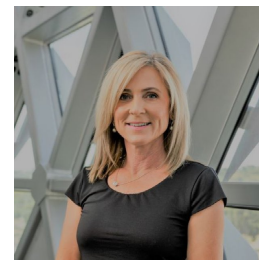


Karen Best
SAHMRI Clinical Trials Platform



Qualifications

PhD, University of Adelaide
6 Feb 2012 → 23 Sep 2015
Award Date: 23 Sep 2015

Certificate, University of Canberra
2004 → 2006
Award Date: 30 Oct 2006

Certificate, Queen Victoria Hospital
Award Date: 2 Jul 1992

Certificate, Queen Victoria Hospital
Award Date: 25 Mar 1991

Certificate, The Queen Elizabeth Hospital (TQEH)
Award Date: 27 Feb 1987

Employment

Director, SAHMRI Clinical Trials Platform
SAHMRI Clinical Trials Platform
South Australian Health and Medical Research Institute
5 Sep 2022 → present

Clinical Trial Project Manager
Baker Heart and Diabetes Institute
Melbourne, Australia
1 Apr 2009 → 1 Dec 2011

Clinical Nurse Coordinator
CMAX
Australia
1 Mar 2001 → 1 Jan 2003

Registered Midwife
Women's and Children's Hospital
North Adelaide, SA 5006, Australia
1 Jan 1991 → 1 Jan 2003

Research outputs

The Role of Vitamin D in Anemia
Netting, M., Best, K. P. & Green, T., 16 Dec 2022, *Nutritional Anemia*. . Karakochuk, C., Zimmermann, M. B., Moretti, D. & Kraemer, K. (eds.). Springer, p. 195-204 10 p. (Nutrition and Health).

Neonatal Docosahexaenoic Acid in Preterm Infants and Intelligence at 5 Years
Gould, J. F., Makrides, M., Gibson, R. A., Sullivan, T. R., McPhee, A. J., Anderson, P. J., Best, K. P., Sharp, M., Cheong, J. L. Y., Opie, G. F., Travadi, J., Bednarz, J. M., Davis, P. G., Simmer, K., Doyle, L. W. & Collins, C. T., 27 Oct 2022, In: *The New England journal of medicine*. 387, 17, p. 1579-1588 10 p.

Estimated Choline Intakes and Dietary Sources of Choline in Pregnant Australian Women

Probst, Y., Sulistyoningrum, D. C., Netting, M. J., Gould, J. F., Wood, S., Makrides, M., Best, K. P. & Green, T. J., 16 Sep 2022, In: *Nutrients*. 14, 18

Breastfeeding outcomes in late preterm infants: A multi-centre prospective cohort study

Keir, A., Rumbold, A., Collins, C. T., McPhee, A. J., Varghese, J., Morris, S., Sullivan, T. R., Leemaqz, S., Middleton, P., Makrides, M. & Best, K. P., Aug 2022, In: *PloS one*. 17, 8 August, e0272583.

Response to Jackson and Harris, 2022;179:102417

Gibson, R. A., Makrides, M., Sullivan, T., Yelland, L. N. & Best, K. P., Jul 2022, In: *Prostaglandins Leukotrienes and Essential Fatty Acids*. 182, 102454.

Translating n-3 polyunsaturated fatty acid status from whole blood to plasma and red blood cells during pregnancy: Translating n-3 status across blood fractions in pregnancy

Simmonds, L. A., Yelland, L. N., Best, K. P., Liu, G., Gibson, R. A. & Makrides, M., Jan 2022, In: *Prostaglandins Leukotrienes and Essential Fatty Acids*. 176, 102367.

Adequate maternal pre-conceptional folate status may reduce the risk of gestational diabetes mellitus

Best, K. & Green, T. J., 1 Jul 2021, In: *Evidence-Based Nursing*. 24, 3, p. 76 1 p.

Optimising micronutrients during pregnancy

BEST, KAREN. P., Makrides, M. & Grivell, R., Jul 2021, In: *Medicine Today*. 22, 7, p. 29-36 8 p.

Maternal Late-Pregnancy Serum Unmetabolized Folic Acid Concentrations Are Not Associated with Infant Allergic Disease: A Prospective Cohort Study

Best, K. P., Green, T. J., Sulistyoningrum, D. C., Sullivan, T. R., Aufreiter, S., Prescott, S. L., Makrides, M., Skubisz, M., O'connor, D. L. & Palmer, D. J., 1 Jun 2021, In: *Journal of Nutrition*. 151, 6, p. 1553-1560 8 p.

