



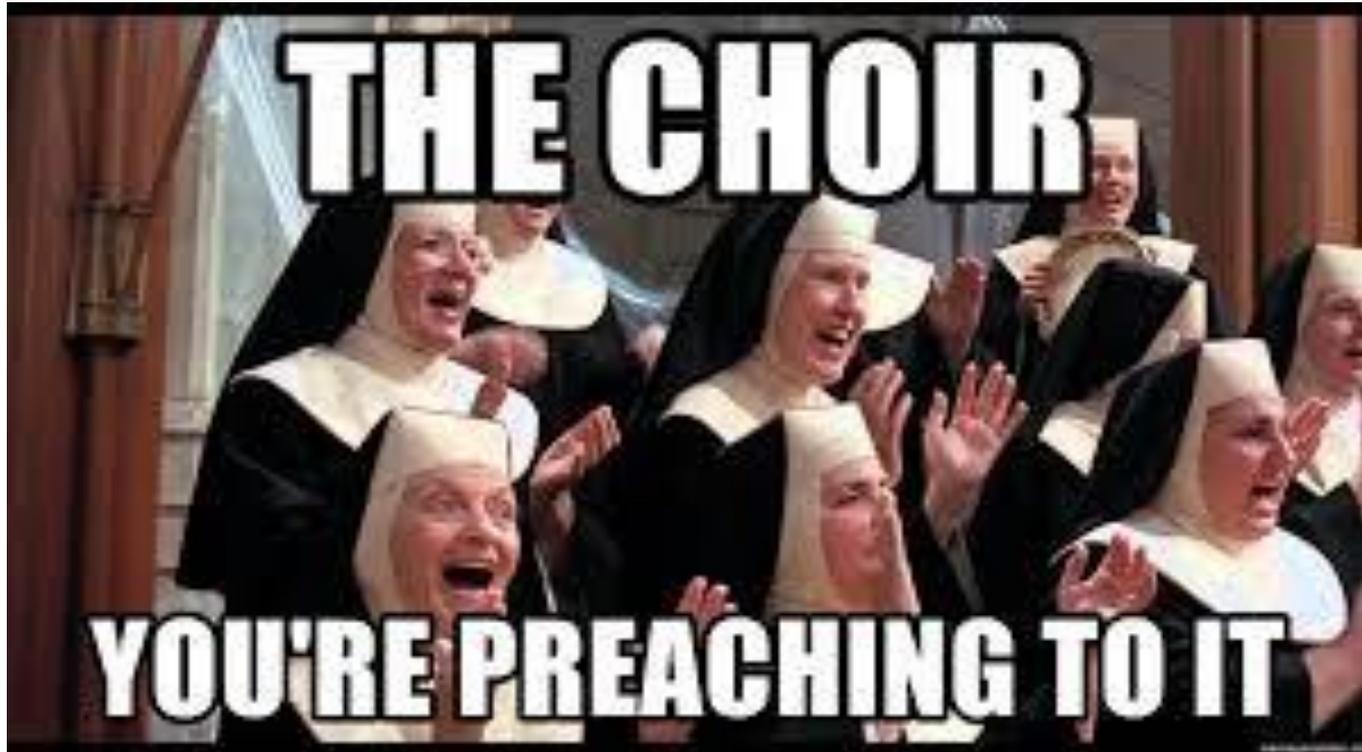
# MORE

## Maternal Opioid Recovery Effort

Partnering to Improve Health Care Quality  
for Mothers and Babies

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# Gaining Perspective

Partnering to Improve Health Care Quality  
for Mothers and Babies

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# What is Opioid Use Disorder?

*“a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems”*

Diagnostic and Statistical Manual of Mental Disorders,  
Fifth Edition

# Opioid Use Disorder

## **Chronic relapsing illness**

- Hypertension
- Diabetes
- Hypercholesterolemia

## **May require chronic treatment**

# Complications of OUD

## Associated with excessive morbidity & mortality

- 🌀 Infectious
- 🌀 Gastrointestinal
- 🌀 Opioid induced hyperalgesia
- 🌀 Accidents
- 🌀 Opioid amnestic syndrome
- 🌀 Mortality
  - Overdose
  - Trauma



# Gaining Perspective

## Scope of Our Problem

Partnering to Improve Health Care Quality  
for Mothers and Babies

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**48.5 million Americans  
have used illicit drugs or  
misused Rx drugs.**

 @CDCInjury

[www.cdc.gov](http://www.cdc.gov)

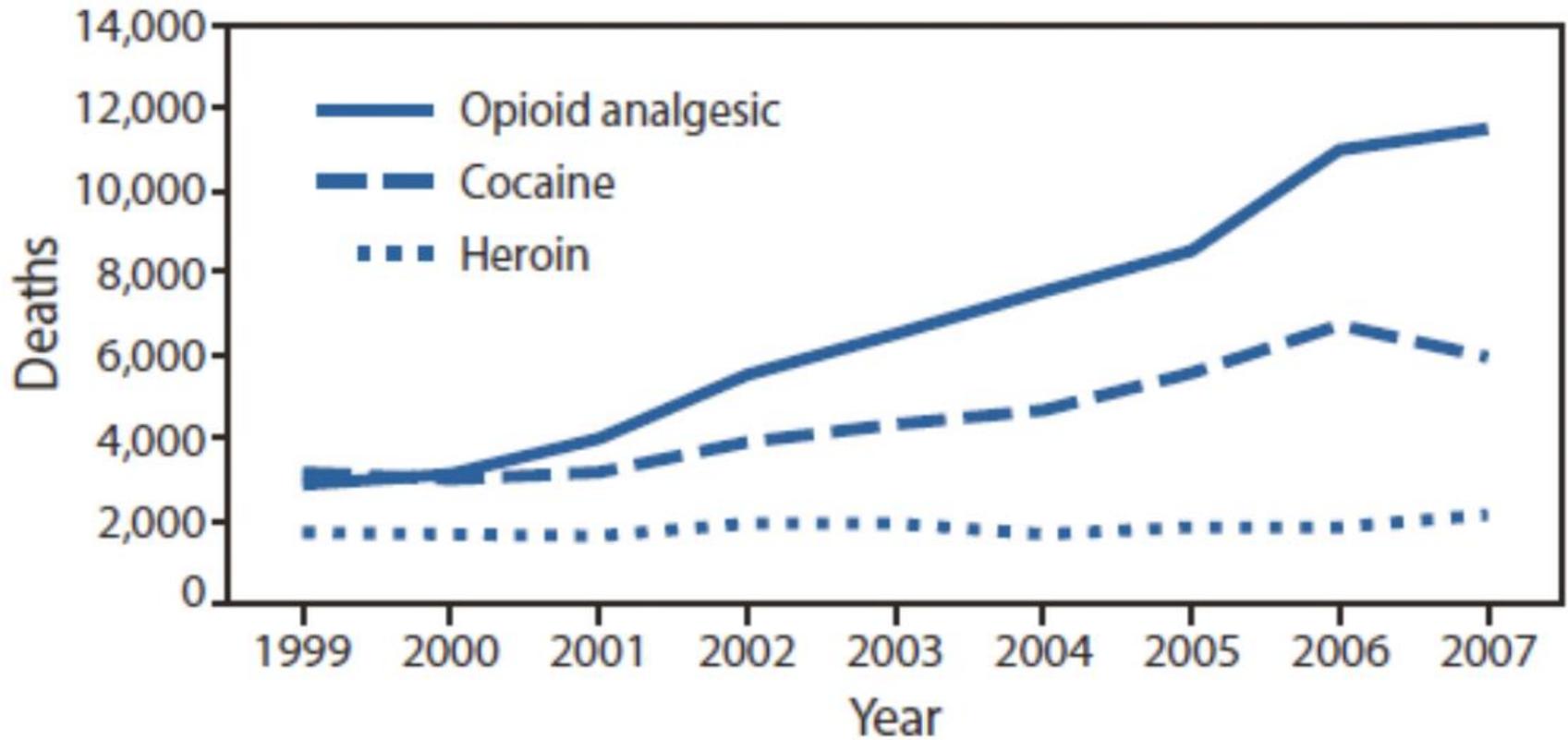


[www.cdc.gov](http://www.cdc.gov)

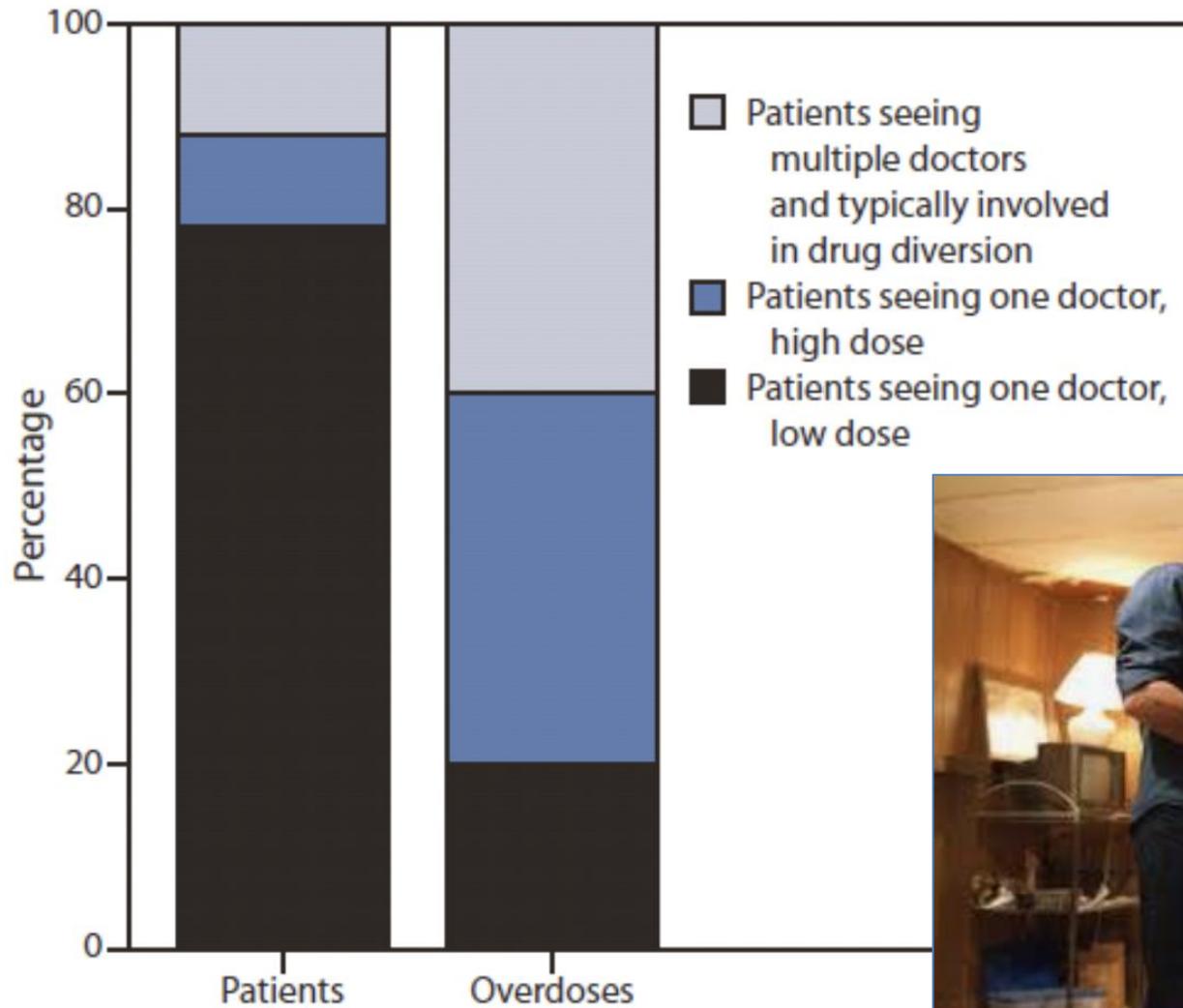
**130**  
**AMERICANS**

.....  
:  
**die every day from  
an opioid overdose**  
(including Rx  
and illicit opioids).

