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

To accurately answer this question we are planning the C*STEROID Trial in which we will need to include more than 2500 mums and babies. In preparation to undertake such a large trial we are conducting the C*STEROID Feasibility Study over 12 months in three centres. We will be able to assess our likely recruitment rate and better understand the barriers and enablers to participation for women, the midwives and doctors caring for them and the researchers.

Recruitment to the C*STEROID Feasibility Study commenced in June 2019. Focus groups for clinicians and researchers have just been completed in Auckland and Tauranga and over 80 women who chose not to take part in the trial have contributed valuable feedback via questionnaire.

**THANK YOU TO EVERYONE INVOLVED SO FAR**

<table>
<thead>
<tr>
<th>Recruitment site</th>
<th>Babies recruited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auckland</td>
<td>45</td>
</tr>
<tr>
<td>Tauranga</td>
<td>17</td>
</tr>
<tr>
<td>Waikato</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>62</strong></td>
</tr>
</tbody>
</table>

**Welcome Waikato Hospital – opened to recruitment late November**

Waikato Hospital put themselves forward as an additional site for the Feasibility Study a few months ago with Dr Victoria Carlsen as Local Lead. In late November Associate Professor Katie Groom and Clinical Research Coordinator Laura Mackay were on site to present the study to the local doctors and midwives. Recruitment is now underway. The Waikato team includes Victoria Carlsen, Tracey Williams and Claire Carpenter. We are looking forward to your first recruit!
## 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

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### C*STEROID video now available - how to talk to women about this study

A video is now available to help guide you through your conversations with women who are eligible to join the study. In this short video lead investigator Katie Groom discusses the trial with a potential participant (in just 3 minutes!) and then highlights the key points to convey. View this at [https://youtu.be/-2MxTKPsg94](https://youtu.be/-2MxTKPsg94) or via the clinician and midwife page on our study website [www.liggins.Auckland.ac.nz/csteroid](http://www.liggins.Auckland.ac.nz/csteroid)

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### Be in to win – Auckland prize draw

Refer a participant or complete a postnatal blood glucose measurement to go into the monthly prize draw! Winners to date:

Sarah Hann  
Yuk Yan Chou  
Erin Field  
Phillip Beattie (pictured)  
Amber Izzard

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