Protocol for assessing if behavioural functioning of infants born 29 weeks' gestation is improved by omega-3 long-chain polyunsaturated fatty acids: Follow-up of a randomised controlled trial

Gould, J. F., Roberts, R. M., Anderson, P. J., Makrides, M., Sullivan, T. R., Gibson, R. A., McPhee, A. J., Doyle, L. W., Opie, G., Travadi, J., Cheong, J. L. Y., Davis, P. G., Sharp, M., Simmer, K., Tan, K., Morris, S., Lui, K., Bolisetty, S., Liley, H., Stack, J., & 2 others Best, K. P. & Collins, C. T., 5 May 2021, In: *BMJ open*. 11, 5, e044740.

New methodologies for conducting maternal, infant, and child nutrition research in the era of covid-19

Gould, J. F., Best, K., Netting, M. J., Gibson, R. A. & Makrides, M., Mar 2021, In: *Nutrients*. 13, 3, p. 1-11 11 p., 941.

Protocol for assessing whether cognition of preterm infants <29 weeks' gestation can be improved by an intervention with the omega-3 long-chain polyunsaturated fatty acid docosahexaenoic acid (DHA): A follow-up of a randomised controlled trial

Gould, J. F., Makrides, M., Sullivan, T. R., Anderson, P. J., Gibson, R. A., Best, K. P., McPhee, A. J., Doyle, L. W., Opie, G., Travadi, J., Cheong, J., Davis, P. G., Sharp, M., Simmer, K. & Collins, C. T., 5 Feb 2021, In: *BMJ open*. 11, 2, 041597.

Study protocol for a randomised controlled trial evaluating the effect of folic acid supplementation beyond the first trimester on maternal plasma unmetabolised folic acid in late gestation

Sulistyoningrum, D., Green, T., Palmer, D., Sullivan, T., Wood, S., Makrides, M., Skubisz, M. & Best, K. P., 16 Nov 2020, In: *BMJ open*. 10, 11, 040416.

Effect of omega-3 lcpufa supplementation on maternal fatty acid and oxylipin concentrations during pregnancy

Best, K. P., Gibson, R. A., Yelland, L. N., Leemaqz, S., Gomersall, J., Liu, G. & Makrides, M., 28 Sep 2020, (E-pub ahead of print) In: *Prostaglandins, leukotrienes, and essential fatty acids*. 162, p. 102181

Omega-3 fatty acid supplementation in pregnancy—baseline omega-3 status and early preterm birth: exploratory analysis of a randomised controlled trial

Simmonds, L. A., Sullivan, T. R., Skubisz, M., Middleton, P. F., Best, K. P., Yelland, L. N., Quinlivan, J., Zhou, S. J., Liu, G., McPhee, A. J., Gibson, R. A. & Makrides, M., 1 Jul 2020, In: *BJOG: An International Journal of Obstetrics and Gynaecology*. 127, 8, p. 975-981 7 p.

Red blood cell folate likely overestimated in australian national survey: Implications for neural tube defect risk

Hunt, S. E., Netting, M. J., Sullivan, T. R., Best, K. P., Houghton, L. A., Makrides, M., Muhlhausler, B. S. & Green, T. J., May 2020, In: *Nutrients*. 12, 5, 1283.

Prenatal Nutritional Strategies to Reduce the Risk of Preterm Birth

Best, K. P., Gomersall, J. & Makrides, M., 19 Feb 2020, In: *Annals of Nutrition and Metabolism*. 76, p. 31-39 9 p.

A Randomized Trial of Prenatal n-3 Fatty Acid Supplementation and Preterm Delivery

Makrides, M., Best, K., Yelland, L., McPhee, A., Zhou, S., Quinlivan, J., Dodd, J., Atkinson, E., Safa, H., Van Dam, J., Khot, N., Dekker, G., Skubisz, M., Anderson, A., Kean, B., Bowman, A., McCallum, C., Cashman, K. & Gibson, R., 1 Feb 2020, In: *Obstetrical and Gynecological Survey*. 75, 2, p. 79-80 2 p.

Plasma oxylipins and unesterified precursor fatty acids are altered by DHA supplementation in pregnancy: Can they help predict risk of preterm birth?

Ramsden, C. E., Makrides, M., Yuan, Z. X., Horowitz, M. S., Zamora, D., Yelland, L. N., Best, K., Jensen, J., Taha, A. Y. & Gibson, R. A., Feb 2020, In: *Prostaglandins Leukotrienes and Essential Fatty Acids*. 153, 102041.