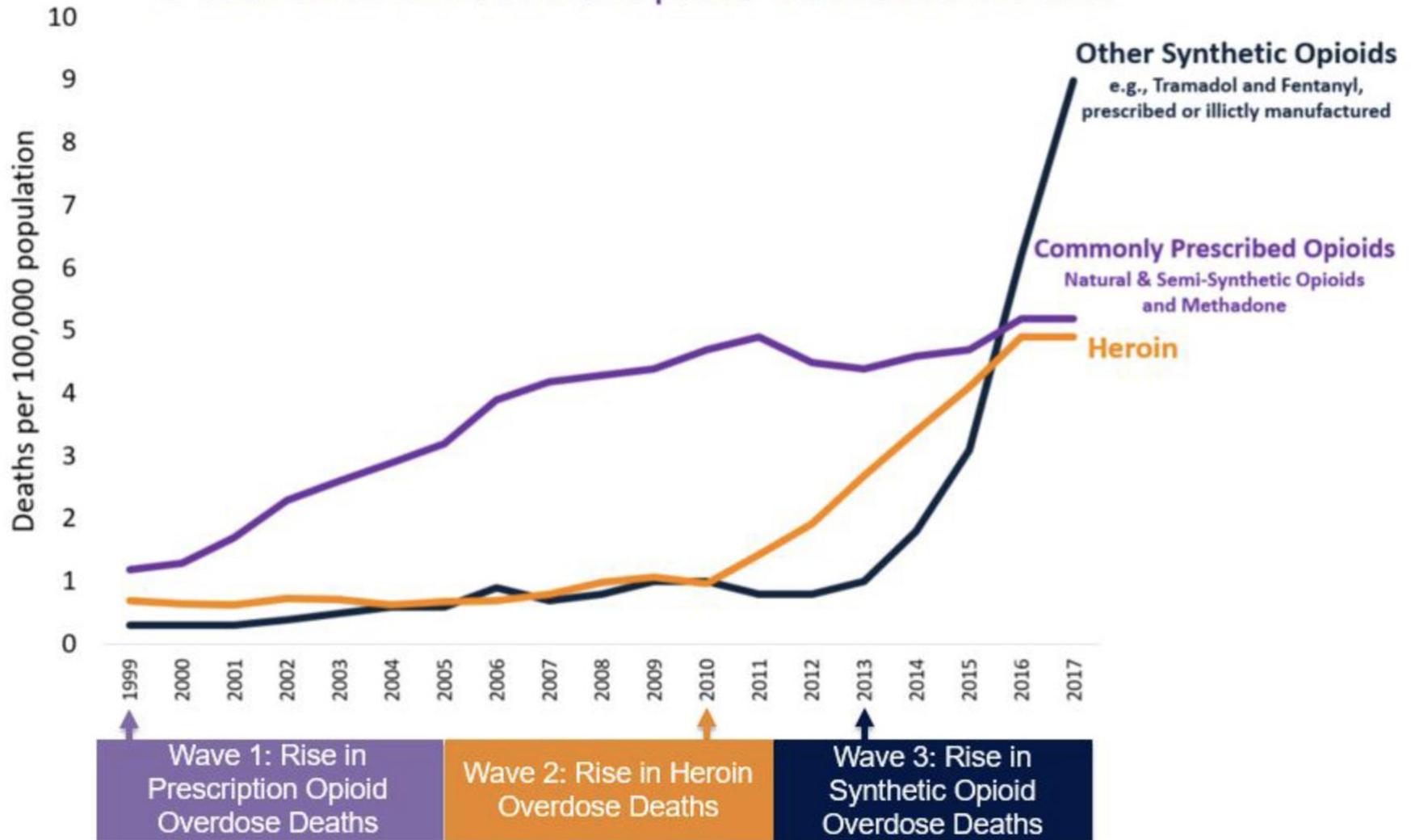




# Percentage of Patients and Prescription Drug Overdoses



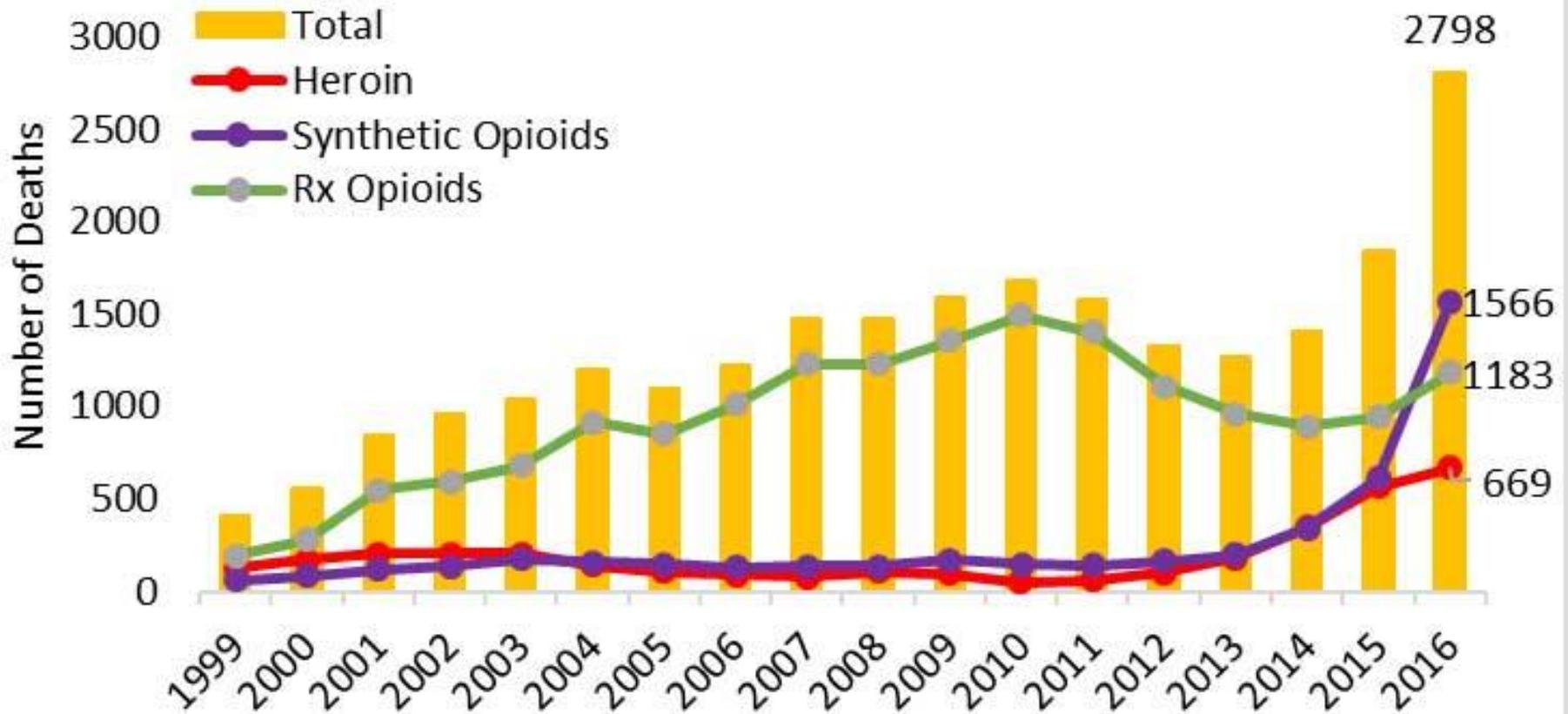
# 3 Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.

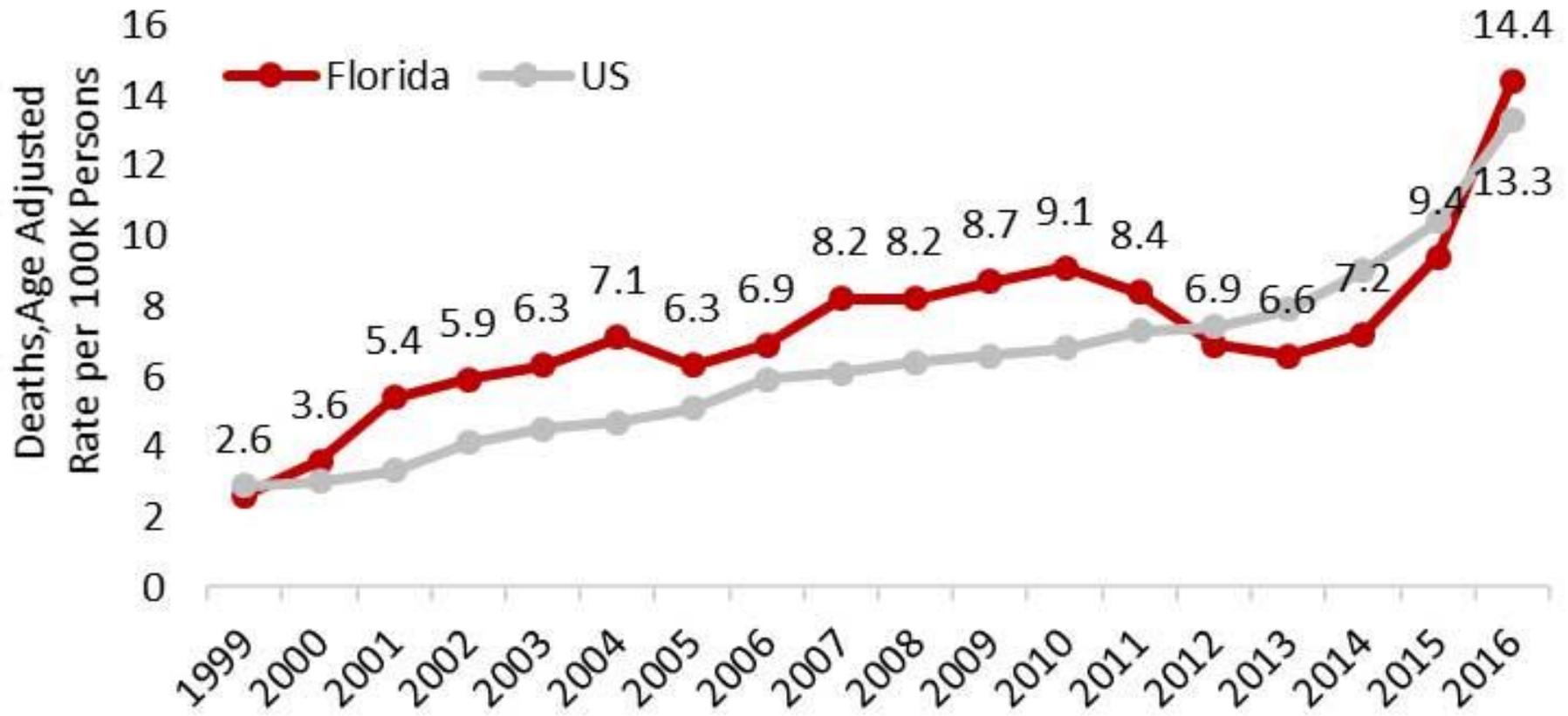
Partnering to Improve Health Care Quality  
for Mothers and Babies

