Welcome! The session will start at 12:00 pm MT.

Please introduce yourself in the chat function: Name, Title, Organization, City

If you need to update your screen name, right click on your image and select rename.

If you need technical support please contact our IT team:
• Zoom Private Chat to Jessica, ECHO
• Email: boisehelp@uidaho.edu
• Phone: 208-364-4072

The University of Idaho, WWAMI Medical Education Program is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Idaho, WWAMI Medical Education Program designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
ECHO Idaho: Perinatal Substance Use Disorder

SUD and Mental Health in Pregnancy: Overview and Screening
March 11, 2020
Jerri Woodworth, RNC-OB, PMH-C – St. Luke’s Health System

The speaker has no relevant financial relationship(s) to disclose.
Who’s Responsibility is It???

- Obstetrics
- SUD in Pregnancy
- Pediatrics
- Addiction Medicine
- Behavioral Health
Learning Objectives

• Commit to using person centered language associated with caring for the patient with Substance Use Disorder (SUD)
• Become familiar with basic concepts of Addiction
• Become familiar with screening for SUD and Perinatal Mood and Anxiety Disorders (PMADs) in pregnancy
• Gain an understanding of caring for the pregnant woman with SUD
Language Matters

Don’t say....
• Substance Abuse
• Addict/Junkie/Druggie
• Clean
• Dirty/Clean Urine
• Born Addicted
• Drug Baby

Instead, say...
• Substance Use Disorder
• Person with Addiction
• Sober or In Recovery
• Positive/Negative or Expected/Unexpected
• Physiologically Dependent
• Prenatal Opiate Exposure
What is Addiction?

ASAM
“Chronic medical disease...brain circuits, genetics, the environment, and an individual’s life experiences...behaviors...compulsive and continue despite harmful consequences”

NIDA
“Chronic, relapsing disorder...compulsive drug seeking, continued use despite harmful consequences, long lasting brain changes...Both complex brain disorder and mental illness...Most severe form of SUD...Medical Illness”

DSM-V
Social, physical, & psychological problems r/t use, withdrawal, craving, tolerance, increasing amounts & time, repeated efforts to quit, activities given up to use, etc.

*Addiction is NOT a Moral Failure*
Why Do People Use Substances?

• Recreation, Trauma, ACEs, Escape, Prescriptions gone wrong, Social Pressure, Mental Illness, Etc...

“The question is never “Why the addiction?” but “Why the pain?”

• Gabor Maté, MD  In The Realm of Hungry Ghosts
Opioid Dependence

- Episode of opioid use
- Initiation of opioid replacement therapy

Affect Normal
Withdrawal

Time
Acute Use Chronic Use

Alford, Boston University, 2012
Harm Reduction

• Harm reduction is a pragmatic public health approach to reducing the negative consequences of risky behaviors

*Meeting the patient where the patient is at*
Naloxone

• Used to reverse Opioid Overdose
• May purchase from a pharmacist without a prescription
• Temporary effect
• If you give, call 911
Caring for Pregnant Women with SUD and PMADs

• Why
  – Pregnancy is a time of unique motivation for sobriety
  – Treating a pregnant woman has cascading impacts in a family
  – PMAD 21%, SUD 5%
  – These women are already in your practice
  – Risk to treatment and risk of not treating
  – It can be very rewarding

• How
  – Role as advocate for these patients cannot be underestimated
  – Educate: patient, partner, family, colleagues, providers
  – Work in collaboration with other providers
  – Demonstrate empathy
  – Patience, Patience, Patience
Screening

**Mental Health**
- Validated Tool for Pregnancy
  - EPDS, PHQ-9, PDSS, Beck Depression Inventory, Etc
- When to Screen
  - ACOG Guidelines: “Once in the perinatal period. If screened during pregnancy, screen at comprehensive PP visit”
- Reimbursable
- More to Come....

**SUD**
- Validated Tool for Pregnancy
  - 4P’s Plus, SURP-P, TWEAK, T-ACE, Etc
- When to Screen
  - ACOG Guidelines: “Early Universal Screening”
- Reimbursable
- Urine Drug Testing is **NOT** Screening
SBIRT for SUDs

• Screening
• Brief Intervention
  – Raise Subject
  – Provide Feedback
  – Enhance Motivation
  – Negotiate Plan
• Referral to Treatment
  – ????
Considerations in Pregnancy

• SUD likely present prior to pregnancy
• Decreased access to medical care and family planning needs
• Women have unique issues r/t SUD
  – Use less of an amount for a shorter duration of time
  – History of traumatic life events
  – Sex hormones can make more sensitive
  – Different changes in the brain
  – May be more likely to relapse
  – May be more likely to have cravings
Considerations in Pregnancy

• Labs
  – Hep C Ab to initial PNL (Viral Load and CMP if +)
  – Repeat infectious labs in 3rd trimester, if indicated

• Ultrasounds
  – Monitor growth in 3rd trimester

• Post Partum Birth Control

• Education
  – NOWS/NAS, Pain Management, Legal Issues, Parenting
Barriers to Treatment

Prenatal/Mental Health/SUD Care Barriers

• Transportation
• Health Insurance
• “Drug Lifestyle”
• Fear of use being identifying by providers
• Fear of legal repercussions
• Fear of judgment – STIGMA and SHAME

Additional Mental Health/SUD Care Barriers

• Lack of providers
• Lack of training for care in pregnancy
Key Points

• Be nice, use thoughtful words.
• Addiction is a chronic, relapsing and remitting disease, NOT a moral failing.
• Implement screening for both Mental Health and SUD using a validated tool.
• Don’t be afraid to treat during pregnancy, lean on your resources.
Resources for SUD in Pregnancy

- St. Luke’s SUPPORT Clinic
  - 208-381-3088  woodworj@slhs.org
- Postpartum Support International
  - www.postpartum.net
  - Perinatal Provider Psychiatric Consult line
- Pregnant Women & Women with Dependent Children
  - www.healthandwelfare.Idaho.gov
- MGH Center for Women’s Health
  - www.womensmentalhealth.org
- mothertobaby.org
- infantrisk.com
- ACOG Committee Opinion 711 (OUD in Pregnancy)
References

- https://www.asam.org