

COMMUNITY REPORT

In Her Words: Opioid Use Disorder and Pregnancy



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THANK YOU
TO THE
PROJECT
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DEFINITIONS

Opioid Use Disorder: Opioid use disorder (OUD) is defined as a problematic pattern of opioid use leading to clinically significant impairment or distress.

Medication-Assisted Treatment: (MAT) including opioid treatment programs, combines behavioral therapy and medications to treat substance use disorders. Medications used during pregnancy are Subutex or methadone.

Neonatal Abstinence Syndrome: (NAS) describes the lexicon of symptoms that may be suffered by newborns who have been exposed to opioids in utero. Infants affected by NAS typically show a number of neurological symptoms and behaviors such as tremors, screaming, seizures, breathing problems, and poor feeding. These infants are also more likely to have a low birthweight.

BACKGROUND



TARGET POPULATION

- 10 women with OUD
- Who were pregnant (4) or had given birth within the past year
- 80% enrolled in Medicaid
- Age 19-39
- 9 of the mothers referred by Sarah Turner, MD
- 1 mother referred by Healthier Moms and Babies
- A secondary target population (17) was the professionals working with these mothers. This includes physicians, home visitors, nurses, social workers, child protective services, court officers, recovery specialists, early interventionists and more.

MAIN THEMES

- Pregnancy as a motivator for entering or staying in treatment. 70% were not in treatment before pregnant.
- The guilt and stigma surrounding OUD and MAT during pregnancy.

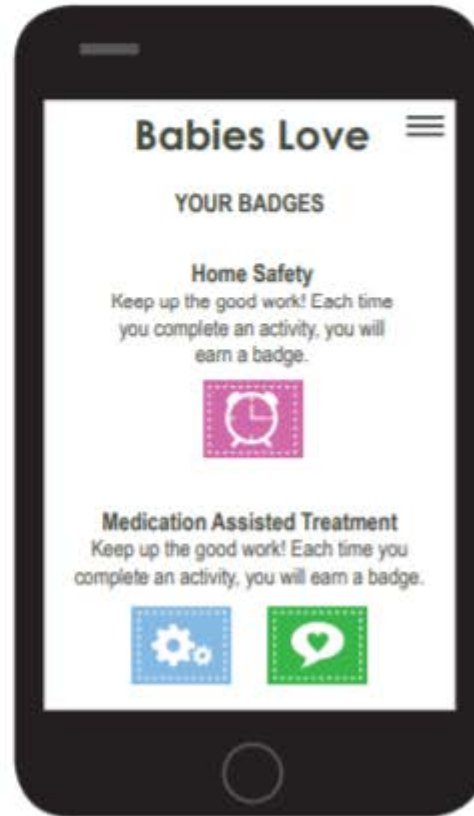
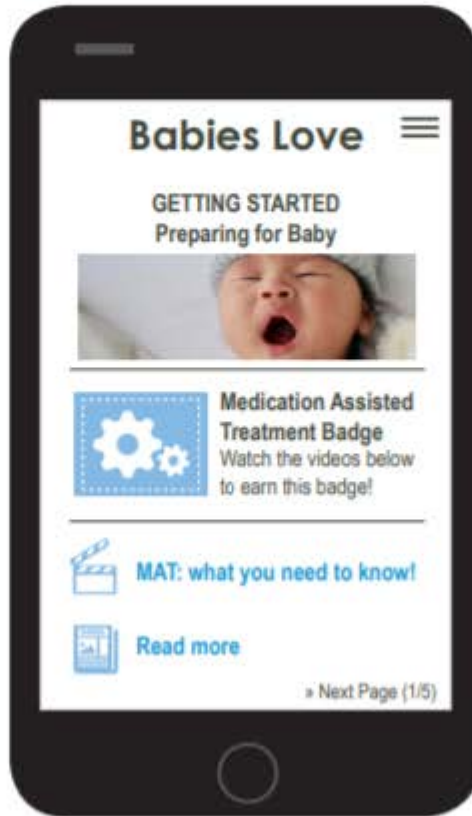
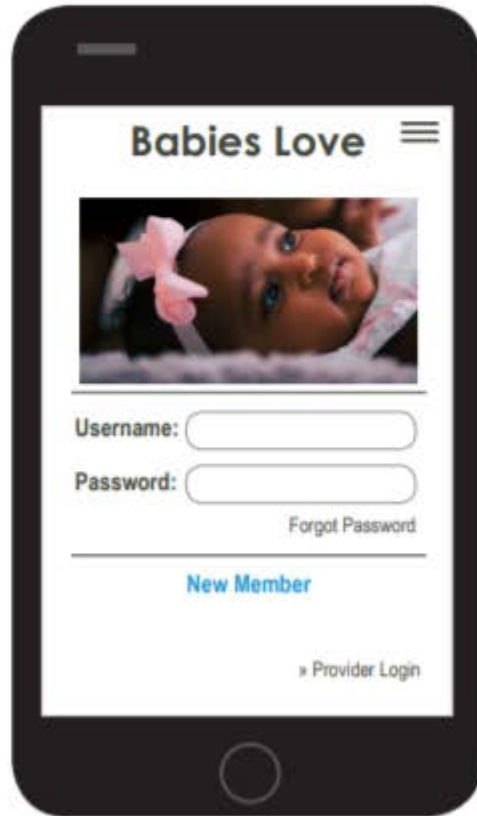
EDUCATION