DNA extraction approaches substantially influence the assessment of the human breast milk microbiome

Douglas, C. A., Ivey, K. L., Papanicolas, L. E., Best, K. P., Muhlhausler, B. S. & Rogers, G. B., 10 Jan 2020, In: *Scientific Reports*. 10, 1, p. 123

A randomized trial of prenatal n-3 fatty acid supplementation and preterm delivery

Makrides, M., Best, K., Yelland, L., McPhee, A., Zhou, S., Quinlivan, J., Dodd, J., Atkinson, E., Safa, H., Van Dam, J., Khot, N., Dekker, G., Skubisz, M., Anderson, A., Kean, B., Bowman, A., McCallum, C., Cashman, K. & Gibson, R., 12 Sep 2019, In: *New England Journal of Medicine*. 381, 11, p. 1035-1045 11 p.

Docosahexaenoic acid supplementation of preterm infants and parent-reported symptoms of allergic disease at 7 years corrected age: Follow-up of a randomized controlled trial

Gunaratne, A. W., Makrides, M., Collins, C., Gibson, R., McPhee, A., Sullivan, T., Gould, J., Green, T., Doyle, L. W., Davis, P. G., French, N. P., Colditz, P. B., Simmer, K., Morris, S. A. & Best, K., 1 Jun 2019, In: *American Journal of Clinical Nutrition*. 109, 6, p. 1600-1610 11 p.

Prenatal omega-3 LCPUFA and symptoms of allergic disease and sensitization throughout early childhood - A longitudinal analysis of long-term follow-up of a randomized controlled trial

Best, K. P., Sullivan, T. R., Palmer, D. J., Gold, M., Martin, J., Kennedy, D. & Makrides, M., 15 Jun 2018, In: *World Allergy Organization Journal*. 11, 1, 10.

Polyunsaturated fatty acids: Metabolism and nutritional requirements in pregnancy and infancy

Muhlhausler, B. S., Collins, C. T., Gould, J. F., Best, K. P. & Leghi, G. E., 1 Jan 2018, *Polyunsaturated Fatty Acid Metabolism*. Burdge, G. (ed.). San diego: Elsevier, p. 111-134 24 p.

Perinatal nutrition interventions and post-partum depressive symptoms

Gould, J. F., Best, K. & Makrides, M., 15 Dec 2017, In: *Journal of Affective Disorders*. 224, p. 2-9 8 p.

Study protocol for a randomised controlled trial evaluating the effect of prenatal omega-3 LCPUFA supplementation to reduce the incidence of preterm birth: The ORIP trial

Zhou, S. J., Best, K., Gibson, R., McPhee, A., Yelland, L., Quinlivan, J. & Makrides, M., 1 Sep 2017, In: *BMJ open*. 7, 9, e018360.

Possible protective effect of prenatal omega-3 long-chain polyunsaturated fatty acids supplementation on persistent wheeze and asthma in early childhood

Best, K. & Makrides, M., Jun 2017, In: *Evidence-Based Medicine*. 22, 3, p. 104

Docosahexaenoic acid and preterm birth

Makrides, M. & Best, K., 1 Nov 2016, In: Annals of Nutrition and Metabolism. 69, 1, p. 30-34 5 p.

Prenatal fish oil supplementation and allergy: 6-Year follow-up of a randomized controlled trial

Best, K. P., Sullivan, T., Palmer, D., Gold, M., Kennedy, D. J., Martin, J. & Makrides, M., Jun 2016, In: Pediatrics. 137, 6, e20154443.

Omega-3 long-chain PUFA intake during pregnancy and allergic disease outcomes in the offspring: A systematic review and meta-analysis of observational studies and randomized controlled trials

Best, K. P., Gold, M., Kennedy, D., Martin, J. & Makrides, M., 1 Jan 2016, In: American Journal of Clinical Nutrition. 103, 1, p. 128-143 16 p.

Six-year follow up of children at high hereditary risk of allergy, born to mothers supplemented with docosahexaenoic acid (DHA) in the domino trial

Best, K., Sullivan, T. R., Gold, M., Kennedy, D. R., Martin, J., Palmer, D. & Makrides, M., 2015, In: Journal of Paediatrics and Child Health. 51, p. 58 1 p.

Effect of DHA supplementation during pregnancy on maternal depression and neurodevelopment of young children: A randomized controlled trial

Makrides, M., Gibson, R. A., McPhee, A. J., Yelland, L., Quinlivan, J., Ryan, P., Doyle, L. W., Anderson, P., Else, P. L., Meyer, B. J., Colditz, P., Pritchard, M., Zhou, S., Collins, C. T., Gulpers, Z., McCusker, S., Naccarella, N., Best, K., Loudis, H., Anderson, A., & 1 others Griffith, E., 20 Oct 2010, In: JAMA - Journal of the American Medical Association. 304, 15, p. 1675-1683 9 p.

Neonatal Early Discharge Program: Report prepared for the Department of Neonatal Medicine and the Women's and Babies Division, Women's & Children's Hospital,

Collins, C., Rundell, J., Rogers, L., Best, K., McPhee, A. & Makrides, M., 2001

Neonatal Early Discharge Program.

