



SNAP2 Newsletter 3rd Quarter 2025

Randomised Controlled Trial of Self-management of Postnatal Antihypertensive Treatment

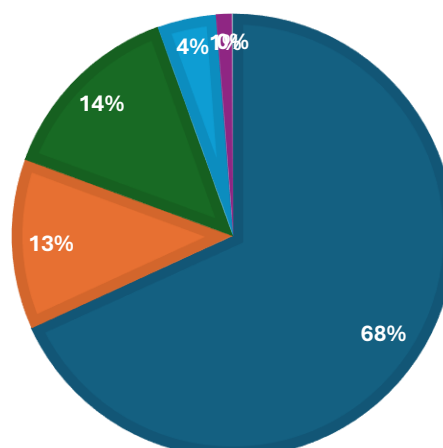
573 consented participants

Average recruitment/site/month



ETHNICITY OF PARTICIPANTS

- White
- Black
- Other ethnic group
- Asian
- Mixed or Multiple ethnic groups
- Missing/Unknown



Every participant you recruit helps ensure this research represents all the women we care for. By reaching a diverse group, we can find out how the intervention works across different populations.



snap2trial@phc.ox.ac.uk

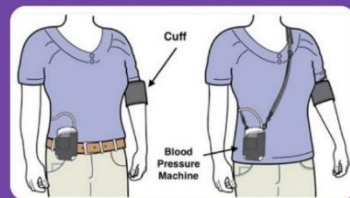


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ABPM tips

24-Hour Ambulatory Blood Pressure Monitoring



At time of consent

- At recruitment, explain ABPM and the importance of completing this in 6 months time. High blood pressure in pregnancy can increase their lifetime risk of cardiovascular disease. If their blood pressure is still high, they can get support from your GP to lower the risk.
- After they have completed the 24hr blood pressure monitoring we will send them a £25 Amazon voucher as a thank you from us.

Re-discuss

At 22-26 week follow up call



- Try and complete their 6 month follow up 2-4 weeks before expected date, to remind the participant about ABPM and that the trial team will contact them to arrange the ABPM.
- We will also send the participant their ABPM blood pressure results. If their blood pressure is too high or too low, we will also send the results to their GP so they can help the participant get it to a normal level.
- Remember to show the intervention participants the My BP care video and QR code:



48% of participants have completed ABPM
with 14 or more daytime readings for the
primary outcome.

Help us reach our target of **70%**.



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Sortition diagnosis

- If chronic hypertension alone- select **chronic hypertension**
- If chronic hypertension and superimposed PET-select **chronic hypertension**
- If gestational hypertension alone- select **gestational hypertension/pre-eclampsia**
- If gestational hypertension and pre-eclampsia- select **gestational hypertension/pre-eclampsia**

Randomisation Form

Participant ID S N - -
Site ID 3 capitals (e.g. YOH) + 3 digits

Principal diagnosis (select one)

Mean postnatal diastolic blood pressure (select one)

Chronic hypertension

Gestational hypertension/pre-eclampsia

Number of antihypertensive medications (select one)



REMEMBER
Follow up

Don't forget- study follow up is 1 year after date of consent!

Notes review to be completed at 52 weeks

Week 6				Week 12				Week 26			Week 52				Notes Review
Follow-Up	Mars	EQ-5D-5L	Call Attempt	Follow-Up	Anxiety inventory questionnaire	EQ-5D-5L	Call Attempt	Follow-Up	EQ-5D-5L	Call Attempt	Follow-Up	Anxiety inventory questionnaire	EQ-5D-5L	Call Attempt	Notes Review



Royal Berkshire

Highest number of consents



Manchester

Highest follow up completion

A chocolate gift on the way to both sites!

September-the site with the highest ABPM completion rate will receive a gift.



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