

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

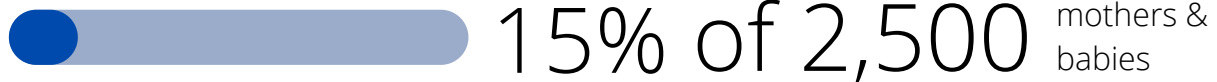
Welcome to Newsletter 3 for the C*STEROID Trial

RECRUITMENT UPDATE

Recruitment has been slow lately but we are starting to see an interest in participation again, particularly with our women in Auckland! **Well done to our Waikato and Counties Manukau sites for 4 new recruits each last month!**

Our overall recruitment progress is sitting close to 15% with 371 babies recruited. **Can we reach 20% by the end of the year?** That's 125 more mothers and babies, so a target of 5 new recruits each month for all our NZ sites!!

Site	Total (babies)	Last month
Auckland	215	2
Manukau	5	4
Waikato	74	4
Tauranga	28	0
Christchurch	30	2
Wellington	16	2
Northland	3	0
Total	371	14



C*STEROID TEAM NEWS

We hope to have some of our Australian sites opening by the end of this year! The Joan Kirner team (shown in photo below) will be the first to join us from Sunshine Hospital in Melbourne, Victoria.



From left to right: Amanda Mathison – MFM Research Midwife, Athena Heater – MFM Research Midwife, Lee-anne Lynch – MFM Trials Manager, A/Prof Joanne Said – Head, Maternal Fetal Medicine/CPI for Australia, Michelle Cole – MFM Research Midwife, Kelly Eldebs – Research Midwife.

Photo shared with consent

Other sites that will opening soon include Ballarat Base Hospital (VIC), Eastern Health Box Hill Hospital (VIC), Epworth Hospital (VIC), Mater Mothers Hospital (QLD), Mercy Hospital for Women (VIC), Monash Health (VIC), Royal North Shore (NSW), Royal Brisbane & Women's Hospital (QLD), The Royal Women's Hospital (VIC), St George Hospital (NSW) and Women's & Children's Hospital Adelaide (SA).



C*STEROID INVESTIGATORS MEETING

WEDNESDAY 28TH SEPTEMBER AT 7:00PM NZST, 5:00PM AEST, 4:30PM ACST

SEPTEMBER
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Remember to **SAVE THE DATE** and join us for the next C*STEROID teleconference. It would be great to see representatives from all interested, establishing and recruiting sites. The zoom link has been sent out via email. Please contact us on csteroid@auckland.ac.nz if you have not received the invite and would like to join. We look forward to seeing you all and welcoming our Australian sites during this meeting!

REDCAP REMINDERS

Thank you everyone for your ongoing efforts in sending through completed CRFs and resolving data queries in a timely manner.

A few reminders:

C*STEROID Trial Screening - Contacts CRF2

- Make sure to upload baby's consent after the baby is born when he/she has become a legal entity. Please scan and upload the baby's consent after completion (required for New Zealand participants only).
- Please also complete the baby's details (NHI and name) after birth.



C*STEROID FEASIBILITY STUDY ARTICLE

Open access

Original research

BMJ Open Corticosteroids to safely reduce neonatal respiratory morbidity after late preterm and term planned caesarean section birth? A randomised placebo-controlled feasibility study

Johanna CHAN,¹ Laura Mackay,² Frank Bloomfield,² Caroline Crowther,² Arier Lee,³ Jonathan M Morris,⁴ Rebecca Hay,² Mariska Oakes-ter Bals,² Christopher Thurnell,⁵ Phoebe De Jong,⁶ Victoria Carlsen,⁷ Tracey Williams,⁷ KM Groom^{1,2}

To cite: CHAN J, Mackay L, Bloomfield F, et al. Corticosteroids to safely reduce neonatal respiratory morbidity after late preterm

ABSTRACT

Objectives To assess the feasibility of conducting a randomised placebo-controlled trial of corticosteroids prior to planned caesarean section from 35⁺⁰ to 39⁺⁶ weeks.
Design A triple-blind, placebo-controlled, parallel, trial

STRENGTHS AND LIMITATIONS OF THIS STUDY

⇒ The multicentre nature and inclusion of three different types of hospitals as recruiting sites strengthen the generalisability and applicability of the results.

The C*STEROID Feasibility Study is now published in the BMJ Open.

C*STEROID Feasibility was completed to support the development of the C*STEROID Trial. The aim was to assess the feasibility of conducting a randomised placebo-controlled trial of corticosteroids prior to planned caesarean section from 35+0 to 39+6 weeks.

To view the full article, head to:
[doi:10.1136/bmjopen-2022-062309](https://doi.org/10.1136/bmjopen-2022-062309)

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