level. If the participant declines further involvement, destroy the allocated drug kit (whether dispensed or not) and record it in the study drug accountability log. If rescheduling is successful, there's no need to report it as a protocol deviation. Please note: We strongly recommend randomising the participant during the first visit (e.g. when the participant is with you in person) wherever possible.
CS date moved forward after randomisation, and only the first dose was given before birth	NO	NO	CS schedule change after randomisation is not a protocol deviation.
CS date postponed after receiving both doses of study drug, CS will be performed >7 days after receiving the first dose.	NO	NO	CS schedule change after randomisation is not a protocol deviation.

COMING SOON

TRANS-TASMAN RECRUITMENT CHALLENGE IS ON THIS AUGUST!

Our biggest event of the year is back! The Trans-Tasman C*STEROID recruitment challenge is happening next month in August.



Team New Zealand

VS



Team Australia

 C*STEROID



Get ready for some friendly rivalry!

Our annual **Trans-Tasman C*STEROID Recruitment Challenge** is happening **this August**.

It's time for New Zealand and Australian sites to face off!

The **top recruiting site in each country**, along with **sites that meet their recruitment targets**, will win exciting prizes.

Winners will be revealed in our September C*STEROID newsletter.

Let the challenge begin!

Get ready for this exciting challenge and boost your recruitment to help your country come out on top.

*Who will be the top recruiting C*STEROID country & site in August 2025?*

The **top recruiting site in each country** will win a gift basket, and the **sites that meet their recruitment targets** will also win prizes!

Please remember to endorse, promote and encourage participation in the C*STEROID Trial at your site.

Let the challenge begin! We look forward to seeing you all in action.

The winners will be announced in the September newsletter.

Good luck, everyone!



CONTACT US

Prof Katie Groom k.groom@auckland.ac.nz

Elisa Tam, Clinical Trial Manager

Ph: +64 22 431 1988 elisa.tam@auckland.ac.nz

Australia

Prof Joanne Said jsaid@unimelb.edu.au

Sudi Shrestha sudi.shrestha@unimelb.edu.au



@csteroidtrial



@c_steroid



csteroid@auckland.ac.nz




www.liggins.auckland.ac.nz/csteroid/

Ranking	Start date	Site	Monthly Target	Total (babies)	Last month
1	Oct 2020	National Women's Health, Auckland	14	493	12
2	Feb 2021	Christchurch	10	236	11
3	Apr 2023	Royal Women's Melbourne (VIC)	5	46	6
4	Feb 2023	Sunshine/Bacchus Marsh (VIC)	9	112	4
5	Oct 2023	Waitematā (Auckland)	2	28	4
6	Jun 2023	Monash Health (VIC)	5	56	3
7	Apr 2023	Mercy Hospital for Women (VIC)	4	37	3
8	Apr 2023	St George (NSW)	2	26	2
9	Jun 2023	Northern Hospital (VIC)	1	5	2
10	Mar 2025	Mater Mothers' Hospital (QLD)	1	3	2
11	Nov 2020	Waikato	4	145	1
12	Oct 2021	Wellington	3	53	1
13	Jun 2022	Middlemore (Auckland)	3	36	1
14	Jun 2023	Ballarat Base Hospital Grampians Health (VIC)	3	22	1
15	Jul 2023	Ipswich Hospital (QLD)	3	20	1
16	Jan 2025	Barwon Health (VIC)	4	17	1

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17	Jun 2024	Campbelltown Hospital (NSW)	2	15	1
18	Apr 2023	Royal Hospital for Women (NSW)	4	34	0
19	Mar 2021	Tauranga	-	28	0
20	Jun 2023	Women's and Children's Hospital Adelaide (SA)	3	18	0
21	Jun 2023	Royal Brisbane and Women's (QLD)	3	12	0
22	Apr 2021	Northland	-	5	0
23	Mar 2024	John Hunter Hospital (NSW)	1	2	0
24	Apr 2024	Fiona Stanley Hospital (WA)	1	1	0
25	May 2025	Frances Perry House (VIC)	1	0	0
26	Jun 2023	Townsville Hospital (QLD)	-	1	0
27	Jun 2023	Liverpool Hospital (NSW)	-	0	0
28	Jun 2023	Eastern Health Box Hill (VIC)	-	0	0
*	Apr 2023	Royal North Shore (NSW)	-	3	-
<div> <div></div> = New sites <div></div> = Moved up leaderboard <div></div> = Met monthly site target </div>				1454	



Congratulations **National Women's Health** for claiming the top spot!!

Excellent work **Christchurch** and **Royal Women's Hospital (VIC)** for winning second and third place respectively AND exceeding your site targets!

Other sites to celebrate this month for jumping up the leaderboard:

- Sunshine
- Mercy
- St George
- Northern
- Mater Mothers'
- Waikato
- Wellington

