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>Metrowest-Wakefield</td>
<td>41.6</td>
</tr>
<tr>
<td>Brockton Hospital</td>
<td>33.2</td>
</tr>
<tr>
<td>SHG - Toley</td>
<td>32.2</td>
</tr>
<tr>
<td>Baystate</td>
<td>30.4</td>
</tr>
<tr>
<td>Health Alliance</td>
<td>29.9</td>
</tr>
<tr>
<td>St. Elizabeth’s</td>
<td>26.2</td>
</tr>
<tr>
<td>NSMC Salem Hospital</td>
<td>25.8</td>
</tr>
<tr>
<td>Tufts</td>
<td>25.0</td>
</tr>
<tr>
<td>UMass Memorial</td>
<td>22.7</td>
</tr>
<tr>
<td>Lowell General</td>
<td>21.9</td>
</tr>
<tr>
<td>Lawrence General</td>
<td>19.8</td>
</tr>
<tr>
<td>Good Samaritan</td>
<td>19.5</td>
</tr>
<tr>
<td>Anna Jaques</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.
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.”
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

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</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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>
<tr>
<td>Have you smoked in the past 3 months?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If yes, what have you smoked?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much do you smoke each day?</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>In the past month</em>, Did you drink any alcohol or use any drugs?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If so, please list the alcohol or substance used.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If so, how many days per month?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many drinks do you have on any given day?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

Baystate Franklin Medical Center
Greenfield, MA 01301
## Protocol

<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&lt;br&gt;Assess current use, readiness for change.</td>
<td>Encourage cessation and counsel that decreasing the # of cigarettes is also beneficial&lt;br&gt;Handouts: Mother to Baby Fact Sheet: Cigarette Smoking and Pregnancy</td>
<td>Resources on handout:&lt;br&gt;Handout: “Every Woman Wants a Healthy Baby”&lt;br&gt;Mass Smoker’s Helpline: 1-800-784-8669.&lt;br&gt;Make smoking history: <a href="http://www.makesmokinghistory.org">www.makesmokinghistory.org</a> <a href="http://www.helppregnancysmokersquit.org">www.helppregnancysmokersquit.org</a></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>AI Anon handout&lt;br&gt;To Find Local meetings in Northampton, Amherst, Greenfield call: 413-548-5589 <a href="http://www.valleyalanon.org/">http://www.valleyalanon.org/</a></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 Resources:&lt;br&gt;LEARN TO COPE – a support group for people with family members that are addicted to opiates, alcohol or other drugs&lt;br&gt;Call 508-738-5148 <a href="http://www.learn2Cope.org">www.learn2Cope.org</a>&lt;br&gt;Other support groups available locally – RECOVER Project Flyer 774-5489</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>Schedule Pregnancy Plan visit with Linda Jablonski (Handout)&lt;br&gt;Review Franklin County Resource and Referral Guide for local referral options&lt;br&gt;Local Resources: RECOVER Project Flyer 774-5489 (Support groups, Nurturing Families classes available)</td>
</tr>
</tbody>
</table>

**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
- Narcotics Anonymous support groups – search on-line for locations:<br>http://www.nerna.org/meetings/search/area<br>http://www.nar-anon.org/find-a-meeting/#groupspublic/?view_7_page=1
Pregnancy Plan

My Physical Needs

- Housing:
  - Comments:

- Food:
  - Comments:

- Finances:
  - Comments:

- Transportation:
  - Comments:

- Car Seat:
  - Comments:

- Diapers:
  - Comments:

- WIC:
  - Comments:

- Other:
  - Comments:

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 DCFS

- A review of Neonatal Abstinence Syndrome: 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 Plan

Congratulations on your pregnancy!
The purpose of this pregnancy plan is to support you in your goal for a healthy pregnancy and a healthy baby. Pregnancy is an ideal time for women to make good choices about their health and surround themselves with a team of people that will support them and connect them to the resources they need.

This plan will develop throughout your pregnancy as you explore the services offered by local health care providers and consider which resources would work best for you. When you are ready, and with your permission, this document will be shared with all the members of the team that you create so we can be sure that you have all the resources you need.

Name: ___________________________  Date of Birth: __________

Maiden Name: ____________________  Due Date: __________

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: __________

Pregnancy Plan Created by: Linda Jablonski, RNC, MSN - Designed by: Brian Cook, Clin Computing

Baystate Franklin Medical Center
Retrospective Chart Review

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