



'Dino' Parent Newsletter

SPECIAL POINTS OF INTEREST:

- Recruitment phase of the DINO Study completed.
- 499 babies enrolled in the DINO Study, combined with 143 babies enrolled in the 'Little DINO' study gives us a total of 642 babies enrolled in total.
- The DINO study is the largest study of it's kind ever conducted.

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DINO Study Update

Hello Everyone and welcome to another edition of the 'DINO Study' Parent Newsletter. It is with great pleasure that we announce that recruitment for the DINO Study has been completed. We are all very proud to have reached the target recruitment rate of 499 babies before the scheduled date of August 31st 2005. We thank you all for your participation in this important, Neonatal Trial.

As we complete this phase of the trial we now move forward to the next very important 'follow up' phase. During the follow up phase, we collect information about your baby's feeding as well as growth measurements at 4, 12 and 18 months corrected age. Some of you may have already completed your 4 and 12 month follow up assessments. The first of the 18 month appointments commence in September. At the 18 month appointment your baby will also have a Bayley's test administered by a Psychologist. The purpose of the Bayley's is to measure your baby's development (*additional information on page 2*). It is extremely important that we get to see all babies who were enrolled in the study to ensure that we can get an accurate picture of the effect of the study treatment. . Your study coordinator will contact you to organize this appointment. Thank you again for sharing in our success of the DINO Trial so far.

Best Wishes, Karen Best (DINO Trial Coordinator)



DINO Study recruitment completed ahead of schedule!!

Contact Details



Please help us to stay in touch with you. If you or any of your listed contacts have changed their details, please inform the DINO Study Coordinator at your Hospital

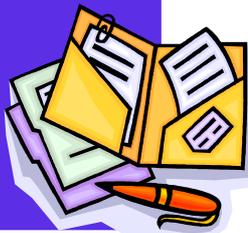
The 18 month Appointment



Please allow approximately 2 hours for the 18 month appointment

The Bayley Assessment will provide useful information regarding the development of your child

The Home Screening Questionnaire will take 10 -15 minutes to complete.



We will call you approximately one month in advance to arrange the 18 month appointment. We will send you an appointment card and a home screening questionnaire by mail. The appointment will be performed at the Hospital where you had your baby, and will consist of the following:

- ◆ Bayley Test
- ◆ Weight, length and head circumference measurements
- ◆ We will also ask you some ques-

tions about your child's feeding and medical history.

- ◆ Return the home screening questionnaire

Please allow approximately 2 hours for this appointment.

The Bayley Test

The Bayley Scales of Infant Development measure mental and physical, as well as emotional and social, development. The test, which takes approximately 45 minutes, is administered by a Psychologist. The Mental Scales measure functions such as memory, learning, problem-solving ability, and verbal communication skills. The Motor Scales evaluate the child's ability to sit and stand, perform other activities requiring coordination of the large muscles (gross motor skills), and perform more delicate manipulations with fingers and hands (fine motor skills). Finally, the Infant Behaviour Record considers the child's social and emotional development through a description of his or her behaviour during the testing session.



Home Screening Questionnaire

The Home Screening Questionnaire (HSQ) was developed for use by health personnel and educators who are interested in promoting child development. It is a screening instrument of factors within a young child's home environment which are found to be related to the child's growth and development. The HSQ consists of multiple choice, fill-in-the-blank, and yes/no questions. It should take 10 - 15 minutes to complete. We will post this to you prior to the 18 month appointment for you to complete at your leisure. Please ensure that you return it when you bring your baby for their appointment.

Clinical Trials



A clinical trial is a study to find out whether an intervention, which is believed may improve a person's health, actually does so.

Clinical trials are crucial to improving the healthcare of all of us. Advances in neonatal medicine have come a long way essentially due to the information gained from clinical trials. We thank you for taking part in our study. The health and well being of your child is of the utmost importance to us and we

are extremely grateful for your participation in this most important Neonatal study.

Fish is a highly nutritious food. It is an excellent source of nutrients such as Omega 3 as well as minerals and vitamins. These nutrients provide important health benefits for you and your baby.

Fish Facts

There are many benefits from eating fish. Fish are low in saturated fat and are an excellent source of protein, essential Omega 3 fatty acids, iodine and some vitamins. Omega 3 is important for the development of the central nervous system in babies, before and after they are born. Australian Dietary Guidelines recommend eating a variety of protein-rich foods including fish, meats, poultry, eggs, nuts and legumes. Eating too much fish when you are pregnant or breastfeeding can be harmful.

This is because fish contain mercury levels that may harm an unborn baby or young child developing nervous system. Most fish in Australia have low mercury levels. You can receive all the benefits of eating fish without the risk by following the dietary advice in the table compiled by 'Food Standards Australia and New Zealand'. This table will help you safely include fish as an important part of a balanced diet.

Pregnant & breastfeeding women & women planning pregnancy	Children (up to 6 years)
1 serve equals 150 grams	1 serve equals 75 grams
2 – 3 serves per week of any fish and seafood not listed below	
OR	
1 serve per week of Orange Roughy (Sea Perch) or Catfish and no other fish that week	
OR	
1 serve per fortnight of Shark (Flake) or Billfish (Swordfish / Broadbill and Marlin) and no other fish that fortnight	



Source: Food Standards Australia New Zealand



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The **DINO Study** is a non profit research project funded by the **National Health and Medical Research Council of Australia (NHMRC)**. The trial is coordinated from the 'Child Nutrition Research Centre', a part of the **Child Health Research Institute** at the **Women's and Children's Hospital, Adelaide**. CHRI was founded in 1989 to carry out research aimed at the prevention and treatment of childhood disease. The study is being run with the help and support of our colleagues in the following Hospitals:

Flinders Medical Centre, Adelaide

King Edward Memorial Hospital, Perth

Royal Brisbane & Women's Hospital, Brisbane

Royal Women's Hospital, Melbourne

Women's & Children's Hospital, Adelaide

Site Coordinator Details

Please contact the Coordinator from your hospital if you have any questions about the **DINO Study**



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