

The ON TRACK Network

Nov 2016



Newsletter
Edition 5



What's In This Issue?

- ON TRACK News
- ON TRACK Trial Development Workshop update
- Feature Trial: TARGET
- Introducing: The Central Coordinating Clinical Trials Research Hub

Welcome to the November Edition of the ON TRACK Network Newsletter. With Christmas a month away, we hope you can find a moment to sit down & read about the latest news in maternal & perinatal health research. This month we update you on the OTN Workshop & introduce the Hub & their Wiki page- an excellent resource for those looking to start their own clinical trials. Read on...

ON TRACK News

- 🌱 Congratulations to the TARGET study on reaching over 500 recruits & completing over 100 six month follow up visits- read more about TARGET overleaf.
- 🌱 Fantastic to see GEMS feature in the NZ Herald this month- see the article below.
- 🌱 Congratulations to the APTS team who are nearly finished recruitment- over 1500 babies recruited, less than 100 to go.
- 🌱 Hot off the press! Registrations are now open for the ON TRACK Network Trial Development Workshop. Read more about this event below.

Do you have news about your study or site? If so, let us know- we'd love to share it.

The OTN Concept Development Workshop, 20 & 21st Feb, 2017

This interactive & collaborative workshop aims to develop promising clinical trial concepts for collaborative, multicentre, investigator-driven research projects in maternal & perinatal health to a level suitable for competitive grant applications.

We welcome trial investigators & collaborators, interested potential collaborators, emerging researchers, clinicians, scientists, consumers interested in maternal & perinatal health and anyone wanting to gain knowledge & skill in the process of clinical trial development to attend this workshop.

Registration is open now for this event!

Please register at <https://uoaevents.eventsair.com/on-track/on-track> or see attached flyer for more information.

About the event:

When? Mon 20th & Tues 21st February, 2017

Day One: 10 am –5.30pm. Conference dinner 7pm (venue & cost TBC)

Day Two: 8.30am - 2.30pm.

Where? Liggins Institute, University of Auckland

Cost: Free to attend, however, for catering purposes please inform us prior to 14th Feb, 2017 if you are no longer able to attend.

A call for submission of trial concepts remains open. We invite anyone with promising research ideas to submit them as trial proposals on the attached registration form or contact ontracknetwork@auckland.ac.nz.

GEMS in the Herald

Auckland mum cut back on rice, roti during pregnancy for health's sake

By Martin Johnson

2:28 PM Tuesday Nov 22, 2016

Diabetes Exercise Health Lifestyle Liggins Institute SHARE

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Amrita Naidu was diagnosed with gestational diabetes while pregnant with Aarav.

When Amrita Naidu was pregnant with baby Aarav she had to cut back on rice and roti, and eat more vegetables.

The 30-year-old South Aucklander, a Fijian-Indian, was diagnosed with pregnancy-related diabetes while she was carrying Aarav, her first child.

Around 8 per cent of pregnant women in New Zealand are diagnosed with the condition, called gestational diabetes and detected through blood samples bearing elevated sugar levels.

Aarav is a healthy boy, but a mother's gestational diabetes can put a baby at risk of a range of problems, including being born abnormally large and suffering jaundice and breathing difficulties. As they grow up, they are at increased risk of becoming obese and developing diabetes.

For mothers, the condition raises their risk of type 2 diabetes and heart disease.

Read the full article here:

http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11752894

ontracknetwork@auckland.ac.nz

The ON TRACK Network

Introducing **Target**- This trial looks at whether using tighter targets for glycaemic control in pregnant women with GDM will reduce maternal and perinatal morbidity.

TARGET
Optimal Glycaemic Targets for Gestational Diabetes

Approx. 4,500 pregnant women in NZ are diagnosed with gestational diabetes mellitus (GDM) each year, resulting in substantial risks to mother & baby. Dietary together with pharmacological treatment when needed reduces these risks.