## Number of Opioid-Related Overdose Deaths in Florida

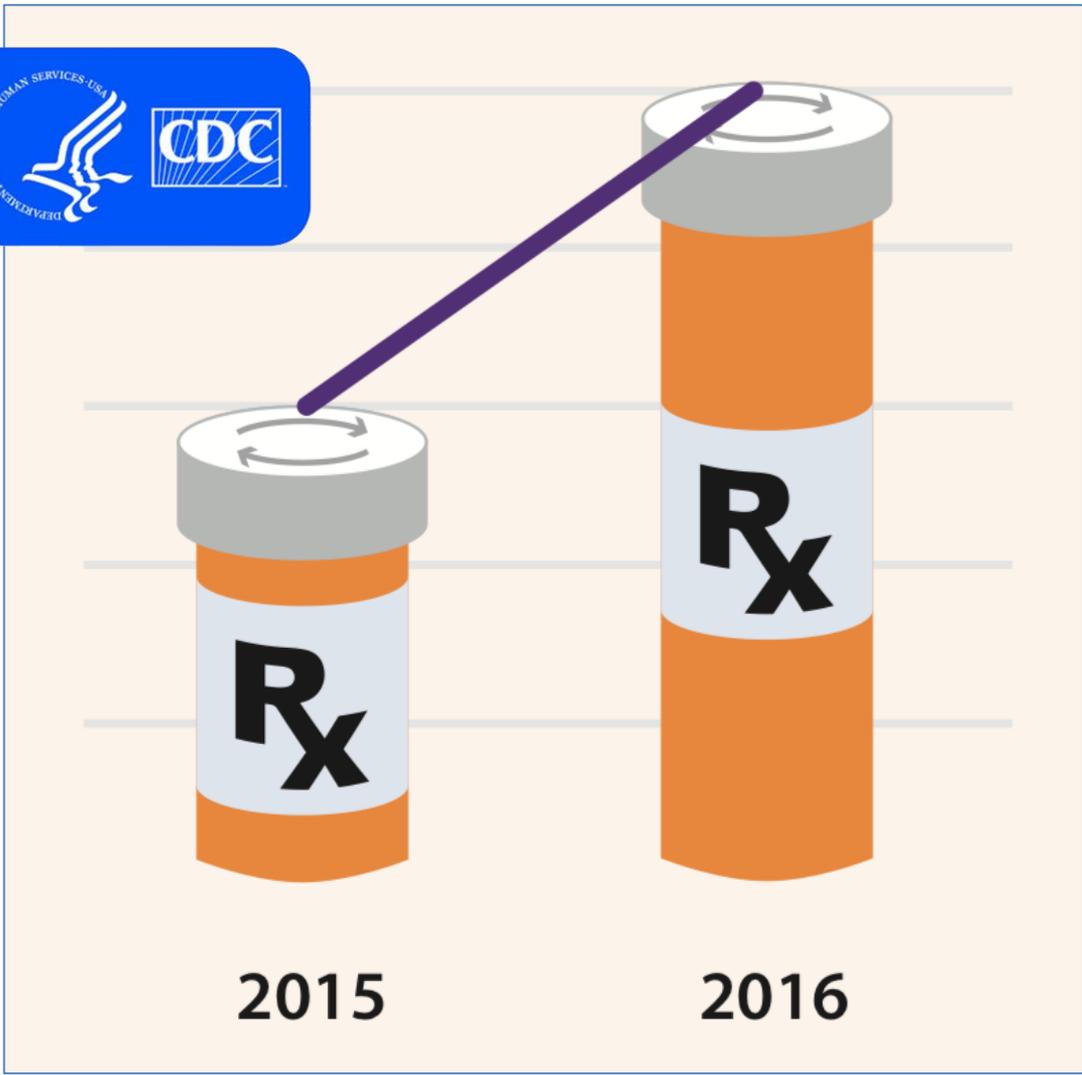


Source: CDC WONDER

## Rate of Opioid-Related Overdose Deaths in Florida

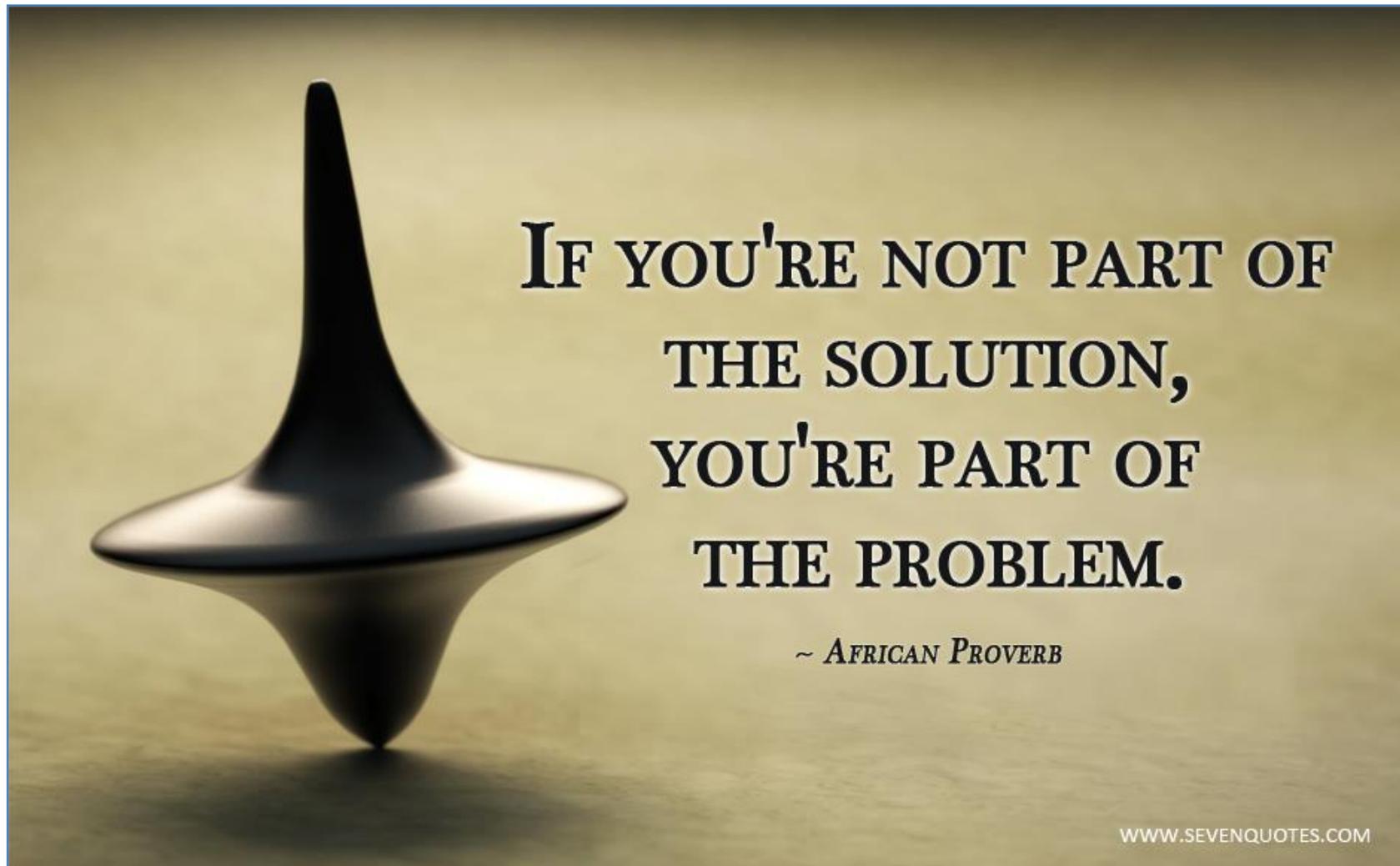


Source: CDC WONDER

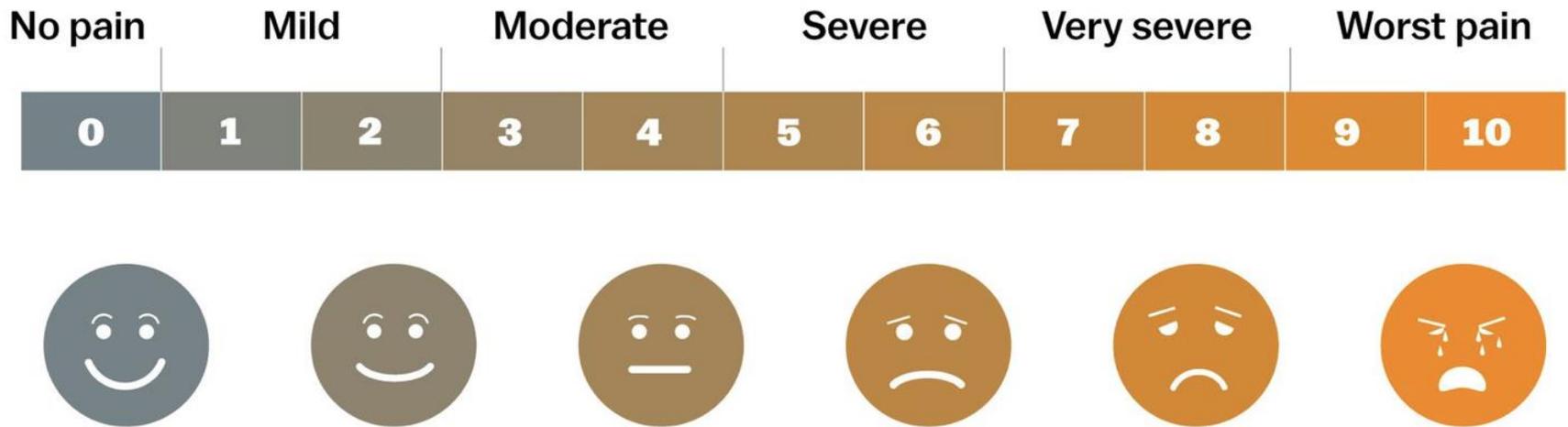


**The rate of overdose deaths among women rose 20% in one year.**

[www.cdc.gov/reproductivehealth/opioid-use-disorder-pregnancy/index.html](http://www.cdc.gov/reproductivehealth/opioid-use-disorder-pregnancy/index.html)



