dame Newsletter

No. 6 / April 2015

dame

studying diabetes & antenatal milk expressing

What is the DAME trial?

DAME (Diabetes and Antenatal Milk Expressing) a randomised controlled trial being conducted by researchers at the Judith Lumley Centre, La Trobe University in collaboration with researchers and colleagues from the Royal Women's Hospital, Mercy Hospital for Women, Monash Medical Centre and Geelong Hospital, Barwon Health and more recently Frankston Hospital, Peninsula Health.

Women with diabetes in pregnancy – either pre-existing or pregnancy induced – may be eligible to participate. We approach women between 34 and 36 weeks to offer participation, and women who agree are randomly allocated to either expressing breast milk during pregnancy or to receive usual care during pregnancy. In total about 700 women will be recruited to the trial.

Why are we doing the study?

There is increasing interest in women expressing during pregnancy, so some hospitals and maternity care providers as well as some parenting websites in Australia and other countries advise women with diabetes in pregnancy to express breast milk/colostrum late in pregnancy so that they can give the milk to their baby after birth if needed. There may be some benefits for a baby to have only their own mother's milk, but as yet there is limited evaluation of this practice, so it is not known if the practice is of benefit or if it causes harm.

The DAME trial is the first randomised trial of antenatal milk expressing for women with diabetes.

What is involved?

Women who participate in the DAME study and are allocated to the group doing expressing are asked to hand express from 36 weeks. Their breast milk is labelled and frozen at home, ready to bring to the hospital when they have their baby. The woman's milk is stored in a freezer in the postnatal ward and given to her baby in addition to normal breastfeeding only if clinically indicated.

The researchers also conduct a telephone questionnaire with the women when their babies are about 1 and 12 weeks old.

What's new?

Recruiting is progressing at our trial sites (the Women's, Mercy Hospital for Women, Monash Health and Barwon Health) and we now have women being recruited from the Women's at Sandringham Hospital and Frankston Hospital.

How is it going?

We have now three quarters of the recruits required and 624 women have participated in the DAME trial since it began in June 2011. We aim to complete the trial in 2015.

Anita, the DAME trial coordinator and Fiona, one of the research midwives.

Contact:

Anita Moorhead, Trial Coordinator

Judith Lumley Centre
La Trobe University
215 Franklin Street
Melbourne 3000

Phone: 8345 2932

Email: dame@latrobe.edu.au

http://www.latrobe.edu.au/jlc/research/breastfeeding/dame

Look for the DAME sticker on the history Alert Sheet:

dame
This woman and her baby are in the dame trial.

diabetes & antenatal milk expression
T: 03 8345 2932
E: dame@latrobe.edu.au