

ADDICTION IN PREGNANCY

R. Corey Waller MD, MS, DFASAM

Sr. Medical Director, Education and Policy

The National Center for Complex Health and Social Needs

DISCLOSURES

- No relevant disclosures

OBJECTIVES

- The learner will:
 - Understand the demographics of pregnancy and addiction
 - Know what screening tools to use
 - Know the medications that assist with opioid use disorder
 - Understand the risk of Neonatal Abstinence Syndrome (NAS)
 - Understand the risks and benefits of breast feeding

DEMOGRAPHICS

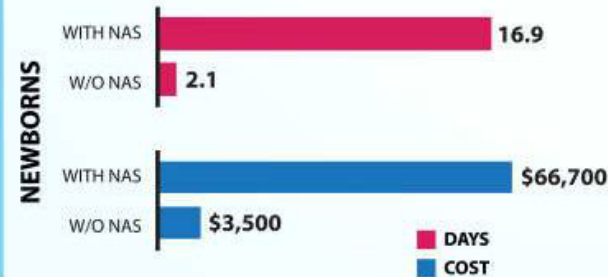
- 15.8 million women (or 12.9 percent) ages 18 or older have used illicit* drugs in the past year. (SAMHSA, 2014)

THE USE OF OPIOIDS DURING PREGNANCY CAN RESULT IN A DRUG WITHDRAWAL SYNDROME IN NEWBORNS CALLED **NEONATAL ABSTINENCE SYNDROME (NAS)**, WHICH CAUSES **LENGTHY AND COSTLY** HOSPITAL STAYS. ACCORDING TO A NEW STUDY, AN ESTIMATED **21,732 BABIES** WERE BORN WITH THIS SYNDROME IN THE UNITED STATES IN 2012, A **5-FOLD INCREASE** SINCE 2000.

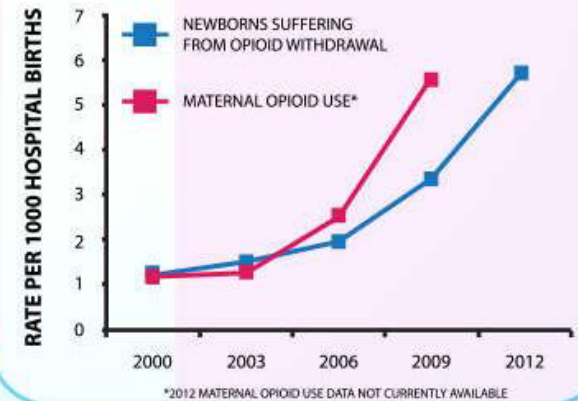


**EVERY 25 MINUTES,
A BABY IS BORN SUFFERING
FROM OPIOID WITHDRAWAL.**

AVERAGE LENGTH OR COST OF HOSPITAL STAY



NAS AND MATERNAL OPIOID USE ON THE RISE



SCREENING

- Less than 10 % of OB offices routinely screen for addiction (ACOG)
- Screening methodologies
 - The T-ACE (Tolerance, Annoyance, Cut Down, Eye Opener) and TWEAK (Tolerance, Worried, Eye-openers, Amnesia, K[C] Cut Down)
 - 4 P's
 - Parents: Did any of your parents have a problem with alcohol or other drug use?
 - Partner: Does your partner have a problem with alcohol or drug use?
 - Past: In the past, have you had difficulties in your life because of alcohol or other drugs, including prescription medications?
 - Present: In the past month have you drunk any alcohol or used other drugs?
- CRAFFT—Substance Abuse Screen for Adolescents and Young Adults
 - C Have you ever ridden in a CAR driven by someone (including yourself) who was high or had been using alcohol or drugs?
 - R Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
 - A Do you ever use alcohol or drugs while you are by yourself or ALONE?
 - F Do you ever FORGET things you did while using alcohol or drugs?
 - F Do your FAMILY or friends ever tell you that you should cut down on your drinking or drug use?
 - T Have you ever gotten in TROUBLE while you were using alcohol or drugs?

MAT FOR OPIOID USE DISORDER

- Abstinence Based Treatment
 - Only 16% effective in preventing relapse during pregnancy and less for 1 year retention in treatment (Lund et al., 2012)
- Methadone
 - 65-80% effective for retention in treatment at 1 year
 - Still considered the “gold standard”
 - May have a higher drug requirement as pregnancy progresses
- Buprenorphine
 - 50-65% effective for retention in treatment at 1 year
 - Becoming more prevalent given the MOTHER study
 - Shorter length of stay and less NAS

NEONATAL ABSTINENCE SYNDROME (NAS)

- Characterized by
 - Hyperactivity, irritability
 - Hypertonia
 - Difficulty/excessive sucking
 - High-pitched cries
- Initial treatment is supportive
 - Swaddling, frequent feeding, IV fluids
- Assess regularly for symptoms and failure to thrive
- Pharmacotherapy
 - Usually opioids, occasionally sedative-hypnotic (phenobarbital)
 - Tincture of opium (old), morphine and methadone
 - Why not Clonidine? (e.g., Coyle et al., 2002; Agthe et al., 2009)

BREASTFEEDING

- Low doses of buprenorphine and methadone are found in breast milk (e.g., Ilett et al., 201; Jansson et al., 2008b).
- A study of neonates prenatally exposed to methadone or buprenorphine for a minimum of 30 days found that breastfed neonates had significantly shorter lengths of hospital stay and decreased need for pharmacotherapy for NAS (Wachman et al., 2013)
- Breastfeeding = increased oxytocin → increased reward → increased bonding → better sleeping → better feeding → better all around
- Contraindications
 - HIV positive
 - Active illicit drug use
 - Marijuana use? (probably OK if mother used during pregnancy, given the positives of breastfeeding)

REFERENCES

- Treating Women Who Are Pregnant and Parenting for Opioid Use Disorder and the Concurrent Care of Their Infants and Children: Literature Review to Support National Guidance. Stacey L. Klamann, MPH, Krystyna Isaacs, PhD, Anne Leopold, MSc, Joseph Perpich, MD, JD, Susan Hayashi, PhD, Jeff Vender, MLIS, Melinda Campopiano, MD, and Hendre ´e E. Jones, PhD. J Addict Med Volume 00, Number 00, Month/Month 2017.
- Methadone and Buprenorphine for the Management of Opioid Dependence in Pregnancy. Hendre ´e E. Jones,^{1,2} Loretta P. Finnegan,^{3,4} and Karol Kaltenbach; Drugs 2012; 72 (6): 747-757.
- A Practical Guide to Intervention in Health and Social Services with Pregnant and Postpartum Addicts and Alcoholics: Theoretical Framework, Brief Screening Tool, Key Interview Questions, and Strategies for Referral to Recovery Resources. Ewing H. Martinez (CA): The Born Free Project, Contra Costa Department of Health Services; 1990.