# The Pain Scale: The Fifth Vital Sign



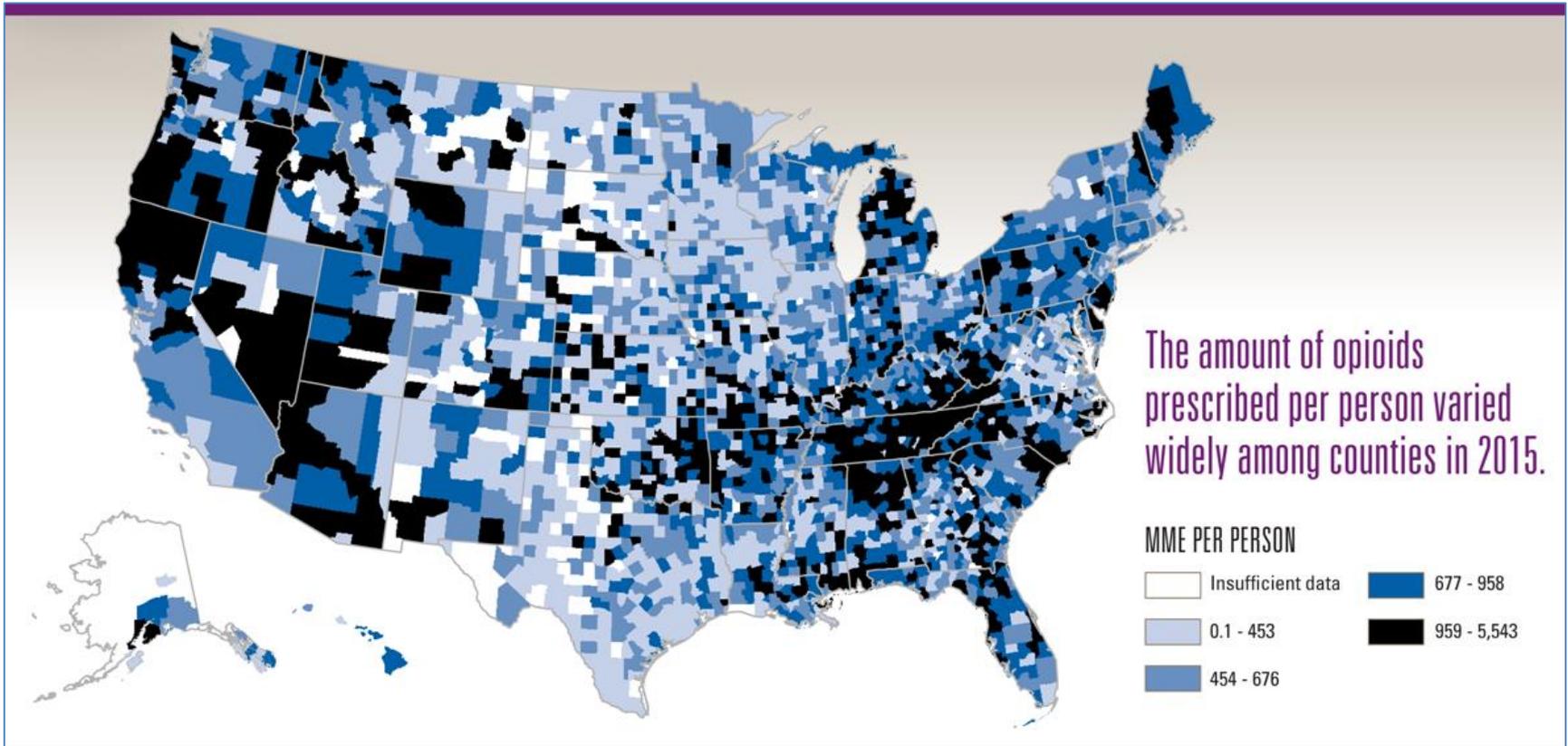
# Prescribing Practices

*“In the hospitals we sampled, our data suggest that physicians in the US may prescribe opioids more frequently during patients' hospitalizations and at discharge than their colleagues in other countries, and patients have different beliefs and expectations about pain control. Efforts to curb the opioid epidemic likely need to include addressing inpatient analgesic prescribing practices and patients' expectations regarding pain control”*

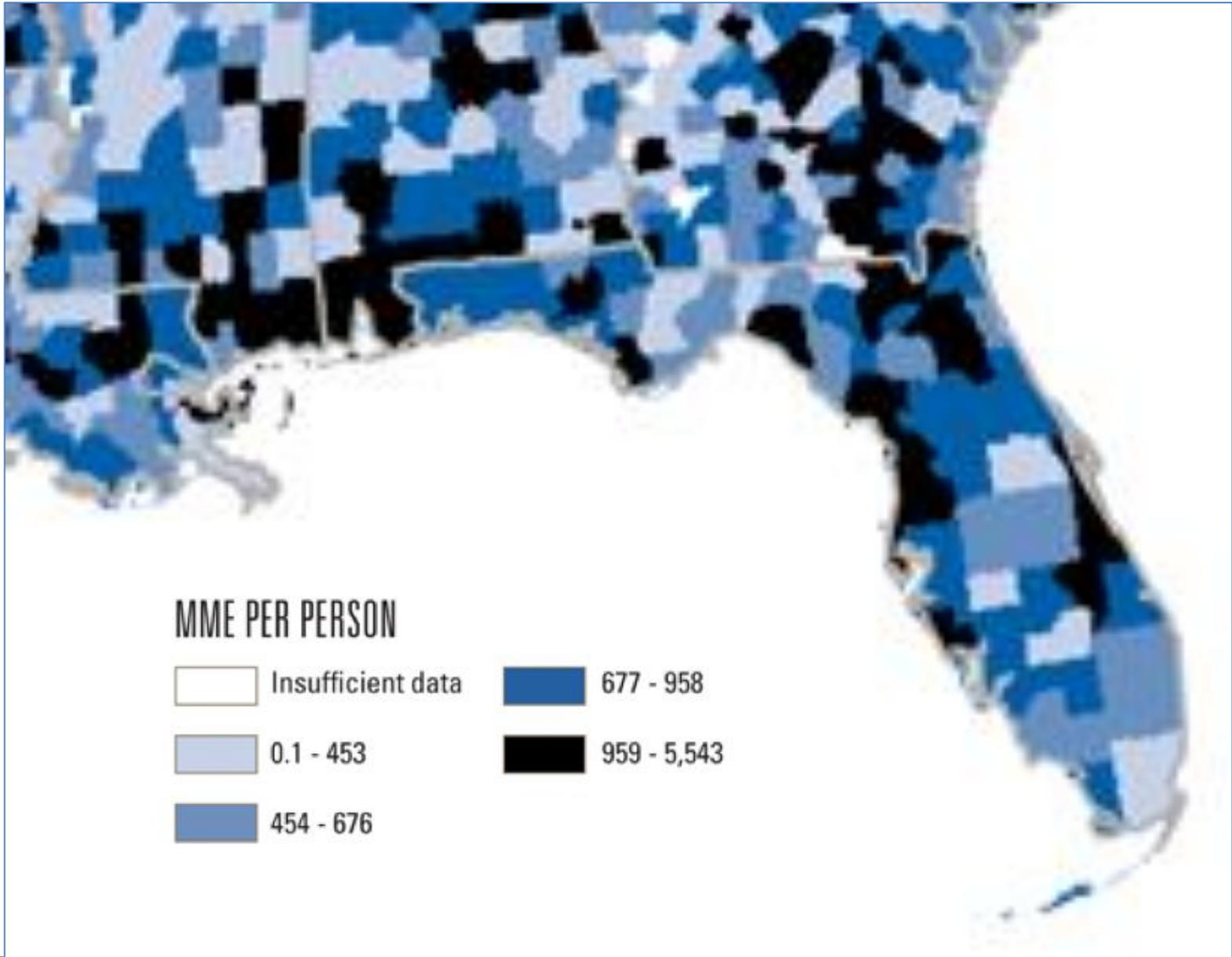
Burden et al. J Hosp Med, 2019 Jul 24; 14:E1-E9

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CDC Vital Signs, July 2017



# Prescriptions



# Prescribing Practices

## National insurer claims data 2008 - 2016

### 308,226 deliveries

- 63.3% vaginal—27% opioid prescription
- 36.7% cesarean—75.7% opioid prescription

### New persistent opioid use

- 1.7% after vaginal delivery
- 2.2% after cesarean delivery

Peahl et al. JAMA Network Open. 2019;2(7):e197863

# Predictors of Persistent Use

- 👶 Tobacco use
- 👶 Psychiatric diagnosis
- 👶 History of substance abuse
- 👶 Pain conditions

Peahl et al. JAMA Network Open. 2019;2(7):e197863

# Prescribing Practices

## United Healthcare Database 2003 - 2011

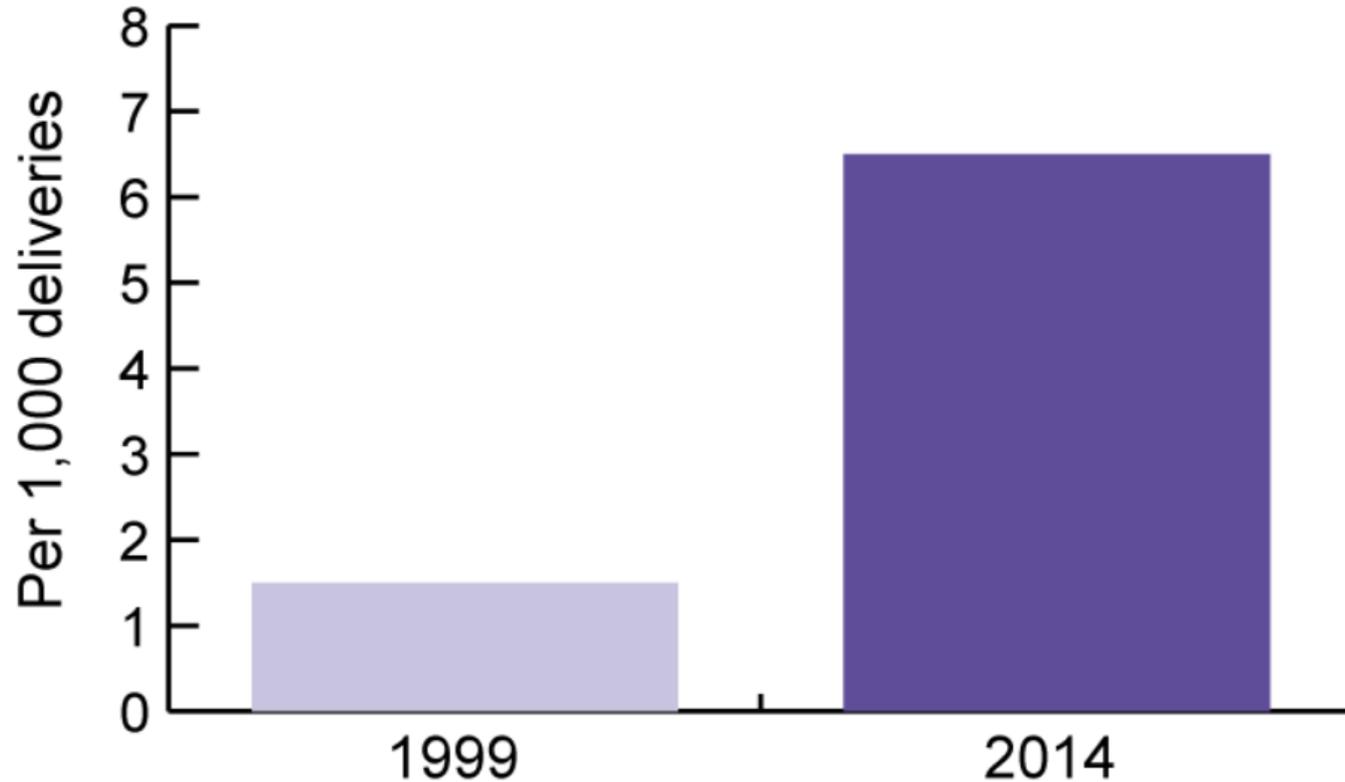
- 👶 80, 127 women
- 👶 Opioid naive and cesarean delivery
- 👶 1 in 300 persistent opioid users