Best, K., 2001, Women's and Children's Hospital.

Evaluation of Community Based Infant CPR Sessions

Best, K., 2000, Women's and Children's Hospital.

Activities

Iodine supplementation in pregnancy to improve early childhood neurodevelopment: How much is enough?

Karen Best (Speaker)

Aug 2021

Why good trials fail and other bumps in the road?

Karen Best (Speaker)

30 Jul 2021

Reducing the risk of early preterm birth: Omega-3 status test screening and recommendations'

Karen Best (Speaker)

Jul 2021

Prenatal omega-3 supplementation for the prevention of preterm birth - a double edged sword.

Karen Best (Speaker)

May 2021

Prenatal Iodine Supplementation and Early Childhood Development

Karen Best (Speaker)

2021

Aiming to improve the outcomes of mothers and babies through nutritional interventions.

Karen Best (Speaker)

2 Dec 2019

Omega 3 LCPUFA supplementation in pregnancy and the incidence of preterm birth

Karen Best (Speaker)

18 Mar 2019

'Does cessation of folic acid supplementation at 12 weeks gestation reduce the incidence of allergic disease in the infant at 12 months of age'?

Karen Best (Speaker)

2 Nov 2018

The role of omega-3 in the maternal diet'

Karen Best (Speaker)

2 Oct 2018

'Planning for success: Strategies for effective operationalization of a clinical trial protocol'

Karen Best (Speaker)

28 May 2018

Exposure to everyday chemicals: phthalate concentrations in pregnant women in Australia

Karen Best (Speaker)

25 Mar 2018

BJOG: An International Journal of Obstetrics and Gynaecology (Journal)

Karen Best (Reviewer)

1 Jan 2018 → 2021

BMC Nutrition (Journal)

Karen Best (Reviewer)

2018 → 2021

Evidence-Based Medicine (Journal)

Karen Best (Reviewer)

2018 → 2021

Evidence-Based Nursing (Journal)

Karen Best (Reviewer)

2018 → 2021

Pediatric Allergy and Immunology (Journal)

Karen Best (Reviewer)

2018 → 2021

The Journal of nutrition (Journal)

Karen Best (Reviewer)

2018 → 2021

Prizes

Australian Academy of Science Mobility Grant

Best, Karen (Recipient), 2019

Australian Postgraduate Award

Best, Karen (Recipient), 2012

Deans Commendation for Thesis Excellence

Best, Karen (Recipient), 23 Sep 2015

Early Career Travel Grant, CRE Nutrition for Mother and Child

Best, Karen (Recipient), 2019

Early Career Travel Grant, Healthy Development Adelaide

Best, Karen (Recipient), 2016

Early Career Travel Grant, Healthy Development Adelaide

Best, Karen (Recipient), 2018

First 1000 days ECR Travel Grant, ISFAAL & DSM Science

Best, Karen (Recipient), 2018

NHMRC, Australian Clinical Trials website 'Real Stories' video

Best, Karen (Recipient), 2016

Runner up, ACTA Trial of the year – ORIP Trial

Best, Karen (Recipient), 2020

Winner South Australian "Fresh Science" (Media prize)

Best, Karen (Recipient), 2014

Women's Professional Development Mentorship Program, University of Adelaide (Training prize)

Best, Karen (Recipient), 2015

Press/Media

Fish oil study fails to show reduction in...

Karen P Best

11/09/19

1 item of Media coverage

Fish oil study fails to show reduction in premature babies

Karen P Best

11/09/19

12 items of Media coverage

Life-changing medical researchers swap scrubs for sneakers in this year's SAHMRI BRIGHT Walk

Zeyad Nassar & Karen P Best

11/07/22

1 item of Media coverage

New study on omega-3 fatty acid supplements and preterm birth prevention

Karen P Best

12/09/19 → 18/09/19

2 items of Media coverage

Omega-3 and pre-term births: Why targeted supplementation could be critical – major new Australian trial

Karen P Best

12/09/19

2 items of Media coverage

Omega-3 fatty acids and preterm birth prevention

Karen P Best

25/09/19

1 item of Media coverage

Prevent allergies before birth: Taking fish oil while pregnant found to reduce allergies in children

Karen P Best

12/09/18

1 item of Media coverage

Research from South Australian Health and Medical Research Institute Broadens Understanding of Obesity [Effect of Docosahexaenoic Acid (DHA) Supplementation of Preterm Infants on Growth, Body Composition, and Blood Pressure at 7-Years Corrected ...]

Maria Makrides, Jacqueline Gould, Karen P Best & Thomas Sullivan

2/02/23

1 item of Media coverage

Awards

Projects