

## Welcome to Newsletter 40 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

As the warmer weather arrives and the days grow longer, we're delighted to share some wonderful milestones. This month we welcomed **48 new babies**, bringing our cumulative total to 1618 babies.

September also marked an exciting achievement at **National Women's Health (Auckland)** with the **successful recruitment of their 500<sup>th</sup> participant**. Congratulations 🎉 and thank you for the dedication and hard work over the past years that made this possible! A big celebration is planned later in the month, keep an eye on this space for photos and highlights!

## THE ROYAL WOMEN'S HOSPITAL CELEBRATES 50 RECRUITS



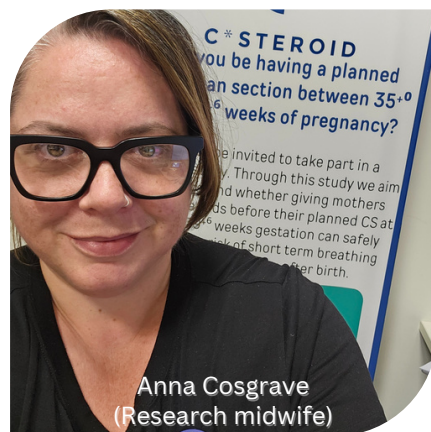
Dr Clare Whitehead  
(Site Investigator)

Congratulations!! The team at the Royal Women's Hospital (VIC) has recently achieved a significant milestone by successfully recruiting 50 participants to the C\*STEROID trial.

This accomplishment is particularly noteworthy given that Anna and Clare have been leading the recruitment efforts, with Anna also providing support to Frances Perry House for C\*STEROID. Their dedication and collaborative spirit are truly commendable.

Anna warmly expressed: *"Research is a fundamental aspect of our work as healthcare professionals, and it enables me to contribute effectively to my colleagues who are doing incredible work on the front lines. We all strive to provide the best possible care, and I feel fortunate to be involved in these studies that aim to enhance our ability to support families."*

Congratulations again and we truly appreciate the drive and effort you continue to bring.



Anna Cosgrave  
(Research midwife)

# C\*STEROID UPDATE AT PRECeDe INVESTIGATOR MEETING

C\*STEROID will be giving a short update at the upcoming PRECeDe Investigator Meeting, held during the Joint ADIPS / SOMANZ Annual Scientific Meeting. Join us to hear the latest on both trials and to learn more about opportunities to get involved in PRECeDe. We look forward to seeing you there!

Zoom link will be sent to those unable to attend in person.

Scan QR code  
to register



**ADIPS 2025**  
**SOMANZ**  
10-12 OCTOBER 2025 - AUCKLAND NEW ZEALAND

In Person Location:  
**Crystal Rooms,**  
**Cordis Hotel,**  
**Auckland**



**FRIDAY 10 OCTOBER 2025**  
**8:30AM-9:30AM NZDT**



## **C★STAR** CLINICIAN OF THE MONTH

**Congratulations to Melanie Nicholson for being our C\*STAR of the month!**

Melanie is a LMC midwife based in Warkworth, New Zealand. She supports birthing at North Shore Hospital, Waitematā, Auckland. This is what she shared with us:

*“As an LMC midwife with the privileged role of working alongside whanau in their pregnancy, participation in clinical research trials contributes to improved health outcomes for mothers and babies by providing access to evidence-based innovations. Involvement in research ensures that care is informed by the most current knowledge, while also generating critical data that strengthens future midwifery practice. By taking part in [research], māmā and pēpi also play a vital role in advancing the quality and safety of maternal and newborn outcomes.*

*I have enjoyed working in partnership with the C\*STEROID team to care for our birthing community.”*

**Do you have a C\*STAR (clinician) at your local site that you'd like to acknowledge?**

**Please get in touch with us at:**  
**[trials.admin@auckland.ac.nz](mailto:trials.admin@auckland.ac.nz)**



## CONTACT US

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| Ranking | Start date | Site                              | Monthly Target | Total (babies) | Last month |
|---------|------------|-----------------------------------|----------------|----------------|------------|
| 1       | Oct 2020   | National Women’s Health, Auckland | 14             | 524            | 9          |
| 1       | Oct 2023   | Waitematā (Auckland)              | 2              | 56             | 9          |
| 3       | Jan 2025   | Barwon Health (VIC)               | 4              | 31             | 6          |
| 4       | Jun 2023   | Monash Health (VIC)               | 5              | 66             | 5          |
| 5       | Feb 2021   | Christchurch                      | 10             | 258            | 3          |
| 6       | Apr 2023   | Royal Women’s Melbourne (VIC)     | 5              | 59             | 3          |
| 7       | Apr 2023   | Royal Hospital for Women (NSW)    | 4              | 37             | 3          |
| 8       | June 2024  | Campbelltown Hospital (NSW)       | 2              | 20             | 2          |
| 9       | Feb 2023   | Sunshine/Bacchus Marsh (VIC)      | 9              | 124            | 1          |
| 10      | Oct 2021   | Wellington                        | 3              | 57             | 1          |
| 11      | Apr 2023   | Mercy Hospital for Women (VIC)    | 2              | 39             | 1          |
| 12      | June 2022  | Middlemore (Auckland)             | 3              | 37             | 1          |
| 13      | Apr 2023   | St George (NSW)                   | 2              | 27             | 1          |
| 14      | Mar 2024   | John Hunter Hospital (NSW)        | 1              | 5              | 1          |
| 15      | June 2023  | Townsville Hospital (QLD)         | 1              | 2              | 1          |
| 16      | May 2025   | Frances Perry House (VIC)         | 1              | 1              | 1          |

|                                                                                                                                   |          |                                                  |       |      |    |
|-----------------------------------------------------------------------------------------------------------------------------------|----------|--------------------------------------------------|-------|------|----|
| 17                                                                                                                                | Nov 2020 | Waikato                                          | 4     | 152  | 0  |
| 18                                                                                                                                | Mar 2021 | Tauranga                                         | -     | 28   | 0  |
| 19                                                                                                                                | Jun 2023 | Ballarat Base Hospital<br>Grampians Health (VIC) | 3     | 22   | 0  |
| 20                                                                                                                                | Jul 2023 | Ipswich Hospital (QLD)                           | -     | 20   | 0  |
| 21                                                                                                                                | Jun 2023 | Women’s and Children’s Hospital<br>Adelaide (SA) | -     | 18   | 0  |
| 22                                                                                                                                | Jun 2023 | Royal Brisbane and Women’s<br>(QLD)              | 3     | 12   | 0  |
| 23                                                                                                                                | Jun 2023 | Northern Hospital (VIC)                          | 1     | 10   | 0  |
| 24                                                                                                                                | Apr 2021 | Northland                                        | -     | 5    | 0  |
| 25                                                                                                                                | Mar 2025 | Mater Mothers’ Hospital (QLD)                    | 1     | 4    | 0  |
| 26                                                                                                                                | Apr 2024 | Fiona Stanley Hospital (WA)                      | 1     | 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><div></div> = Moved up leaderboard</div> <div><div></div> = Met monthly site target</div> |          |                                                  | Total | 1618 | 48 |

Congratulations to both **National Women’s Health** and **Waitematā** for topping the recruitment leaderboard this month!



Your hard work and dedication have really paid off. Awesome work, teams!

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

- Barwon Health
- Monash Health
- Royal Hospital for Women
- Campbelltown
- Middemore
- St George
- Townsville
- Frances Perry House