## Predictors

- 👶 History of cocaine use
- 👶 Other illicit substance use
- 👶 Tobacco use
- 👶 Back pain
- 👶 Migraines
- 👶 Antidepressant use
- 👶 Benzodiazepine use

Bateman et al. Am J Obstet  
Gynecol 2016;215:353.e1-18.

# Opioid Use Disorder at Delivery

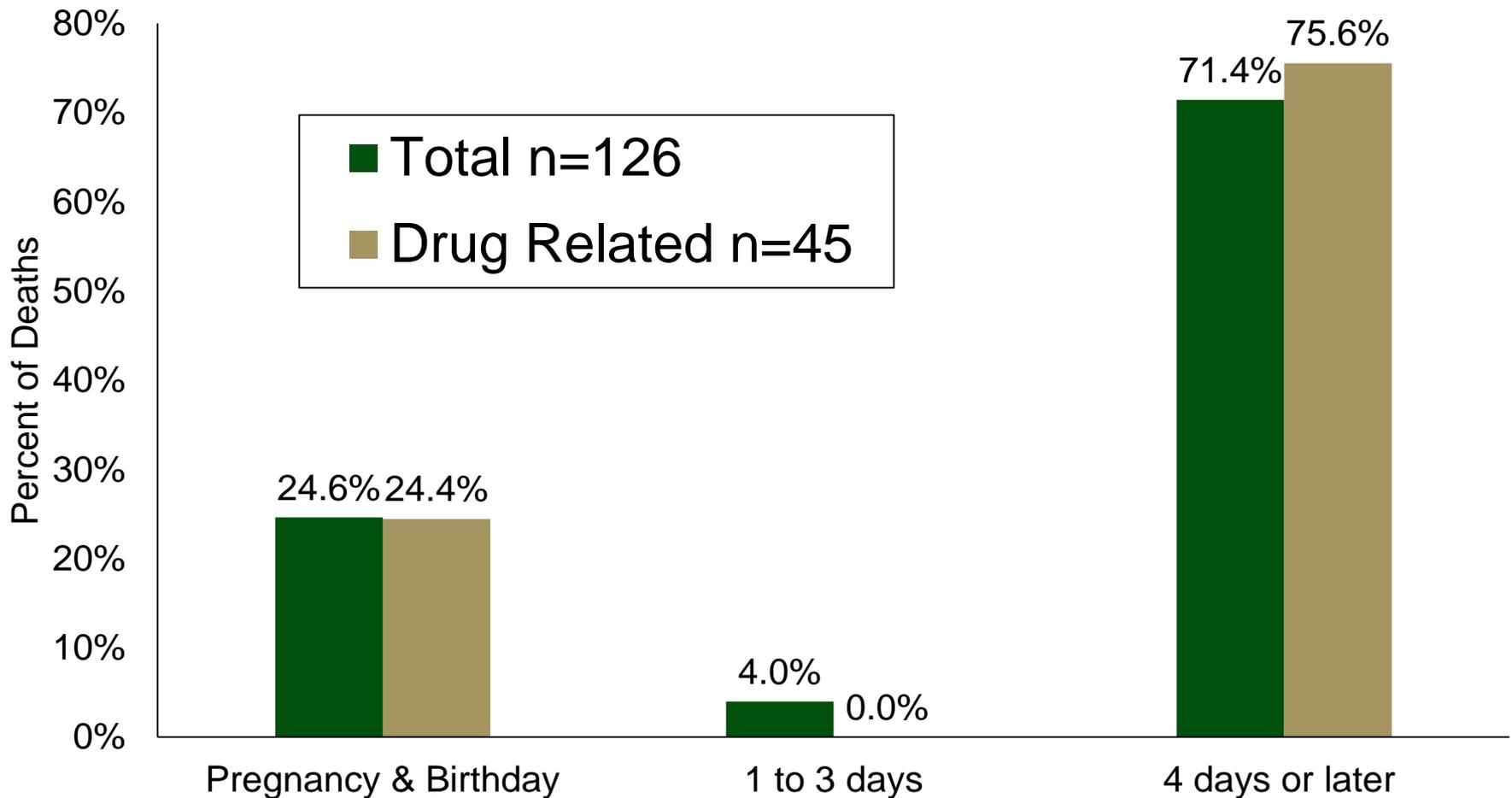


MMWR Morb Mortal Wkly Rep 2018;67:845–849

The number of women who used opioids during pregnancy increased nearly 70% between 2015 and 2017.



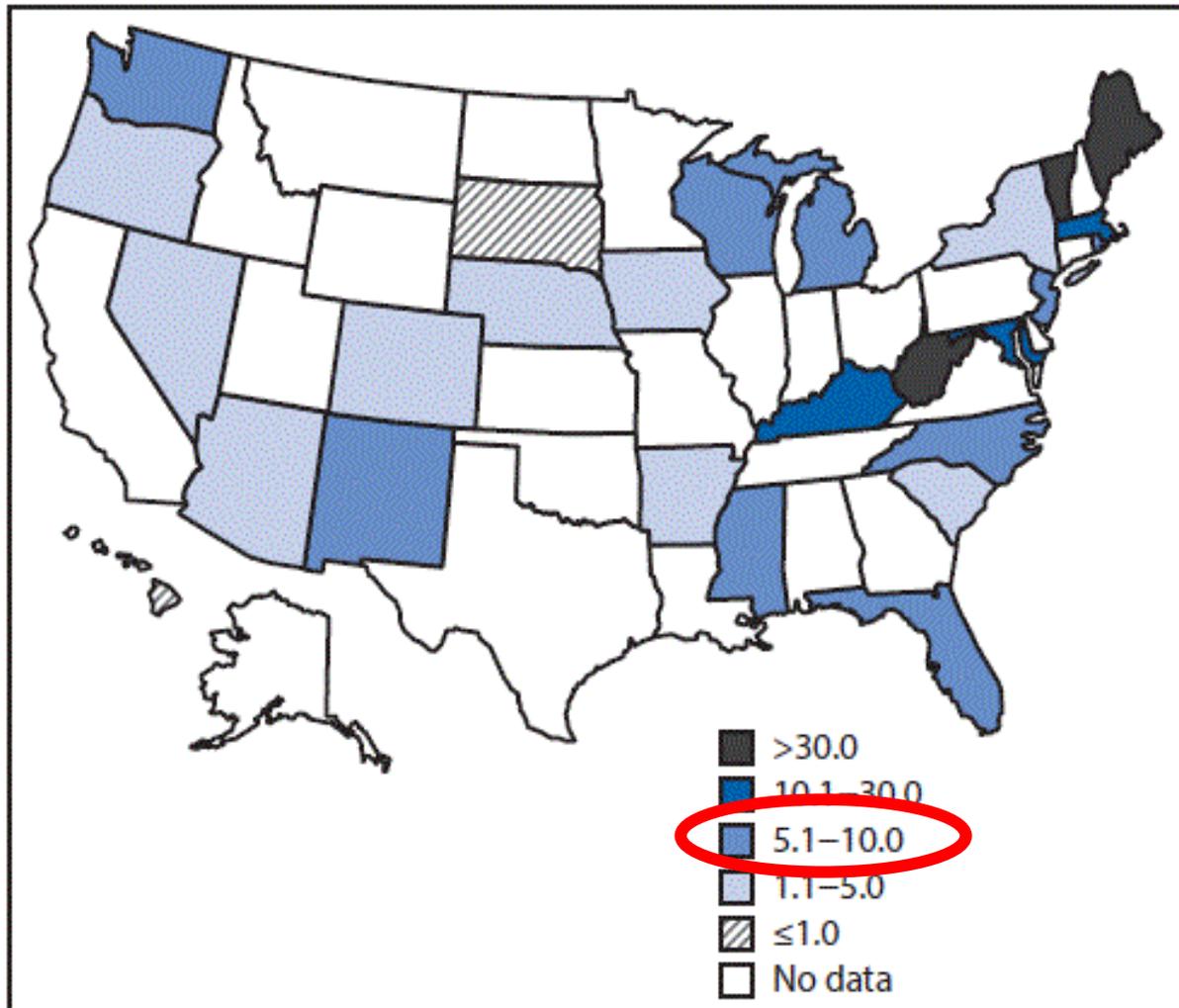
# Percent of Pregnancy-Associated Deaths that are not Pregnancy Related, Florida 2017



Every 15 minutes a baby is born suffering from opioid withdrawal.

