

Welcome to Newsletter 29 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

Congratulations to all our sites across New Zealand and Australia for achieving our monthly recruitment target for the first time! During October we had a total of...

56 BABIES RECRUITED



This meant we surpassed our target of 55 recruits in one month. We are excited to have reached this goal and hope all of our sites can continue to exceed this in the future.



Di Leishman

Di Leishman from Christchurch Hospital was the incredible Research Midwife who recruited our 55th participant of the month to get us over the line.



Di was even out and about on her bike to recruit women! Talk about a 'Call the Midwife' flashback to a 1960s Poplar!

We have a Research Midwife at Middlemore Hospital who has also been facilitating home visits in order to recruit women. We wanted to share these stories to highlight what an amazing effort our sites are doing. It truly is an exemplary example and an inspiration for everyone involved in the C*STEROID Trial. Let's maintain our efforts next month and surpass our monthly recruitment target even further!

Thank you everyone for all your hard work and dedication to making C*STEROID possible.



Congratulations Rebekah Osborn for being our October C*STAR of the month! Rebekah is a nurse from Nelson Hospital who provided support for our C*STEROID babies from Christchurch. She has kindly shared her experience with us:

*“It was a pleasure to be involved in the C*STEROID trial. We had babies flown from Christchurch to deliver in Nelson & had a bit of a scramble to figure out what the C*STEROID trial even was! I reached out to the trial team, who were easy to deal with & gave clear instructions for how we could approach this. I was able to kōrero with the whānau about what this would involve for their babies and along with the nurses in SCBU was able to make a clear plan to ensure that they could still participate in the study while being out of town! Once we had collected all the relevant data, I sent it off to the trial team so there were no delays!”*



Miracle Medicine: How antenatal steroids revolutionised neonatal care

Key findings from the 50-year follow-up include that antenatal corticosteroids appear to have **no long-term effects on:**

- High blood pressure, high cholesterol, diabetes or heart disease
- Mental health conditions
- Education, employment and self-reported general health

Recently the Liggins Institute hosted a public lecture discussing the Auckland Steroid Study and the 50-year follow-up.

The original landmark study conducted by paediatrician Ross Howie and obstetrician Sir Graham (Mont) Liggins showed that giving steroids to women at risk of preterm birth could accelerate infant lung development. This treatment dramatically improved survival rates among preterm babies all over the world.

Professor Dame Jane Harding, Professor Stuart Dalziel, Dr Anthony Walters, and researcher Libby Lord discuss how Mont’s work became standard obstetric practice worldwide and the follow-up studies that have continued to prove its efficacy and safety.

To watch the full lecture, head to: <https://www.auckland.ac.nz/en/liggins/in-the-community/public-lectures/healthy-mothers-babies.html>

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Well Done

Congratulations National Women’s Health & Christchurch Hospital for maintaining their joint win on the leaderboard.

Christchurch Hospital and Monash Health also did an excellent job exceeding their monthly recruitment target! Other sites to celebrate for moving up the leaderboard include:



- Middlemore
- Royal Hospital for Women
- Mercy Hospital for Women
- St George
- Women & Children’s Hospital Adelaide



Ranking	Start date	Site	Monthly Target	Total (babies)	Last month
1	Feb 2021	Christchurch	4	172	14
1	Oct 2020	National Women’s Health (Auckland)	16	435	14
3	Jun 2023	Monash Health (VIC)	4	23	5
4	Feb 2023	Sunshine/Bacchus Marsh (VIC)	12	91	3
5	Jun 2022	Middlemore (Auckland)	4	30	3
6	Apr 2023	Royal Hospital for Women (NSW)	4	30	3
7	Apr 2023	Royal Women’s (VIC)	4	17	2
8	Nov 2020	Waikato	8	137	2
9	Apr 2023	Mercy Hospital for Women (VIC)	4	30	2
10	Apr 2023	St George (NSW)	4	18	2

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11	Jun 2023	Royal Brisbane and Women's (QLD)	4	9	2
 12	Jun 2023	Women's and Children's Hospital Adelaide (SA)	4	13	1
13	Oct 2023	Waitematā	4	9	1
14	Oct 2021	Wellington	4	41	1
15	Jul 2023	Ipswich Hospital (QLD)	4	18	1
16	Jun 2024	Campbelltown Hospital (NSW)	4	5	0
17	Jun 2023	Ballarat Base Hospital Grampians Health (VIC)	4	17	0
18	Mar 2024	John Hunter Hospital (NSW)	4	1	0
19	Apr 2023	Royal North Shore (NSW)	4	3	0
20	Mar 2021	Tauranga	-	28	0
21	Apr 2021	Northland	-	5	0
22	Jun 2023	Townsville Hospital (QLD)	4	1	0
23	Jun 2023	Eastern Health Box Hill (VIC)	4	0	0
24	Jun 2023	Liverpool Hospital (NSW)	4	0	0
25	Jun 2023	Northern Hospital (VIC)	4	0	0
26	Sep 2023	Epworth Hospital	4	0	0
27	Apr 2024	Fiona Stanley Hospital (WA)	4	0	0
Total				1133	 56

 = Moved up the leader board