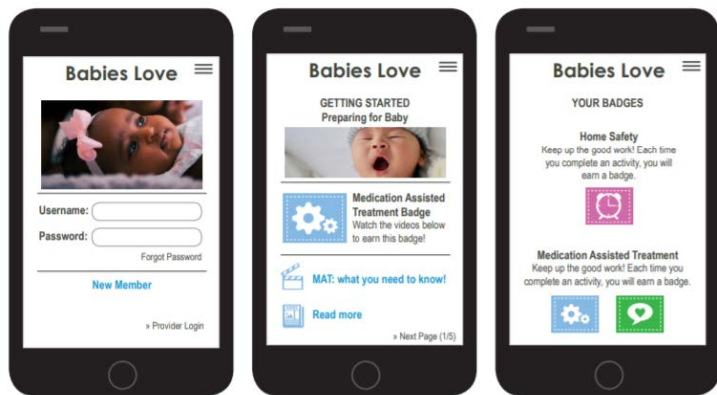
WHAT WOMEN WANT

- Education to be online so they can access it through their phone/laptop.
- The format of the education to be short videos with follow-up reading.

The app would potentially look like this:



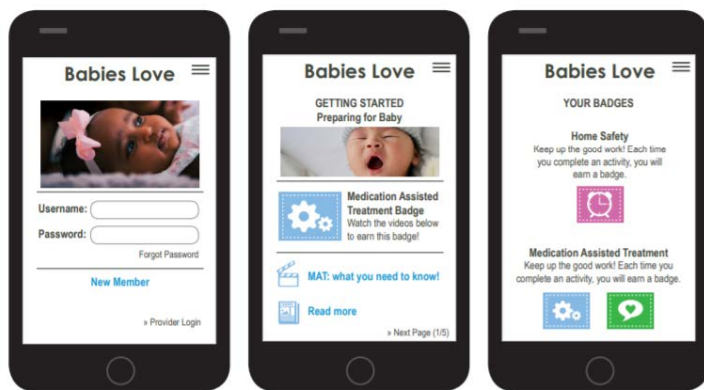
WHAT WOMEN WANT



- More education, beginning in pregnancy.
- A chat room where they can converse with women sharing the same experience. They are afraid to talk on most chat sites because they feel they will be judged for being on MAT while pregnant.
- Accurate information. They are overwhelmed by the amount of information online and have trouble knowing what information is correct.
- More details on the withdrawal symptoms their baby may experience after birth, and what they can do to help reduce those symptoms.