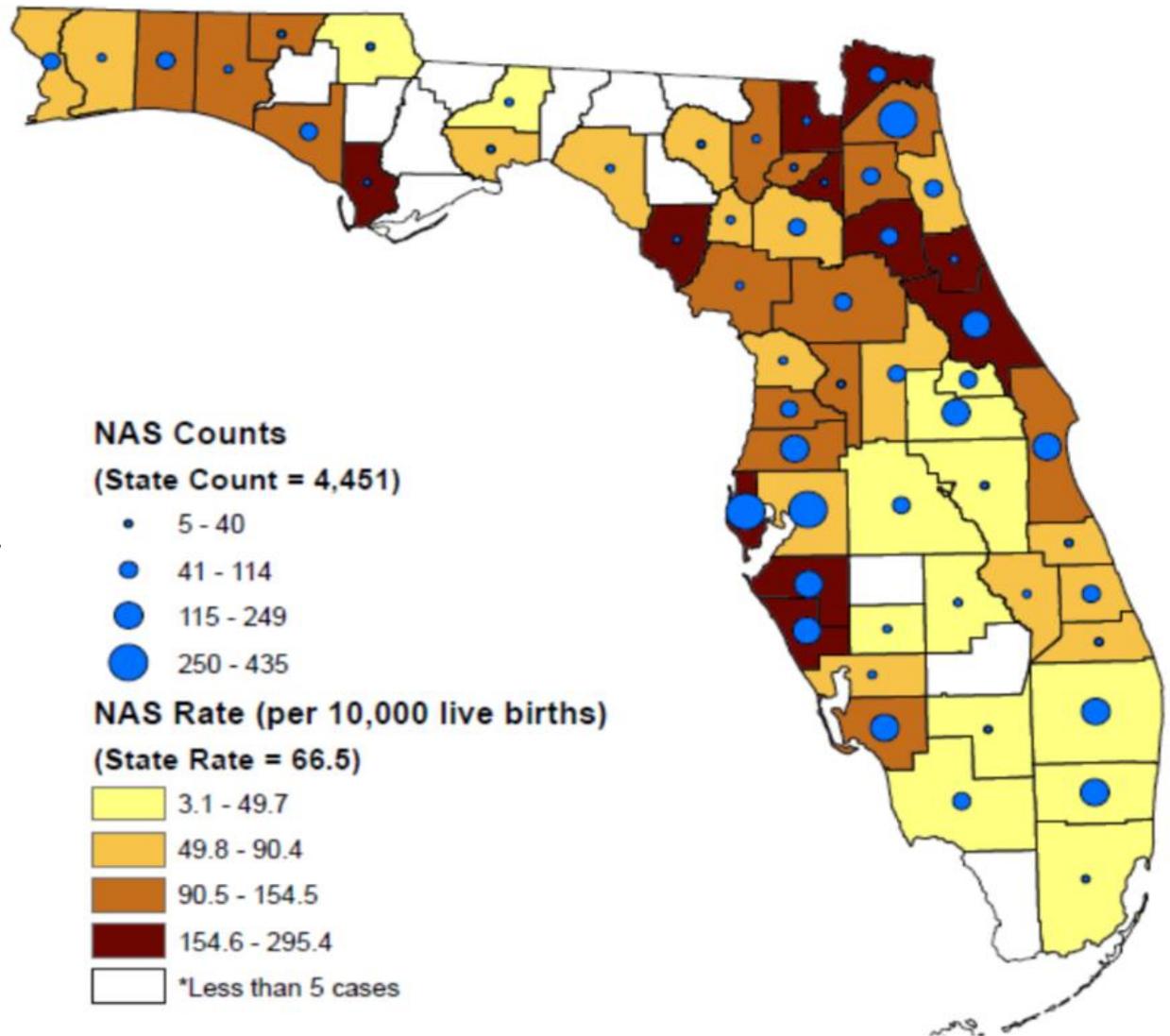


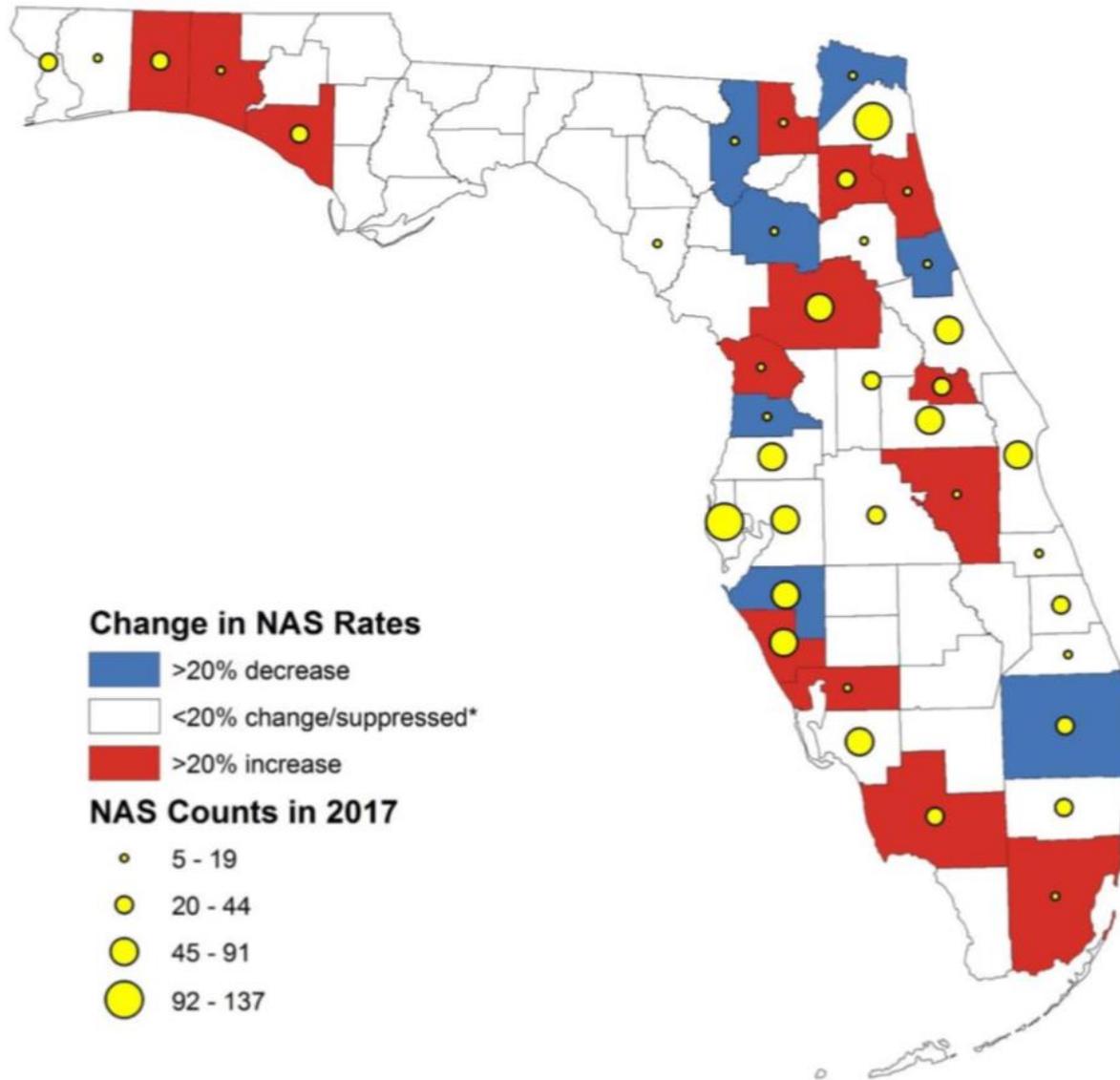
# Neonatal Abstinence Syndrome



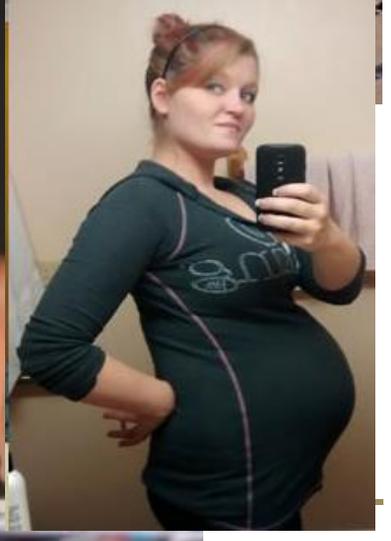
MMWR Morb Mortal Wkly Rep 2016;65:799-802

# Neonatal Abstinence Syndrome (NAS) Counts & Rates by Florida County, 2014-2016





# The Face of OUD



In 2010, every 3 minutes, a woman went to the ER for prescription painkiller misuse.



In 2010, for every woman that died of a prescription painkiller overdose, 30 went to the ER for misuse or abuse.



# Why Women Use Drugs?

- 👶 Control weight
- 👶 Fight exhaustion
- 👶 Cope with pain
- 👶 Self-treat mental health problems

# Mental Health

- 👶 Depression
- 👶 Anxiety
- 👶 Bipolar
- 👶 PTSD

Soens et al, Sem Perinatol 2019; 1-13 (in press)

# Gender Differences in Opioid Use

- ♀ Smaller amounts
- ♀ Less time before addiction
- ♀ More cravings
- ♀ More relapse
- ♀ ED visits / Overdose deaths
- ♀ Domestic violence
- ♀ Triggers
  - Divorce, loss of custody, death of partner

# Pregnancy Planning

- 👶 **86% unintended pregnancy in women with OUD**
- 👶 **>50% women with OUD  $\geq$  4 pregnancies**
- 👶 **Lower use of reliable contraception**
  - Desire LARC - ~35%
  - Postpartum visit - ~45%
  - Actually get LARC - ~18%

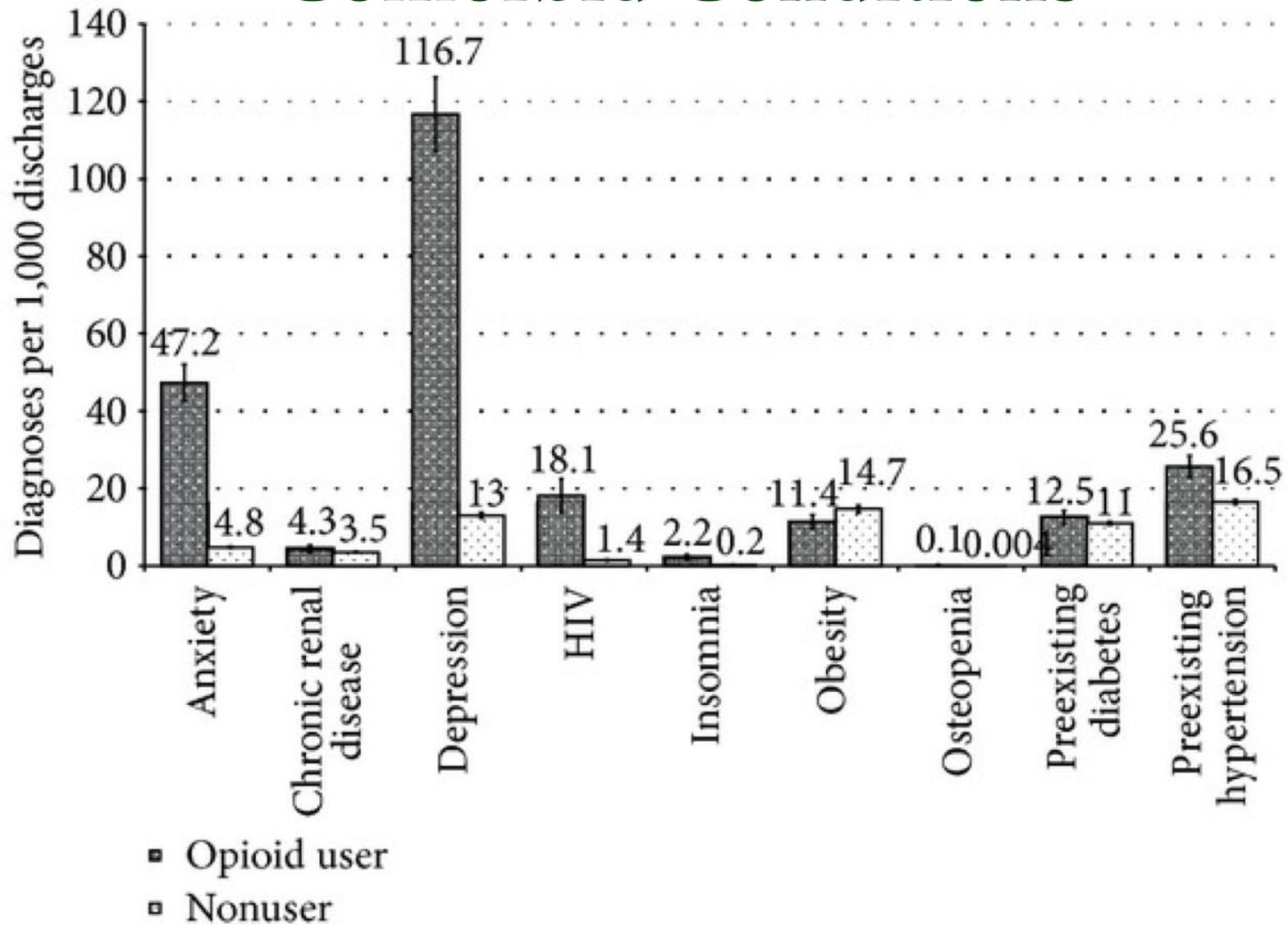
Heil et al, J Substance Abuse Treatment 40(2011) 199-202  
Kotha et al, Contraception 2019 Jan;99(1):36-41.