There is no evidence from randomised control trials (RCTs) about the optimal glycaemic targets to use in women with GDM, or the impact of different thresholds on maternal & fetal health. The NZ glycaemic treatment targets for women with GDM have been: fasting <5.5mmol/L; 1 hr post prandial <8.0mmol/L; 2 hr postprandial <7.0mmol/L. There have been increasing concerns, however, that these targets are not tight enough to normalise fetal growth & minimise complications so the Ministry of Health clinical practice guidelines on management of women with gestational diabetes have recommended tighter targets.

The TARGET trial is assessing whether using the tighter targets compared to less tight targets for glycaemic control in pregnant women with GDM will reduce maternal and perinatal morbidity.

Using a multicentre, stepped-wedge, cluster randomised trial, individual hospitals are randomised, rather than individuals, to implement the tighter targets.

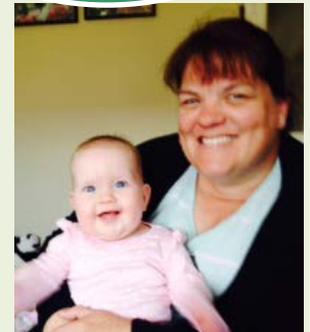
Inclusion Criteria: Women diagnosed with GDM and receiving antenatal care. Exclusion Criteria: Women who are carrying a fetus with a major anomaly. Sample size: 1080 participants from 10 hospitals- Whangarei, Middlemore, Tauranga, Rotorua, Taranaki, Hawkes Bay, Nelson, Christchurch, Dunedin, Southland.

Less Tight Period: Hospital will use the previous NZ less tight targets for glycaemic control for GDM.

For the Tight Target Period: The hospital will switch to the tighter targets (*fasting plasma ≤ 5.0 mmol/L; 1 hour post prandial ≤ 7.4 mmol/L; 2 hour postprandial ≤ 6.7 mmol/L*).

Primary outcome: Large for gestational age infant (birth weight >90th centile).

Secondary outcomes: Serious health outcomes & resource utilisation for mother & baby.



TARGET's first 6 month follow up baby in Christchurch

Congratulations team- over 500 recruits & half way to your TARGET!

Keen to find out more? Email target@auckland.ac.nz

Multicentre Clinical Trials Recruiting Now!

APTS

GEMS

hPOD

HINT2

MAGENTA

MAGNUM

My Baby's Movements

PAEAN

PINTO

PROVIDE

STRIDER

TARGET

Introducing the Central Coordinating Clinical Trials Research Hub

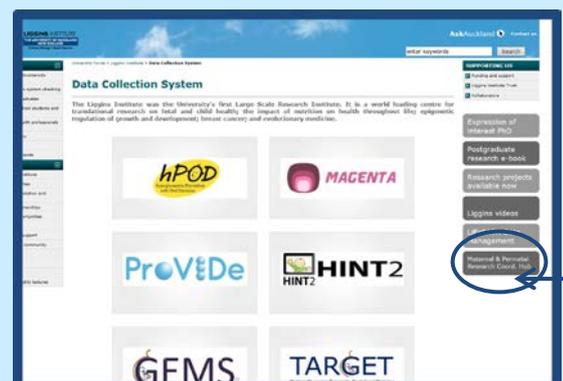
A Research Coordinating Hub based at the University of Auckland has been set up to support clinical studies in maternal and perinatal health.

We have developed a range of data management services including web randomisation, database and CRF design, data entry and validation, and archiving. These are available on a cost recovery basis for investigator-led studies. In the near future we hope to provide project and participant management services, eventually developing into a full clinical trials centre.

We have also gathered together a number of resources and templates on our Wiki page to help with planning and running studies. See instructions above for accessing this.

For further information, please contact:
researchhub@auckland.ac.nz

Are you starting or working on clinical research trials? Check out the Hub Wiki to access a wealth of information and resources. Visit www.ligginstrials.org and click on the Hub icon, as seen here



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