WHAT WOMEN WANT

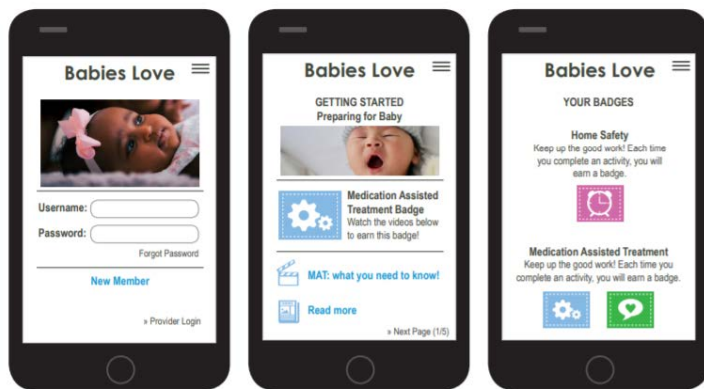
- More information on developmental milestones and how to help their baby reach those milestones.
- Understanding how the Department of Child Services (DCS) may be involved after their baby is born and what to expect if a report is made.
- Education specifically about the impact of MAT during pregnancy.
- Education about the impact of tobacco/vaping use while pregnant and the withdrawal symptoms their baby may have from nicotine exposure in utero.



WHAT WOMEN WANT

I feel like moms should be walked through, step by step, of what is really about to happen with the baby, but not in a way where it's like, it scares them, but just in a way so that they know this is what is going to happen, and just so they're just prepared for all of it, like what you're doing.

- Sabrina, mother of 7 week old baby.



SAFE, STABLE, NURTURING FAMILIES FRAMEWORK



WHAT
PROFESSIONALS
WANT

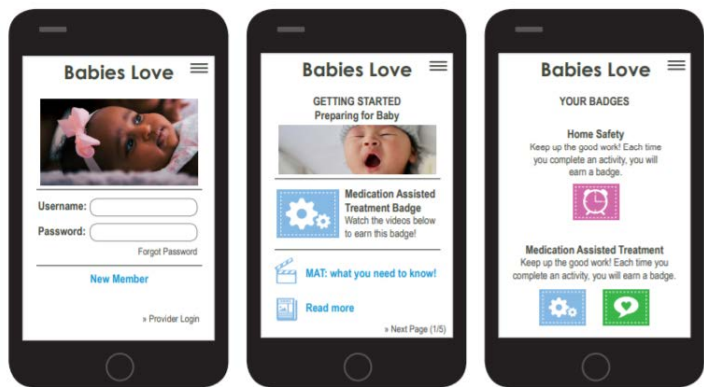
Right now our community health workers are going out and talking about safe sleep and shaken baby syndrome and they could easily do this as well (education about NAS). But I don't have anything to give them. I have nothing.

- Erin Norton, RN, BSN, MBA, Director Community Outreach,
Women's & Children's Service Line, Parkview Regional Medical
Center

WHAT PROFESSIONALS WANT

- They want women to understand the importance of being honest with her medical provider about her opioid or substance use during pregnancy.
- They want women to have more information about the importance of the medical home and making sure their baby/toddler is on track developmentally.
- Because most women with OUD have a co-diagnosis of depression or anxiety, they want a strong mental health component.
- Education on recovery issues and the importance of continuing their MAT, especially after birth.

WHAT PROFESSIONALS WANT SPECIFIC TO AN APP



- A way to see what appointments a woman has kept.
- To be able to suggest educational topics for mothers/fathers to watch/read.
- A component that talks about the Department of Child Services (DCS) and what their role is.
- Education to begin in pregnancy and be in a format that could be used by home visiting organizations and other groups who work with mothers.
- An app with a page that shows a woman's progress in education and other areas.
- The Family Court, which hears cases determining removal of children from the home, wants mothers to understand how to prepare for court hearings and what steps they should take to prepare for a hearing.

PRINT COPIES
AVAILABLE

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