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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

MA hospitals with highest rate of NAS in 2015

12 CHART hospitals
8 non-CHART hospitals

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.
Perinatal SUD in Franklin County

Our Mission

“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.”
Community-based Perinatal Support Model

- Improved Outcome
- Community Readiness
- Public Ed
  - PPD Screening
  - Referral/Triage Protocols
  - Community Resources
  - Professional Training
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

First Office Visit

Peer Mentor

Pregnancy Plan

28 Weeks

36 weeks Follow Up Consult

Postpartum

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>
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<tr>
<td>Do any of your friends have a problem with alcohol or other drug use?</td>
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<tr>
<td>Does your partner have a problem with alcohol or other drug use?</td>
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<tr>
<td>In the past, have you had difficulties in your life due to alcohol or other drugs, including prescription medications?</td>
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<tr>
<td>If yes, please list any substances that apply.</td>
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<tr>
<td>Have you smoked in the past 3 months?</td>
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<td>If yes, what have you smoked?</td>
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<tr>
<td>How much do you smoke each day?</td>
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<tr>
<td>in the past month, Did you drink any alcohol or use any drugs?</td>
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<td>If so, please list the alcohol or substance used.</td>
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<tr>
<td>If so, how many days per month?</td>
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<tr>
<td>How many drinks do you have on any given day?</td>
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Resource and Referral Guide

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 un-insured 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
<table>
<thead>
<tr>
<th>Screening Question</th>
<th>Provider Response</th>
<th>Pt Education</th>
<th>Resources to offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked Cigarettes in the past 3 months</td>
<td>State medical concern</td>
<td>Encourage cessation and counsel that decreasing the # of cigarettes is also beneficial</td>
<td>Resources on handout:</td>
</tr>
<tr>
<td></td>
<td>Assess current use, readiness for change.</td>
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<td>“Every Woman Wants a Healthy Baby”</td>
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<td></td>
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<td>Mass Smoker’s Helpline: 1-800-784-8669.</td>
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<td></td>
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<td>Make smoking history:</td>
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<td></td>
<td><a href="http://www.makesmokinghistory.org">www.makesmokinghistory.org</a></td>
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<td></td>
<td><a href="http://www.helppregnantsmokersquit.org">www.helppregnantsmokersquit.org</a></td>
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<td></td>
<td></td>
<td></td>
<td>Handout:</td>
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<td></td>
<td>Mother to Baby Fact Sheet: Cigarette Smoking</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>and Pregnancy</td>
</tr>
<tr>
<td>Parents/Friends/ Partner with Alcohol use</td>
<td>Review current risk, Assess impact on current pregnancy &amp; support system</td>
<td>Review importance of network of support, addressing stress acknowledging trauma, connecting with resources.</td>
<td>To Find Local meetings in Northampton, Amherst, Greenfield call: 413-548-5589</td>
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<td></td>
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<td><a href="http://www.valleyalanon.org/">http://www.valleyalanon.org/</a></td>
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<td></td>
<td>Local Resources:</td>
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<td></td>
<td>LEARN TO COPE – a support group for people with family members that are addicted</td>
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<td></td>
<td>to opiates, alcohol or other drugs</td>
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<td>Call 508-738-5148  <a href="http://www.learn2Cope.org">www.learn2Cope.org</a></td>
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<td>Other support groups available locally –</td>
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<td></td>
<td>RECOVER Project Flyer 774-5489</td>
</tr>
<tr>
<td>Parents/ Friends/ Partner with Drug Use</td>
<td>Review current risk, Assess impact on current pregnancy &amp; support system</td>
<td>Review importance of network of support, addressing stress acknowledging trauma, connecting with resources.</td>
<td>Local Resource:</td>
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<tr>
<td></td>
<td></td>
<td></td>
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<td>RECOVER Project Flyer 774-5489</td>
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<td></td>
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<td>Narcotics Anonymous support groups – search on-line for locations:</td>
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<td></td>
<td><a href="http://www.merna.org/meetings/search/area">http://www.merna.org/meetings/search/area</a>.</td>
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<tr>
<td></td>
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<td><a href="http://www.nar-anon.org/find-a-meeting/#groupspublic/?view_7_page=1">http://www.nar-anon.org/find-a-meeting/#groupspublic/?view_7_page=1</a></td>
</tr>
<tr>
<td>Pt with past alcohol / drug/ use/ abuse</td>
<td>Acknowledge her success and good decision to keep herself and her baby healthy</td>
<td>Promote regular prenatal care, importance of staying in MAT</td>
<td>Review Franklin County Resource and Referral Guide for local referral options</td>
</tr>
<tr>
<td>(Currently in Medication Assisted Treatment</td>
<td></td>
<td></td>
<td>Local Resources:</td>
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<tr>
<td>: Methadone, Buprenorphine)</td>
<td></td>
<td></td>
<td>RECOVER Project Flyer 774-5489</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>(Support groups, Nurturing Families classes available)</td>
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</tbody>
</table>
Pregnancy Plan

MY PHYSICAL NEEDS

<table>
<thead>
<tr>
<th>Housing:</th>
<th>Comments:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food:</td>
<td></td>
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<tr>
<td>Finances:</td>
<td></td>
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<tr>
<td>Transportation:</td>
<td></td>
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<tr>
<td>Car Seat:</td>
<td></td>
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<tr>
<td>Diapers:</td>
<td></td>
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<td>WIC:</td>
<td></td>
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<tr>
<td>Other:</td>
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</tbody>
</table>

PREGNANCY AND HOSPITALIZATION

- Schedule a Pregnancy Plan appointment at the Birthplace with Linda Jablonski, RN 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:

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 51A report.

Name: __________________________ Date: __________________________
Community Based Perinatal Coalition

Baystate Franklin Medical Center

Community Substance Abuse Centers
Established 1989
csahelp.com

Baystate Franklin Medical Center
Greenfield, MA 01301

NELCWIT

CHD
positively life changing

healthy families
a children's trust program

CleanSlate

THE SALASIN CENTER
Overwhelmed Women's Resource Center

frcog
Franklin Regional Council of Governments

Baystate Medical Practices
PIONEER WOMEN’S HEALTH

The Consortium

Montauk Catholic Social Ministries

service net
innovative mental health and human services

EARLY CHILDMOOD MENTAL HEALTH ROUNDTABLE
OF FRANKLIN AND HAMPSHIRE COUNTIES
Retrospective Chart Review

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