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 Waikato Hospital who have now enrolled their first participants to the trial! Keep up the great work Tracey, Claire and Victoria!

The 12 month recruitment period for the C*STEROID Feasibility Study will continue until June 2020 and we will then move straight into the C*STEROID Trial with a goal to recruit over 2500 women.

<table>
<thead>
<tr>
<th>Recruitment site</th>
<th>Babies enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auckland</td>
<td>61</td>
</tr>
<tr>
<td>Tauranga</td>
<td>21</td>
</tr>
<tr>
<td>Waikato</td>
<td>4</td>
</tr>
<tr>
<td>Total</td>
<td>86</td>
</tr>
</tbody>
</table>

Eligibility to C*STEROID

Inclusion criteria
• Planned CS at 35+0 - 39+6 weeks
• >24 hours & <7 days until planned birth
• Singleton or twin pregnancy

Exclusion criteria
• Diabetes
• Non-viable fetus/major fetal anomaly
• Prior corticosteroid use in pregnancy

Study Intervention and assessment

• Invitation to participate and provide consent
• Questionnaires at study entry and 6 weeks after delivery
• Two betamethasone or placebo injections >24 hours and <7 days prior to planned CS given 24 hours apart
• Neonatal blood glucose monitoring in the first 12 hours

The remainder of clinical care should continue as usual

Recognition for contributors to the C*STEROID Feasibility Study
Refer a participant or complete a postnatal blood glucose measurement to go into the monthly prize draw and receive midwifery council professional activity hours!

This month’s prize draw winner is Valerie Rose, a $50 voucher is on its way!

Professional activity hours certificates have recently been sent out to the following midwives. Get in touch with us if you have contributed and you don’t see your name here. Further certificates will be provided in 6 month’s time.

Rebecca Andrew, Sonia Azizi, Charlotte Baikie, Caroline Bree, Yuk-Yan Chou, Mikayla Cleeton, Claire Coller, Katie Dahl, Cheryl Faulkner, Barbara Fay, Erin Field, Donna Finnemore, Sally Floyd, Caitlin Hall, Sarah Hann, Liz Harding, Josette Hemmingway, Tracey Hooker, Amber Izzard, Amanda Mackay, Emmanuelle Pauleau, Valerie Rose, Homyra Slaimankhel

www.liggins.auckland.ac.nz/csteroid
How to get women involved in the C*STEROID Feasibility Study

If you are midwife or obstetrician caring for women considering or planning an elective CS we know that your support encourages them to participate. We aim for each local research team to contact eligible women booked for CS to tell them about the study and arrange participation but endorsement by a woman’s own healthcare provider really does help women to feel confident about joining in. Many women report wishing to speak to their midwife or obstetrician before making a final decision, so please speak to them about C*STEROID at the time of first CS discussion. Big thanks to all of you who have been supporting your women to take part.

What should you say? C*STEROID video for midwives and obstetricians

This video is designed to help you confidently start a conversation with women about the trial and highlights key points to convey. The video is less than 5 mins long and gives you a two minute overview of the trial to share with women.

This can be viewed at [https://youtu.be/-2MxTKPsg94](https://youtu.be/-2MxTKPsg94) or via the clinician/midwife page on our study website [www.liggins.Auckland.ac.nz/csteroid](http://www.liggins.Auckland.ac.nz/csteroid)

What's involved in the study?

- 2 x injections 24 hours apart
- Corticosteroid
- OR
- Placebo (salt water)

What's involved for baby?

Hypoglycaemia (low blood sugar levels)

- 10% of all babies
- 10% of babies at risk
- Risk of low blood sugar levels after birth

Participant video coming soon

With the fantastic support of Emily Clark from Women’s Health in Auckland we have developed a short introductory video for women. This video will be available shortly once ethics approval is received and will be incorporated into the trifold information flyer. We hope that you and your potential participants find this useful in understanding the study concept and procedures. Links will be provided in our next newsletter.

We hope that you find these two new resources really helpful for getting involved in the C*STEROID project. If there are other tools and resources that could help you further please let us know your ideas.

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