

Welcome to Newsletter 33 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

We have some fantastic news folks - on the last day of February, we reached **50% of our total recruitment goal of 1274 babies!**

Congratulations to all Australian and New Zealand C*STEROID sites for reaching this significant milestone. 🎉

Last month, we successfully recruited a total of 37 babies, bringing our cumulative total to 1275 babies.

As we celebrate this halfway mark in total recruitment, please take a moment to thank your local hospital teams and remind them about the trial and encourage them to endorse it when speaking with women they care for.

Also, Fiona Stanley Hospital welcomed their first C*STEROID participant last month. Congratulations and great job team!

Your hard work is truly paying off. **Keep up the incredible momentum and let's all try and reach our site targets next month and exceed our monthly goal of 55 recruits!**



HAVE A STORY TO SHARE? WE'RE ALL EARS!



Share your stories with us, and we'll feature them in the newsletter.

Whether it's your recruitment tips, recent celebrations, participant stories, C*STAR nominations or you have a new research staff starting at your site, we'd love to hear from you!

Please email us - trials.admin@auckland.ac.nz

INVESTIGATORS MEETING AT PSANZ 2025



ROOM M1,
BRISBANE CONVENTION &
EXHIBITION CENTRE

12.45 - 1.30 PM

Remember to join us in the next investigators meeting.

Hear from our CPIs from Australia and New Zealand for information and updates on the C*STEROID and PRECeDe trials. Feel free to bring your lunch along.

Don't forget we have a prize draw - Two lucky attendees will win prizes! 🎁

Send your RSVP if you haven't already:

<https://forms.gle/Q6cSiuHwSqx3o1Cn6>



Scan this QR code
to join via Zoom



CLINICIAN OF THE MONTH

Congratulations Edwina McLean for being our March C*STAR of the month! Edwina is a midwife who works in the clinic at Barwon Health in Australia. Edwina has kindly shared a few words about her experience working in research:

"Being a midwife I've always heard the question 'should we be giving steroids to ALL elective caesars no matter the gestation?' because we often see these babies require more respiratory support or even tactile stimulation at birth since the baby isn't prepared for birth like those who have experienced labour or ruptured membrane. So I was very keen to assist in any way I could with this trial and I think most midwives and doctors at our service have taken it on board to help recruit so we will finally have an evidence based answer."



Edwina McLean (Barwon Health)


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Ranking	Start date	Site	Monthly Target	Total (babies)	Last month
★ 1	Feb 2021	Christchurch	10	201	7
★ 2	Jun 2023	Monash Health (VIC)	5	35	6
3	Oct 2020	National Women's Health, Auckland	14	464	4
★ 4	Oct 2021	Wellington	3	49	4
5	Apr 2023	Royal Women's Melbourne (VIC)	5	32	4
6	Jun 2024	Campbelltown Hospital (NSW)	2	12	2
7	Jan 2025	Barwon Health (VIC)	4	6	2
★ 8	Jun 2023	Ballarat Base Hospital Grampians Health (VIC)	3	19	2
9	Apr 2023	Mercy Hospital for Women (VIC)	4	34	2
★ 10	Jun 2023	Women's and Children's Hospital Adelaide (SA)	3	18	2
★ 11	Apr 2024	Fiona Stanley Hospital (WA)	1	1	1
12	Feb 2023	Sunshine/Bacchus Marsh (VIC)	9	99	1
13	Nov 2020	Waikato	4	140	0
14	Apr 2023	Royal Hospital for Women (NSW)	4	34	0
15	Jun 2022	Middlemore (Auckland)	3	34	0
16	Mar 2021	Tauranga	-	28	0



17	Apr 2023	St George (NSW)	2	20	0
18	Jul 2023	Ipswich Hospital (QLD)	3	19	0
19	Jun 2023	Royal Brisbane and Women's (QLD)	3	10	0
20	Oct 2023	Waitematā	2	10	0
21	Apr 2021	Northland	-	5	0
22	Mar 2024	John Hunter Hospital (NSW)	1	1	0
23	Jun 2023	Northern Hospital (VIC)	1	0	0
24	Jun 2023	Townsville Hospital (QLD)	-	1	0
25	Jun 2023	Liverpool Hospital (NSW)	-	0	0
26	Jun 2023	Eastern Health Box Hill (VIC)	-	0	0
*	Apr 2023	Royal North Shore (NSW)	-	3	-
 = New sites = Moved up the leader board				1275	

Congratulations **Christchurch** for securing first place for the third consecutive time! 🌟

A big shoutout to **Monash Health** and **Wellington** for surpassing your monthly targets. Monash Health hit second place 🌟 with an impressive total of six recruits. 🙌

And a special congratulations to **Fiona Stanley** on your first recruit!



Other sites to highlight this month:

- Royal Women's Melbourne
- Grampians Health
- Women's and Children's Hospital Adelaide