

Addressing Substance Use in Pregnancy

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WV Early Childhood Planning
Task Force





Overview

- What is the extent of substance use/abuse nationally and in WV specifically?
- How is substance use/abuse impacting newborns?
- What are WV medical providers doing to address substance use/abuse in pregnant women?
- What are our recommendations to policymakers?

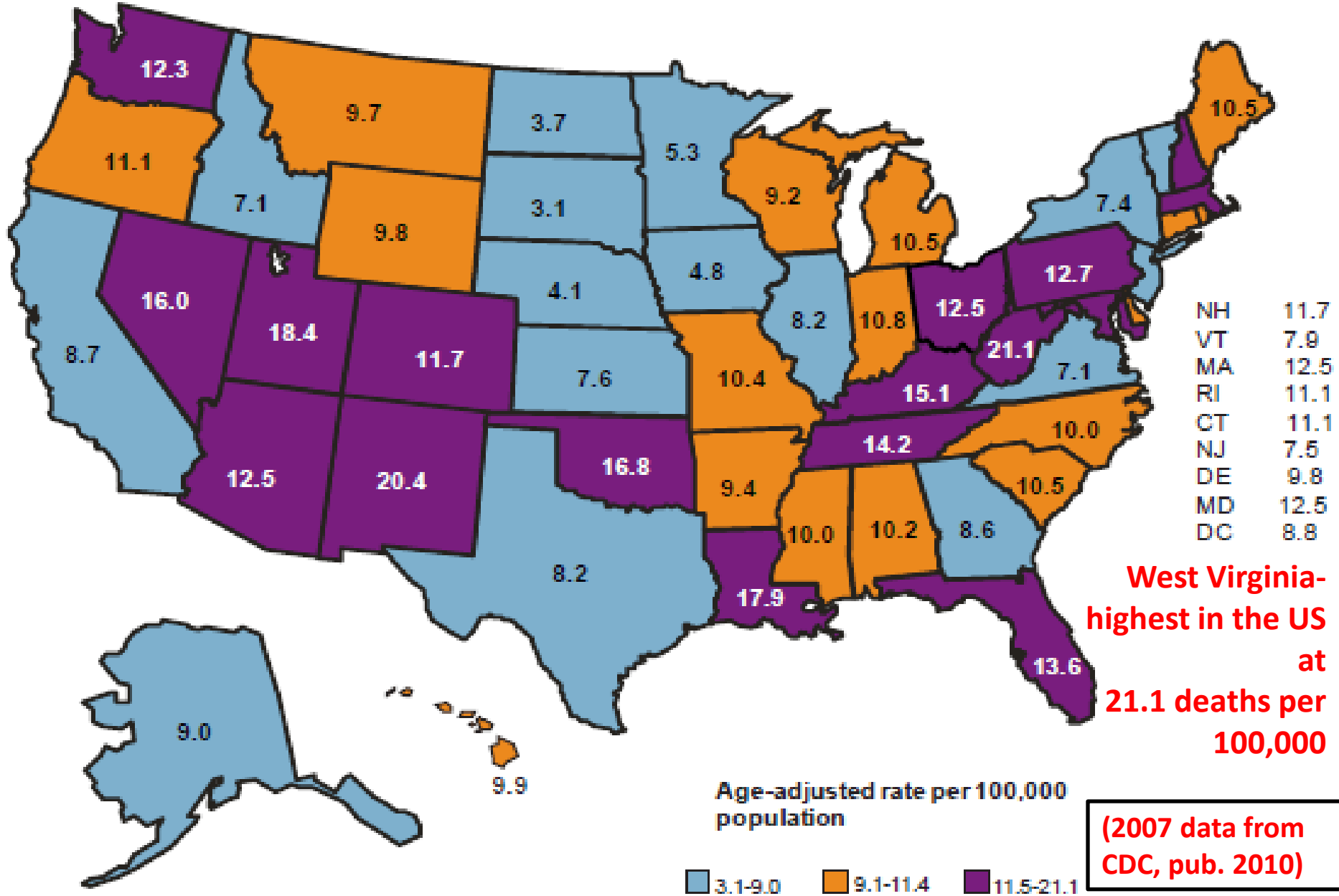
The Mission of the WV Perinatal Partnership



We are a statewide partnership of health care professionals and public and private organizations working to improve perinatal health in West Virginia.



