

Welcome to Newsletter 27 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 of the end of August, we have recruited...

1026 BABIES!

Well done again to all our sites for reaching this milestone. National Women's Health celebrated the occasion and shared these beautiful cakes with all the ward staff who help make the C*STEROID Trial possible.



Keep an eye out at your sites for the C*STEROID celebratory gift coming your way!



Reminder

The September Trans-Tasman recruitment challenge is well underway! Remember to endorse, promote and encourage participation in the C*STEROID Trial at your site. We have New Zealand and Australian specific promotional posters for you to print and put up around your site.



We will announce the winners of the September recruitment challenge in our October newsletter.



Dr Vanessa Bowden

Congratulations Dr Vanessa Bowden for being our August C*STAR of the month! Vanessa is a O&G Registrar from Christchurch Women's Hospital who has shared:

*"It's lovely to have this large study being carried out at our hospital. The C*STEROID team are working very hard and it's a pleasure to be able to help promote research participation with the women and their whanau."*

MEET THE TEAM AT



Grampians Health Ballarat

Why did you want to become involved in the C*STEROID Trial?

The main reason we wanted to get involved was that this is really important research, and we need an answer. We face this dilemma commonly in our hospital of whether or not steroids are a good idea before a term or late preterm caesarean, but we don't have robust data to discuss with patients and help them make the best decision. So we wanted to contribute to getting an answer sooner for our mothers and babies. Also, it is such a well designed trial (and so is the sister trial PRECeDE) that we thought it would be great for our staff to develop more research skills by contributing to really quality multicentre trials like this one.

What are the benefits of being involved in the C*STEROID Trial?

First, it is such a good feeling that we are included in this trial and patients from regional Victoria are being measured and counted in the outcomes that will ultimately influence future Cochrane reviews, policies and guidelines. It is so important that regional outcomes are taken into account. Secondly, and unanticipated, was that it has helped our teamwork across the hospital. When we talked to our research department about this trial, they were so supportive and encouraging. They even helped our unit fund a new research midwife position so that we could contribute as much as we can. We now have a new research midwife which has boosted the whole unit because we have this connection with our research department.



Taegen Burnside & Dr Natasha Frawley

Why is it important for rural / regional services to be involved in a trial like C*STEROID?

Rural and regional services have different access to paediatric care, and there is a different impact on the mother and baby if the baby gets admitted to NICU, because for us, that means a transfer of the baby to another city, 100km away. We think it is really important to include data like this in the trials so that these impacts can be measured and included. We also know that rural and regional patients already have additional health barriers, and we know patients who participate in research do better than the cohort who are not included. So it is important to even the playing field when we can, and including regional centres in high quality research is an easy way to do this.

Do you have any tips for recruiting patients to the C*STEROID Trial?





We found having a dedicated research midwife has been pivotal to our success in recruitment. Because there is true equipoise, we have also restricted steroids so that between 35⁺⁰ and 39⁺⁶ weeks, only patients included in the trial have access to steroids. We think this also helps our recruitment.

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MONTHLY RECRUITMENT LEADERBOARD

Ranking	Start date	Site	Monthly Target	Total (babies)	Last month
1 	Feb 2023	Sunshine/Bacchus Marsh (VIC)	12	84	11
2	Oct 2020	National Women's Health (Auckland)	16	409	8
3	Feb 2021	Christchurch	4	146	7
4 	Apr 2023	Royal Women's (VIC)	4	10	4
5	Apr 2023	Royal Hospital for Women (NSW)	4	26	3
6 	Jun 2024	Campbelltown Hospital (NSW)	4	4	2
7	Jun 2023	Women's and Children's Hospital Adelaide (SA)	4	12	1
8	Oct 2023	Waitematā	4	7	1
9	Apr 2023	Mercy Hospital for Women (VIC)	4	28	1
10	Nov 2020	Waikato	8	132	0
11 	Oct 2021	Wellington	4	37	1
12	Jun 2023	Monash Health (VIC)	4	15	0
13	Jul 2023	Ipswich Hospital (QLD)	4	15	0
14	Jun 2023	Ballarat Base Hospital Grampians Health (VIC)	4	15	0
15	Mar 2024	John Hunter Hospital (NSW)	4	1	0
16	Apr 2023	St George (NSW)	4	15	0

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17	Jun 2023	Royal Brisbane and Women's (QLD)	4	6	0
18	Apr 2023	Royal North Shore (NSW)	4	3	0
19	Jun 2022	Middlemore (Auckland)	4	27	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
 = Moved up the leader board			Total	1026	

WELL DONE
 Sunshine/Bacchus Marsh
 for getting back on top of
 the leaderboard!

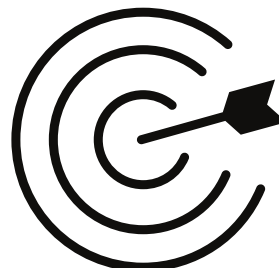


Other sites to celebrate this month include:



- Royal Women's
- Campbelltown Hospital
- Wellington

Let's strive to hit our recruitment target this month with the September challenge!



If all sites recruited at least

2 PARTICIPANTS EACH

we would get close to achieving our monthly target of 55!