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Substance Use Disorder in Pregnancy: Improving Care and Reducing Risk in Franklin County with EMPOWER

Linda Jablonski
The Birthplace at Baystate Franklin Medical Center

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Substance Use Disorder in Pregnancy
Improving Care and Reducing Risk in Franklin County with EMPOWER

Linda Jablonski RNC, MSN
Assistant Nurse Manager, The Birthplace; Co-Chair Franklin County Perinatal Support Coalition
Disclosure

I have no actual or potential conflict of interest in relation to this program/presentation

- Linda Jablonski, RNC, MSN
Our Community

• 500 deliveries a year
• 91% White 5% Hispanic
• 50% Mass Health
• Community Involvement
Rural and Urban Differences in Neonatal Abstinence Syndrome and Maternal Opioid Use, 2004 to 2013

A  Neonatal abstinence syndrome

B  Maternal opioid use

JAMA Pediatr. Published online December 12, 2016.
**MA hospitals with highest rate of NAS in 2015**

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Rate of NAS discharges per 1,000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morton</td>
<td>75.2</td>
</tr>
<tr>
<td>Charlton</td>
<td>65.5</td>
</tr>
<tr>
<td>St. Luke’s</td>
<td>53.8</td>
</tr>
<tr>
<td>BMC</td>
<td>44.7</td>
</tr>
<tr>
<td>Cape Cod</td>
<td>44.1</td>
</tr>
<tr>
<td>Berkshire</td>
<td>41.8</td>
</tr>
<tr>
<td>Melrose-Wakefile</td>
<td>41.6</td>
</tr>
<tr>
<td>Brockton Hospital</td>
<td>33.2</td>
</tr>
<tr>
<td>SHG-Tobey</td>
<td>32.2</td>
</tr>
<tr>
<td>Baystate Health Alliance</td>
<td>30.4</td>
</tr>
<tr>
<td>St. Elizabeth’s</td>
<td>29.9</td>
</tr>
<tr>
<td>NSMC Salem</td>
<td>26.2</td>
</tr>
<tr>
<td>Tufts</td>
<td>25.8</td>
</tr>
<tr>
<td>UMass Memorial</td>
<td>25.0</td>
</tr>
<tr>
<td>Lowell General</td>
<td>22.7</td>
</tr>
<tr>
<td>Lawrence General</td>
<td>21.9</td>
</tr>
<tr>
<td>Good Samaritan</td>
<td>19.8</td>
</tr>
<tr>
<td>Anna Jaques</td>
<td>19.5</td>
</tr>
<tr>
<td>Baystate Franklin</td>
<td>17.6</td>
</tr>
<tr>
<td>Franklin Medical Center</td>
<td>16.8</td>
</tr>
</tbody>
</table>

Source: HPC analysis of Center for Health Information and Analysis, Inpatient Discharge Database 2015

Notes: NAS discharges were identified using ICD-9-CM diagnosis code 779.5 (drug withdrawal syndrome in a newborn). Only includes hospitals with 12 or more NAS discharges.
“To systematically evaluate and implement measures to improve the quality, safety and effectiveness of nursing practice for women and newborns.”

“To create a comprehensive safety net for all mothers during the perinatal period in order to support optimal perinatal emotional health.”
Our Approach

Address barriers to care:

– **Individual barriers**
  - Addiction, Depression, Anxiety
  - Shame, Guilt, Fear, Stigma
  - Access to Treatment
  - Economic Insecurity

– **Provider Barriers**
  - Training
  - Screening Tool
  - Work Flow
  - Referral Protocols & Follow Up
  - Documentation
  - Reimbursement

– **System Barriers**
  - Competition
  - Silos
  - Communication
  - Collaboration


Our Solution: EMPOWER

Engaging Mothers for Positive Outcomes With Early Referrals
Screening Timeline

Peer Mentor

First Office Visit

Pregnancy Plan

28 Weeks

36 weeks Follow Up Consult

Postpartum

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2012 Circular Letter 13-5-586 Commonwealth of Massachusetts Department of Public Health “Guidelines for Community Standard for Maternal/Newborn Screening for Alcohol/Substance Use

2012 ACOG Committee Opinion # 524 “Opioid Abuse, Dependence and Addiction in Pregnancy”
# 5 P’s Screening Tool

**Health Survey**

Our health can be affected by emotional problems, alcohol, tobacco, drug use, and violence. Our health may also be affected when those same problems are present in people close to us. Please take the time to consider the following questions carefully.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do any of your parents have a problem with alcohol or other drug use?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do any of your friends have a problem with alcohol or other drug use?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your partner have a problem with alcohol or other drug use?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the past, have you had difficulties in your life due to alcohol or other drugs, including prescription medications?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If yes, please list any substances that apply.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Have you smoked in the past **3 months**?  
If yes, what have you smoked?  
How much do you smoke each day?  
*in the past month*, Did you drink any alcohol or use any drugs?  
If so, please list the alcohol or substance used.  
If so, how many days per month?  
How many drinks do you have on any given day?
Franklin County
Perinatal Support Coalition
Promoting health and wellness
for women, parents and families