# Pregnancy as a Window of Opportunity

- ☉ Primary care for socioeconomically disadvantaged women
- ☉ Frequency of provider patient contact
- ☉ Readiness



# Comorbid Conditions



RESEARCH

Open Access

# Pregnant women and substance use: fear, stigma, and barriers to care

Rebecca Stone

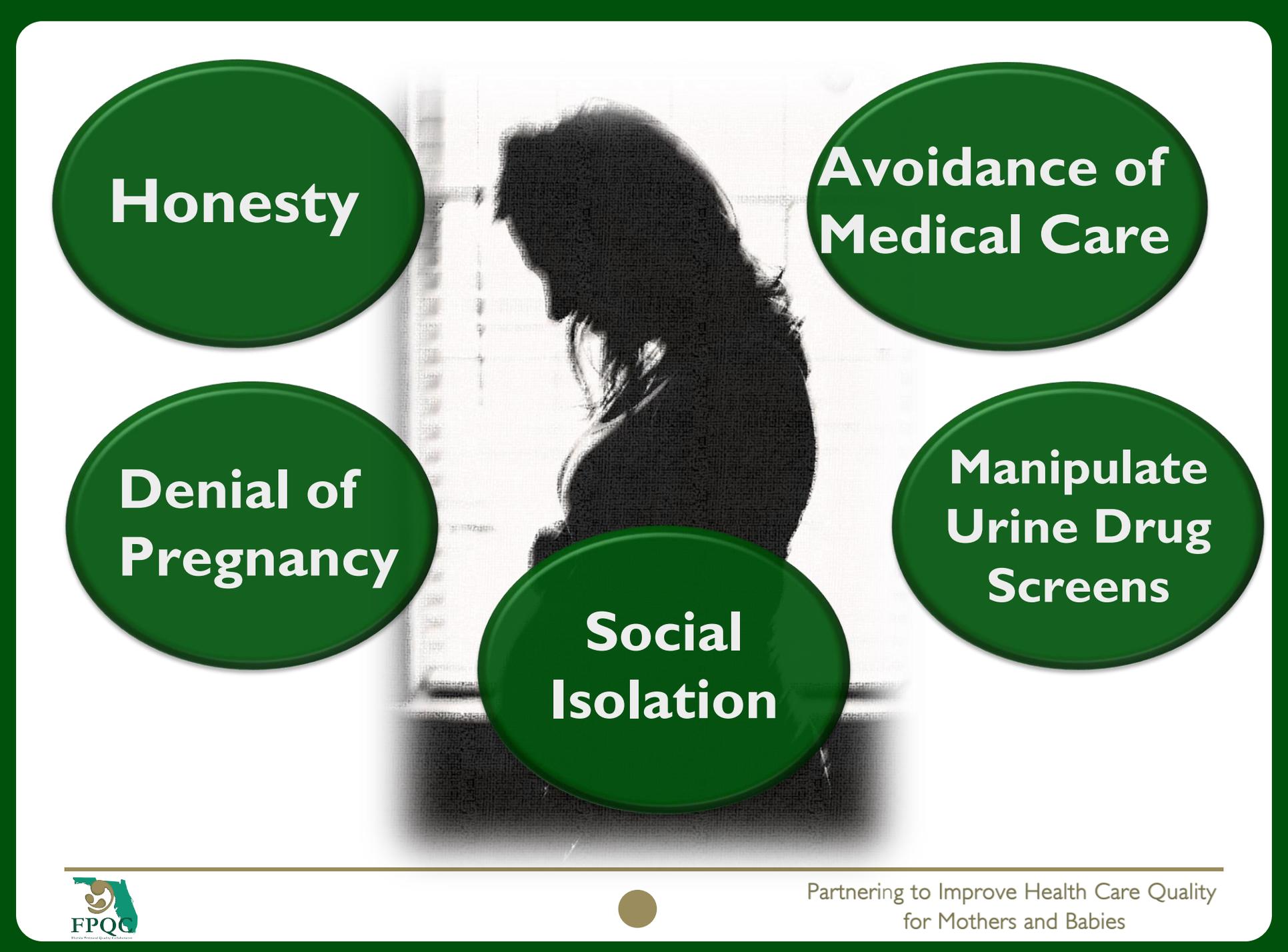
 **Opioid addicted women 7 times more likely to forego prenatal care.**

 **Criminalization**

- 56% cases in the South
- 59% women of color
- 71% public defender

 **Stigma**

- Level of care
- Methadone



**Honesty**

**Avoidance of  
Medical Care**

**Denial of  
Pregnancy**

**Manipulate  
Urine Drug  
Screens**

**Social  
Isolation**



# Making Change

Partnering to Improve Health Care Quality  
for Mothers and Babies

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*“We will not solve this epidemic overnight but we will stop. ... There’s just nothing going to stop us, no matter how you cut it.”*

# Change the Message

- 👶 Prenatal care is “safe”
- 👶 Making disclosure positive not punitive
- 👶 Treat the underlying problem
- 👶 Offer support

# Where Do We Go From Here: SBIRT

## Screening

- 👤 Assess for substance abuse behavior using standardized screening tools

## Brief Intervention

- 👤 Engage patient with short conversation, feedback and advice

## Referral for Treatment

# Referral for Treatment

- 👤 Medically Assisted Treatment
- 👤 Medically Supervised Withdrawal
- 👤 Behavioral Health
- 👤 Support services

# Medically Assisted Treatment (MAT)

👉 **Encourage to continue**

👉 **Antepartum**

- Dose adjustments
- Methadone > Buprenorphine
- Especially in the third trimester

👉 **No immediate postpartum dose changes**

👉 **NAS not related to maternal dosing**

👉 **NAS may be less severe with Buprenorphine**

# Medically Supervised Withdrawal (MSW)

## Specialized Centers

- May require inpatient stay
- Behavioral health
- Support services

## Limited data

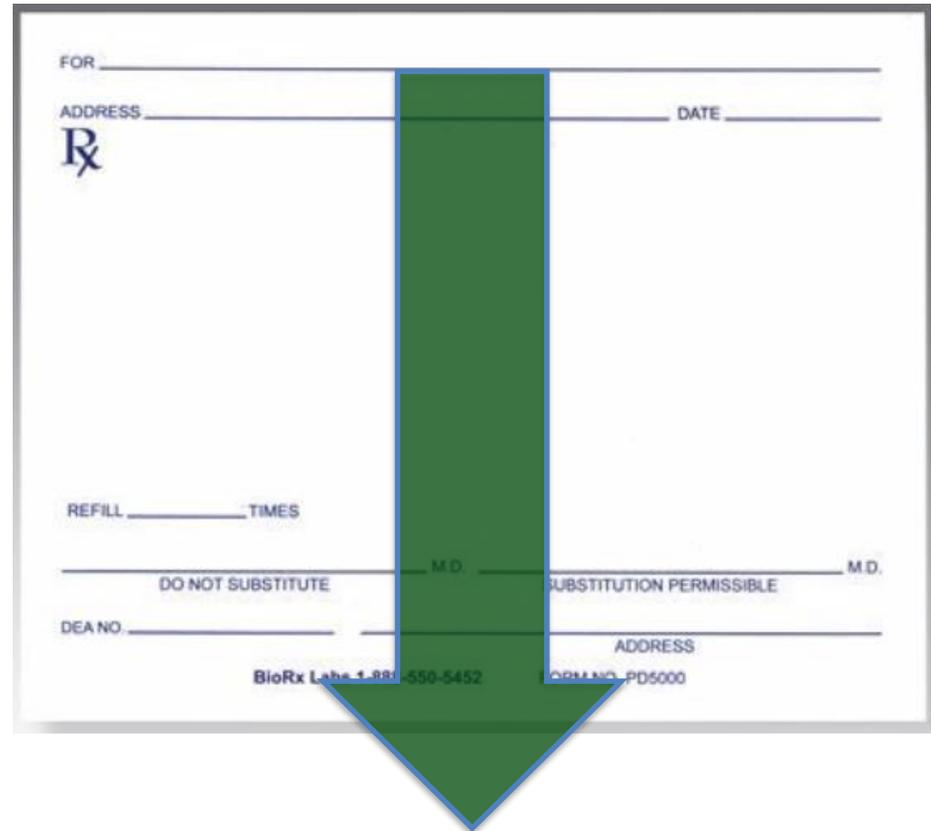
- Low rates of detox completion
- High rates of relapse
- Limited data on outcomes after delivery
- No support as detox as means to decrease NAS

## ACOG currently does not recommend

Schuckit, MA, N Engl J Med 2016;375: 357-68

# Change Our Behavior

- 👤 **Set expectations**
- 👤 **Alternative therapies**
  - Doula services
  - Heat/cold
  - Movement
  - Acupuncture
- 👤 **Opioid alternatives**
- 👤 **ERAS**



# Florida HB 21



## Florida's New Law on Controlled Substance Prescribing

Provisions go into effect on July 1, 2018. Here is what you need to know.

# Florida HB 451

- 🌀 Non opioid alternatives
- 🌀 Advantages and disadvantages
- 🌀 Provide Department of Health pamphlet

**Information on Nonopioid Alternatives for the Treatment of Pain**

A guide to working with your healthcare practitioner to manage pain

*Prescription opioids are sometimes used to treat moderate-to-severe pain. Because prescription opioids have a number of serious side effects, it is important for you to ask questions and learn more about the benefits and risks of opioids. Make sure you're getting care that is safe, effective, and right for you.*



This pamphlet provides information about nonopioid alternative treatments to manage pain. You and your healthcare practitioner can develop a course of treatment that uses multiple methods and modalities, including prescription medications such as opioids, and discuss the advantages and disadvantages of each approach.

