

W UNIVERSITY OF WASHINGTON RESPONSE TO ARRIVE TRIAL

March 1, 2018

There has been a lot of excitement and talk around the country after the oral presentation of the preliminary results from the ARRIVE trial at the SMFM Annual Meeting last month in Dallas. The ARRIVE trial was an RCT of elective induction of labor at 39 weeks compared to expectant management of low-risk nulliparous women. The study's findings suggest that among healthy, nulliparous women, induction of labor at 39 weeks reduces the rate of cesarean birth as compared to expectant management among the same population.

While these results may ultimately prove to change obstetric counseling and practice, please keep in mind that data analysis is not yet complete for the ARRIVE trial. Results presented at SMFM were part of a late-breaking plenary session, and the complete manuscript has yet to be published from the authors.

ACOG published an official response to the ARRIVE trial in which it does not currently recommend a change in practice towards routine induction of labor for low-risk pregnant women at 39 weeks. SMFM published a similar response stating that "SMFM will wait to evaluate the peer-reviewed publication before providing any guidance or changes to our existing recommendations." The CMQCC also published a similar cautious response, and highlighted the importance of a strict study protocol that was used in participating hospitals during the study, which may not apply broadly in routine clinical practice.

Until the ARRIVE trial final publication and results are available, we encourage compliance at UWMC with current ACOG & SMFM guidelines, and to not change practice at this time regarding induction of labor for an uncomplicated healthy nulliparous patient without other indications for induction prior to 41 weeks.

You can watch the 18-minute late-breaking presentation at SMFM here:

<http://www.smfmstreamingvideos.com/Player/09/09.html>

The AJOG abstract can be reviewed here: [http://www.ajog.org/article/S0002-9378\(17\)32491-2/abstract](http://www.ajog.org/article/S0002-9378(17)32491-2/abstract)

The official ACOG response can be found here: <https://www.acog.org/About-ACOG/News-Room/Statements/2018/ACOG-Response-to-ARRIVE-Trial>

The official SMFM response can be found here:

https://s3.amazonaws.com/cdn.smfm.org/media/1338/FINAL_Arrive_Release.pdf

The CMQCC response can be found here:

<https://www.cmqcc.org/sites/default/files/Arrive%20Trial%20Statement%20Final.pdf>

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