Overdose deaths in the US

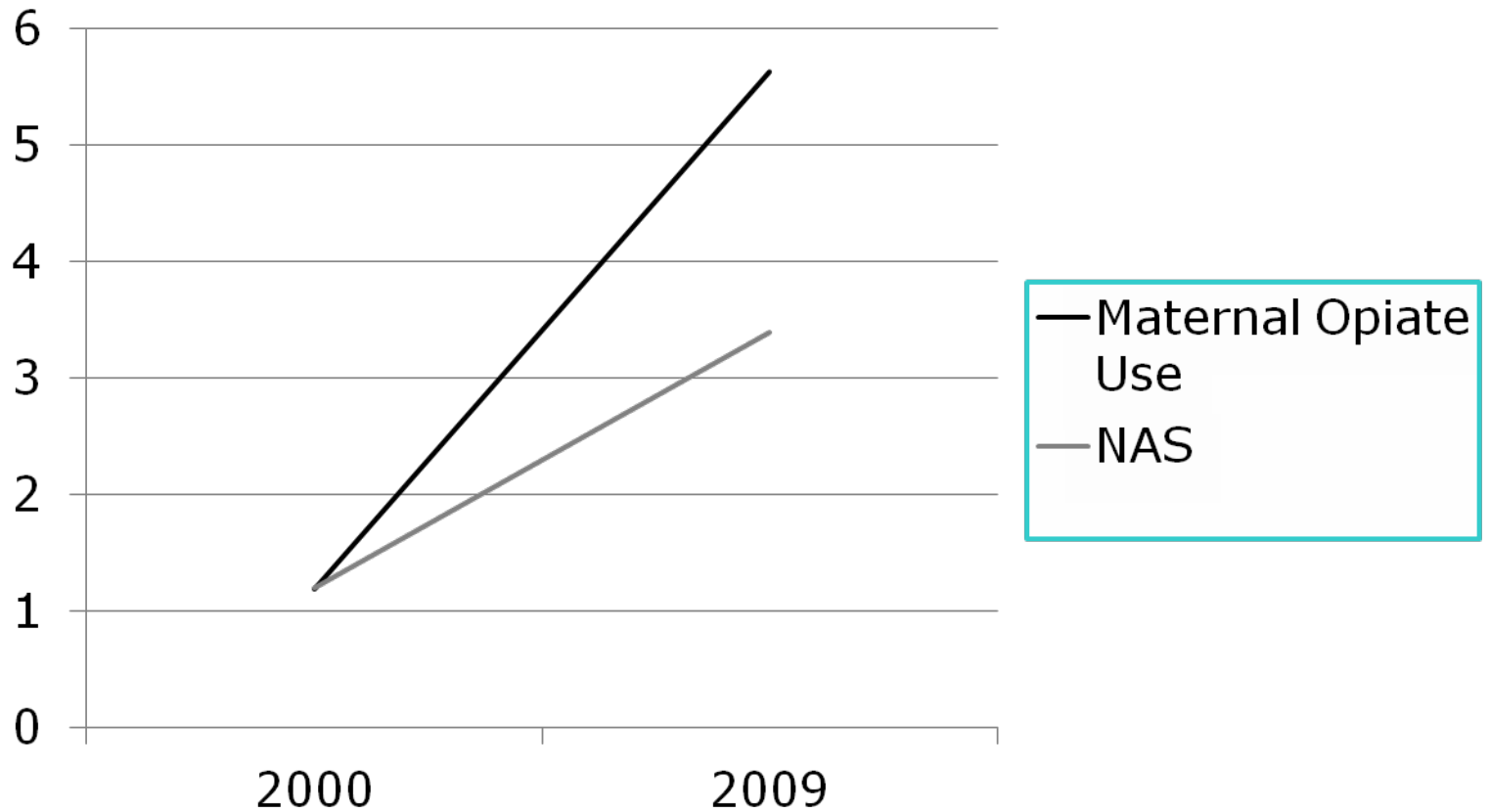




We Have A Problem!

- From 2001-2010 West Virginia had a 214% increase in the number of prescription drug overdoses in the state.
- In 2010, opiates were the #1 cause of death associated with drug overdoses in West Virginia.

