Antenatal thyrotropin-releasing hormone was associated with developmental delay in infants at 1 year


Objective
To determine the long-term effects of thyrotropin-releasing hormone (TRH) in infants whose mothers had been at high risk for preterm delivery and who had received TRH plus corticosteroids to prevent neonatal respiratory disease.

Design
1-year follow-up of a randomised, double-blind, placebo-controlled trial (Australian Collaborative Trial of Antenatal Thyrotropin-releasing Hormone [ACTOBAT]).

Setting
18 hospitals in Australia.

Patients
Women with singleton or twin pregnancies were eligible if the duration of gestation was between 24 weeks and 31 weeks and 6 days and if they were judged to be at risk for preterm delivery and warranted corticosteroid treatment.)*

Main results
Multiple logistic regression analysis on the entire cohort (n = 1022) showed that treatment with TRH was associated with motor delay (odds ratio [OR] 1.51, 95% CI 1.11 to 2.05, P = 0.009); social delay (OR 1.40, CI 1.01 to 1.95, P = 0.04); and sensory impairment (OR 2.0, CI 1.06 to 3.74, P = 0.03). TRH was not associated with greater achievement in any of the milestones.

Conclusion
Thyrotropin-releasing hormone given to mothers at risk for preterm delivery was associated with developmental delay at 12 months.

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References
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