

Destigmatizing Care In Pregnant Mothers with Substance Use Disorder

Background

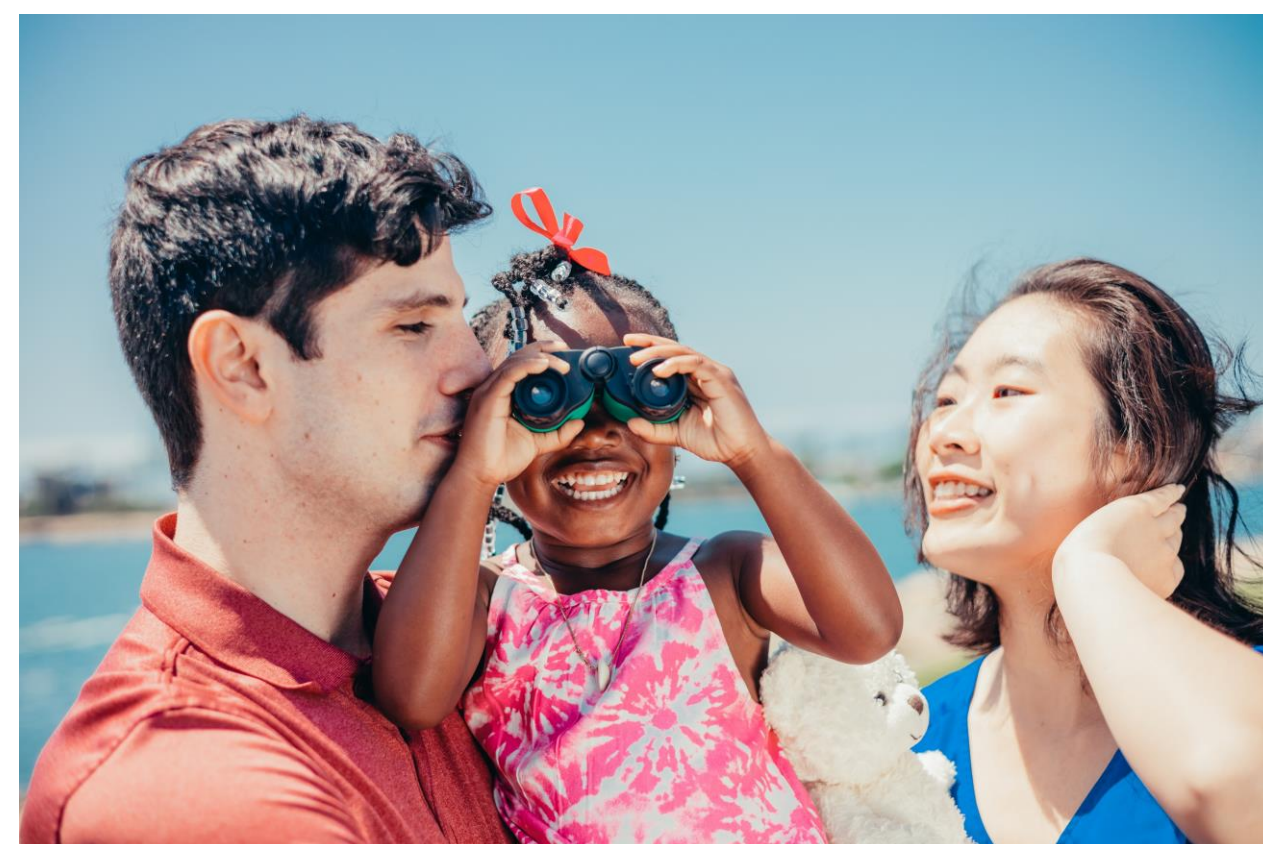
- Approximately 20,000 babies born each year in the U.S. are exposed to substance use
- Babies experience withdrawal symptoms
- Physicians lack proper cultural sensitivity practices
- Pregnant people with substance use disorder not feeling safe to ask for help
- Contributing Factors:
 - Low income
 - Mental illness
 - Little to no support system



Importance of Issue

- The more parents that get the resources & support they need...
 - The less parents will continue to abuse substances,
 - The less babies will experience withdrawal symptoms,
 - The less families will have to be separated
 - The fewer number of children will be placed with Child Protective Services (CPS)

* These will lead to a goal of keeping more families together *



Clinical Scholar Model

- ❖ Use current evidence-based research in daily practice
 - ❖ Educate providers on up-to-date research practices, so they can implement changes when communicating with patients
 - ❖ Critically think about how current research guides evidence-based practice
 - ❖ Recruit an expert to evaluate and unify the interdisciplinary team to improve clinical outcomes
- Allows for a main focus to be on educating direct care providers which is the biggest starting point for helping these parents to be successful
 - It continues through various steps including reviewing the current best practices and evaluates for improved outcomes
 - Success of this program follows many steps with improving patient care at the center of it

Key Concepts & Outcomes

- Ensure that parents have the resources they need to be successful in their recovery from substance use
- This allows families to stay together and keeps children out of the foster system
- Parents will feel safe to communicate with providers about their substance use
- Providers will implement compassionate care that is free of judgement and bias

- Patients in Del Norte county with substance use disorder will survey local providers over a 6-month period to evaluate successful implementation of education
 - These patients will be the key in determining if change of practice has been successful

Interventions & Solutions

INDIVIDUAL

- Train parents and family members on the signs and symptoms of substance use symptoms
- Educate parents and family members on first aid and the proper use of Narcan



COMMUNITY

- Create a collaborative referral system with our local public health departments and surrounding public health departments

POLICY

- Implement organizational policy that requires initial robust training for providers on how to communicate with patients in an open and non-judgmental environment, and subsequent annual refresher education



Key Players

- Physicians to provide substance use disorder treatment and medications when necessary
- Counselors to guide parents on coping mechanisms, provide individual and group meetings, and promote a safe communication space
- Sponsors can be an immediate source of support day and night
- Public health nurses can provide the links necessary that are available in the community such as safe housing, food programs, and health services
- Parents and families will participate and give feedback on local resources

Nurses in the local labor and delivery units can offer support in parents' substance use recovery plans and the established safety plan if one has been formulated with CPS



Evaluation

PROCESS

- Provided training to parents & families on first aid and Narcan use
 - Evaluated via return demonstration
 - Participants demonstrated with a 90% accuracy the use of Narcan and how to provide first aid in a simulation scenario
- Physicians to acquire robust education and follow-up with annual refreshers
 - Surveys were given to patients over a six-month period to evaluate physicians in their practice

IMPACT

- Pre and post surveys given to patients to determine success of education
- More evidence is needed to determine impact of study

EXECUTION

- Pre-surveys
- Post-surveys
- Evaluations (pre-test, post-test)
- Return demonstration

References

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