*Pain management requires attention to biological, psychological, and environmental factors. Before deciding with your healthcare practitioner about how to treat your pain, you should consider options so that your treatment provides the greatest benefit with the lowest risk.*

**We Can Do MORE!**





Partnering to Improve Health Care Quality  
for Mothers and Babies

# QUESTIONS?

# STATE SUCCESSES: Decreases in Opioid Prescribing

Average Morphine Milligram Equivalants (MME)\* per person decreased in most counties in Florida, Ohio, and Kentucky from 2010 to 2015.

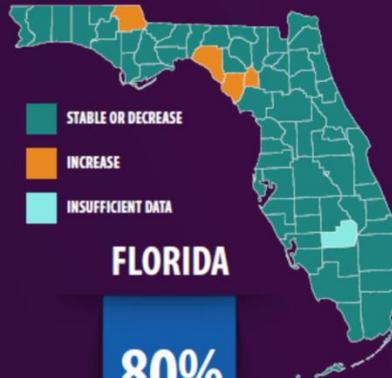


These states have **regulated pain clinics** and set requirements for their state's PDMP.

PDMP, Prescription Drug Monitoring Program, is a state-run electronic database used to track the prescribing and dispensing of controlled prescription drugs to patients.



\* MME is a way to calculate the amount of opioids, accounting for differences in opioid drug type and strength.



FLORIDA

**80%**  
of counties  
DECREASED



OHIO

**85%**  
of counties  
DECREASED



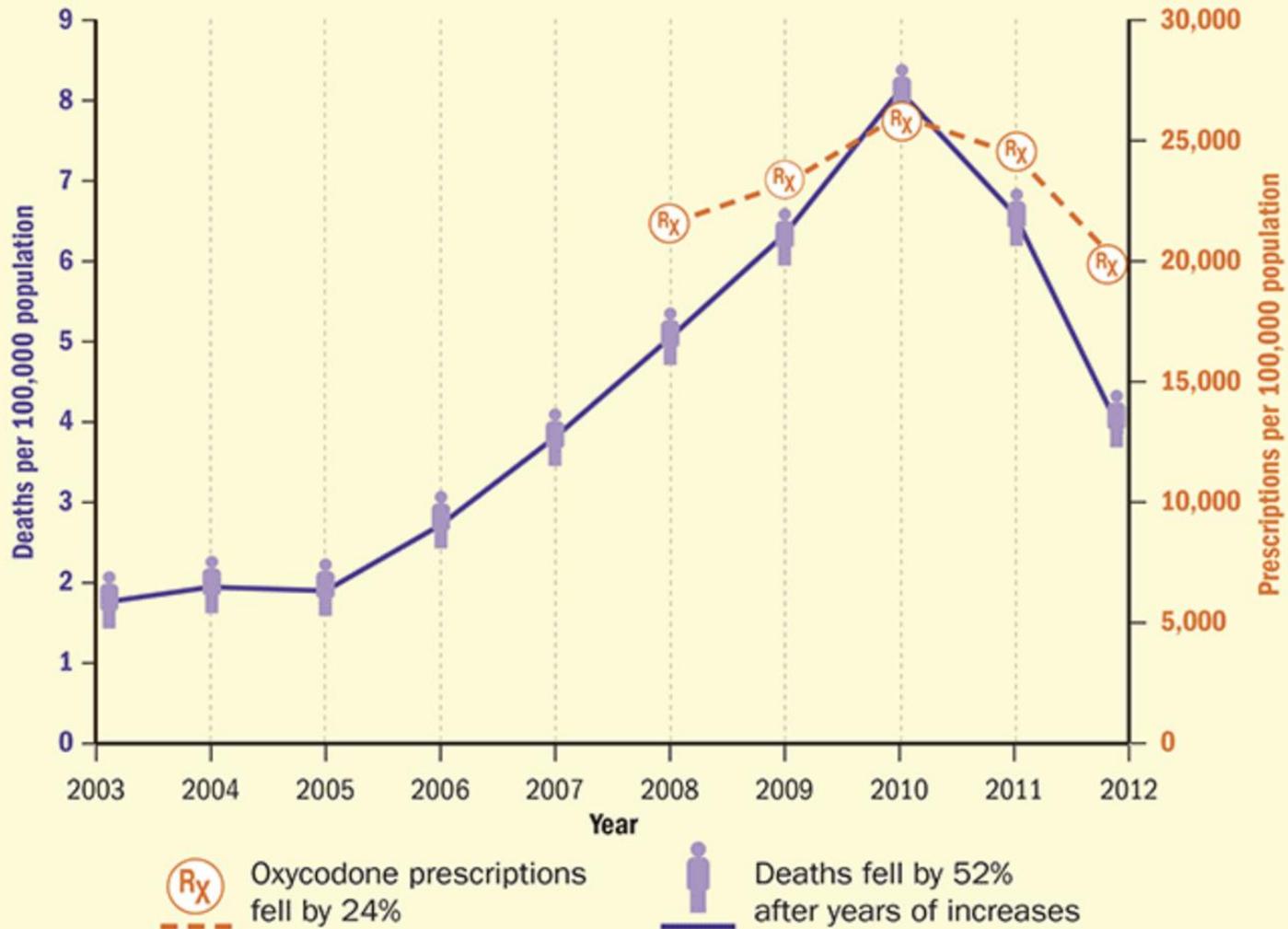
KENTUCKY

**62%**  
of counties  
DECREASED

[www.cdc.gov/vitalsigns/opioids](http://www.cdc.gov/vitalsigns/opioids)



## New laws and enforcement reverse trends in oxycodone prescribing and related deaths in Florida



# Where Do We Go From Here

## Identify women with OUD or at risk for OUD

- All SBIRT All The Time
- Non-judgmental discussion
- Identify mental health needs

## Refer

## Prepare - changing expectations, offering alternatives

- Labor
- Postpartum

## Pregnancy Planning

# Untoward Outcomes Linked to Opioid Use During Pregnancy



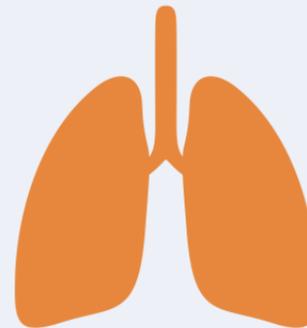
**Preterm  
Birth**



**Feeding  
Problems**



**Low  
Birthweight**



**Breathing  
Problems**



**Maternal  
Mortality**



# Benefits of MAT

- 👤 Decrease fluctuations between intoxication and withdrawal
- 👤 Reduction of exposure
  - Harmful compounds
  - Access to illicit opiates is unpredictable
- 👤 Improved maternal health and nutrition
- 👤 Reduction in criminal activity
- 👤 Decreased disruption of maternal-child dyad

# Relapse

## Significantly Increased

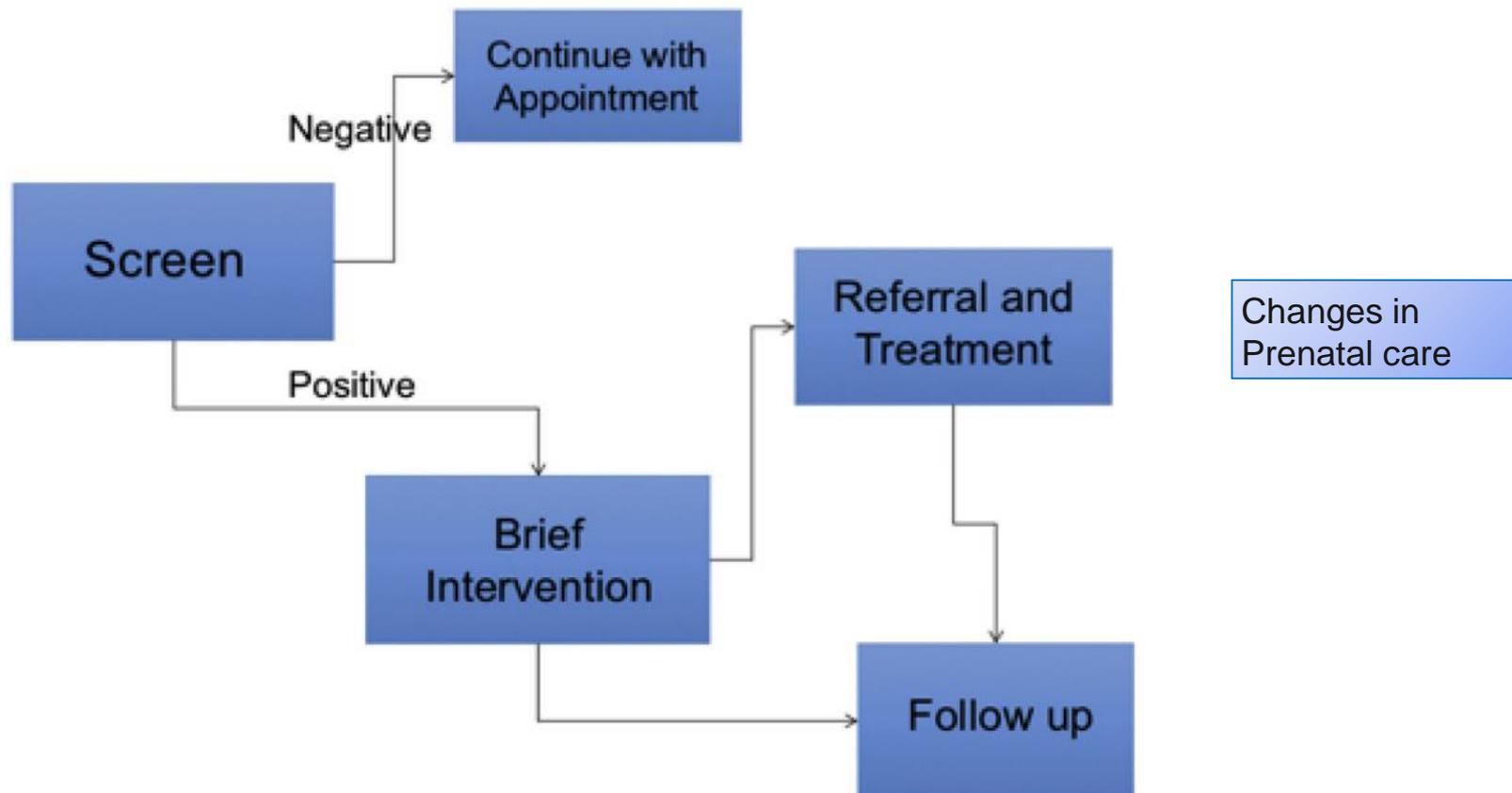
- 👶 Neonatal death
- 👶 NOWS
- 👶 Maternal/Infant length of stay
- 👶 Infant hospital cost

# Relapse

## Greater Likelihood

- 👶 Maternal sepsis
- 👶 Placental abruption
- 👶 Neonatal seizures

## SBIRT Flow



Flow chart of screening, brief intervention, and referral to treatment (SBIRT) in practice.

*Wright. SBIRT in pregnancy. Am J Obstet Gynecol 2016.*