Resource and Referral Guide

FOR IMMEDIATE SUPPORT
CALL CRISIS SERVICES OF FRANKLIN COUNTY
(413) 774-5411  (800) 562-0112

- 24 hour support
- All insurance and uninsured patients are accepted
- It’s a good time to call if you:
  - are concerned about your safety or the safety of your child(ren)
  - are afraid to be alone
  - or have not slept in over 48 hours
## Protocol

<table>
<thead>
<tr>
<th>Screening Question</th>
<th>Provider Response</th>
<th>Pt Education</th>
<th>Resources to offer</th>
</tr>
</thead>
</table>
| Smoked Cigarettes in the past 3 months                 | State medical concern  
Assess current use, readiness for change.                                                | Encourage cessation and counsel that decreasing the # of cigarettes is also beneficial  
   Handouts:  
   Mother to Baby Fact Sheet: Cigarette Smoking and Pregnancy                                | Resources on handout:  
   Handout:  
   “Every Woman Wants a Healthy Baby”  
   Mass Smoker’s Helpline:  1-800-784-8669.  
   Make smoking history:  
   www.makesmokinghistory.org  
   www.helppregnantssmokersquit.org                                                                |
| Parents/Friends/ Partner with Alcohol use              | Review current risk,  
Assess impact on current pregnancy & support system                                         | Review importance of network of support, addressing stress acknowledging trauma, connecting with resources.  
   Al Anon handout  
   To Find Local meetings in Northampton, Amherst, Greenfield call:  413-548-5589  
   http://www.valleyalanon.org/                                                                 | Local Resources:  
   LEARN TO COPE – a support group for people with family members that are addicted to opiates, alcohol or other drugs  
   Call 508-738-5148  www.learn2Cope.org  
   Other support groups available locally – RECOVER Project Flyer  774-5489 |
| Parents/ Friends/ Partner with Drug Use                | Review current risk,  
Assess impact on current pregnancy & support system                                         | Review importance of network of support, addressing stress acknowledging trauma, connecting with resources.  
   Local Resource:  
   LEARN TO COPE – a support group for people with family members that are addicted to opiates, alcohol or other drugs  
   Call 508-738-5148  www.learn2Cope.org  
   Other support groups available locally – RECOVER Project Flyer  774-5489 |
| Pt with past alcohol / drug/ use/ abuse                 | Acknowledge her success and good decision to keep herself and her baby healthy       | Promote regular prenatal care, importance of staying in MAT  
   Handout:  
   “Every Woman Wants a Healthy Baby”                                                                  | Schedule Pregnancy Plan visit with Linda Jablonski (Handout)  
   Review Franklin County Resource and Referral Guide for local referral options  
   Local Resources:  RECOVER Project Flyer 774-5489  
   (Support groups, Nurturing Families classes available) |
Pregnancy Plan

MY PHYSICAL NEEDS

Housing:

Food:

Finances:

Transportation:

Car Seat:

Diapers:

WIC:

Other: __________________________

MY PHYSICAL NEEDS

PREGNANCY AND HOSPITALIZATION

- Schedule a Pregnancy Plan appointment at the Birthplace with Linda Jablonski, RNC
  413-773-2001
- Date of Appointment: __________________________

Your prenatal appointment will include:
- Information about substance use and pregnancy and resources available to you and your family
- Information about healthy pregnancy and prenatal care
- Childbirth class options
- What to expect during your birth and hospital stay
- A tour of the Birthplace
- A review of your preferences for your birth and birth plan
- Options available to help you manage pain during your hospitalization
- The benefits of Breastfeeding your baby
- Guidelines for Rooming-in with your baby
- Mandatory reporting and the role of DCF

A review of Neonatal Abstinence Syndromes:
what it is, how it is diagnosed and treated, and the important role mom’s have in caring for their babies
- Information about Safe Sleep for your baby
- Making a plan for a possible extended hospital stay

Comments:

PREGNANCY AND HOSPITALIZATION

MY STORY:

My Address:

People who live with me:

My History of Substance Use:

Current Use:

Current Medications:

I have participated in writing this pregnancy plan, have reviewed it and give permission for it to be submitted by Baystate Franklin Medical Center to the Department of Children and Families when filling the SIA report.

Name: __________________________ Date: __________

Pregnancy Plan Created by: Linda Jablonski, RNC, MSN - Designed by: Brian Cook, Celn Computing
Retrospective Chart Review

- Substance Exposure
- Neonatal Outcomes
- Breastfeeding
- Rooming In
- Participation in Non-Pharm Care
- EPDS Scores
- Community Referrals
- Custody Status
Questions