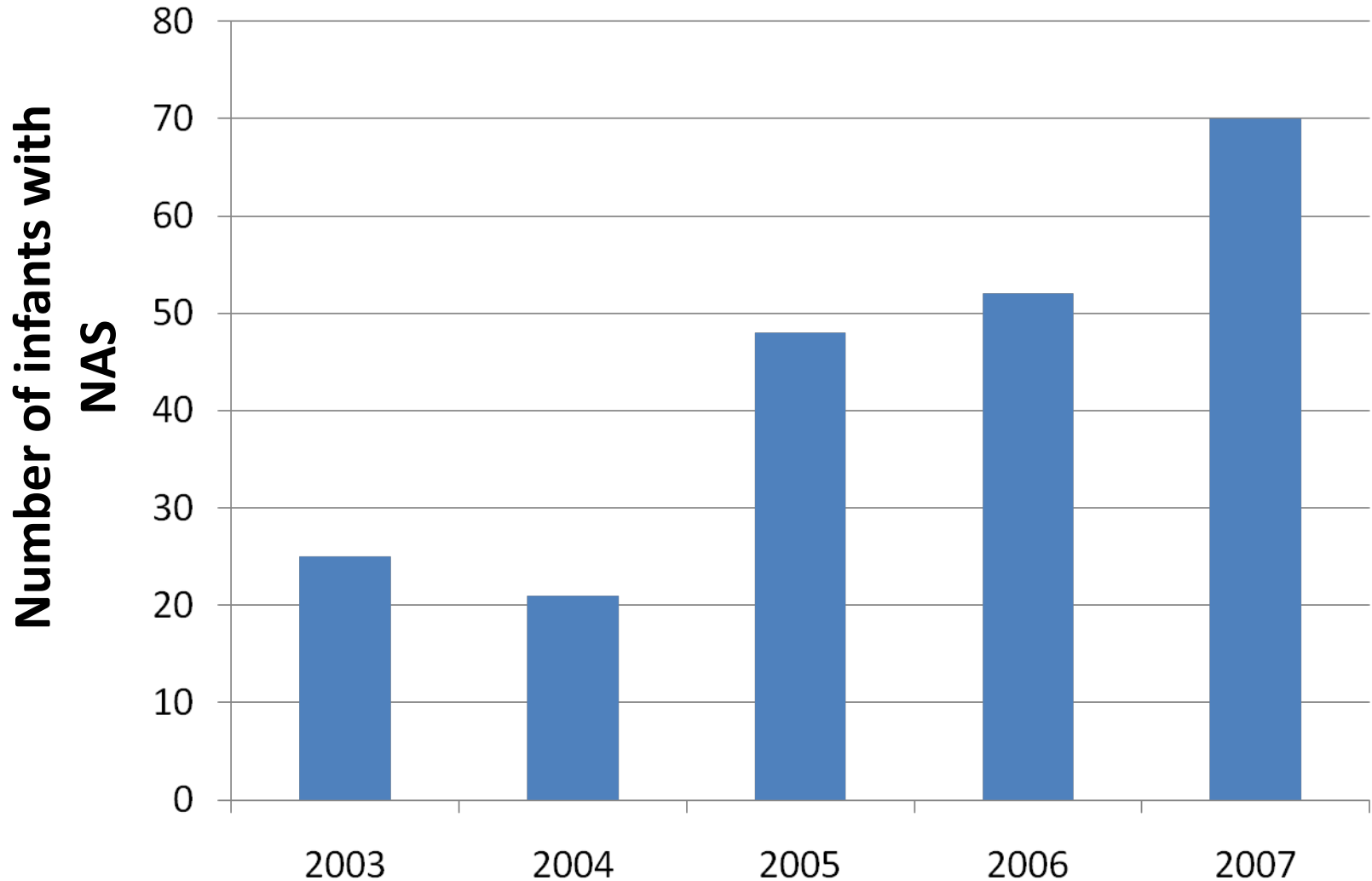
Journal of American Medical Association article, May 2012



NEONATAL ABSTINENCE SYNDROME

- Respiratory complications (31%),
 - Low birth weight (19%),
 - Feeding difficulties (18%), and
 - Seizures (2%).
-
- Length of stay remained relatively constant at 16 days.
 - Increase in costs from \$39,400 in 2000 to \$53,400 in 2009.
 - The majority of infants (78%) and mothers (60%) were covered by Medicaid.

Prevalence of maternal drug use/abuse (NAS) Diagnoses in a single hospital



Used by permission: David Chaffin, MD; Marshall U. School of Medicine; 2009.

Cabell-Huntington Hospital Findings:

- 83.3% of the babies diagnosed with NAS required intensive care;
- Total hospital costs \$1.7 million;
- Average cost of \$36,700;
- Medicaid paid 42% of cost in state's 3 NICUs.

NAS: Long Term Outcomes

- No definitive studies;
- Most find no long term differences, but certainly at-risk;
- Combination of in-utero exposure and environment/biology;
- "Confounding variables such as environment and dysfunctional caregivers, complicates the interpretation of outcomes."

- *Hudak, ML, RC Tan and the Committee on Drugs and the Committee on the Fetus and Newborn. Neonatal Drug Withdrawal. Pediatrics 2012;129:e54*

Umbilical Cord Tissue Study 2009

- Study funded by Office of Maternal, Child and Family Health, WV Bureau for Public Health.
- 8 hospitals across the state collected all newborn cords for one month.



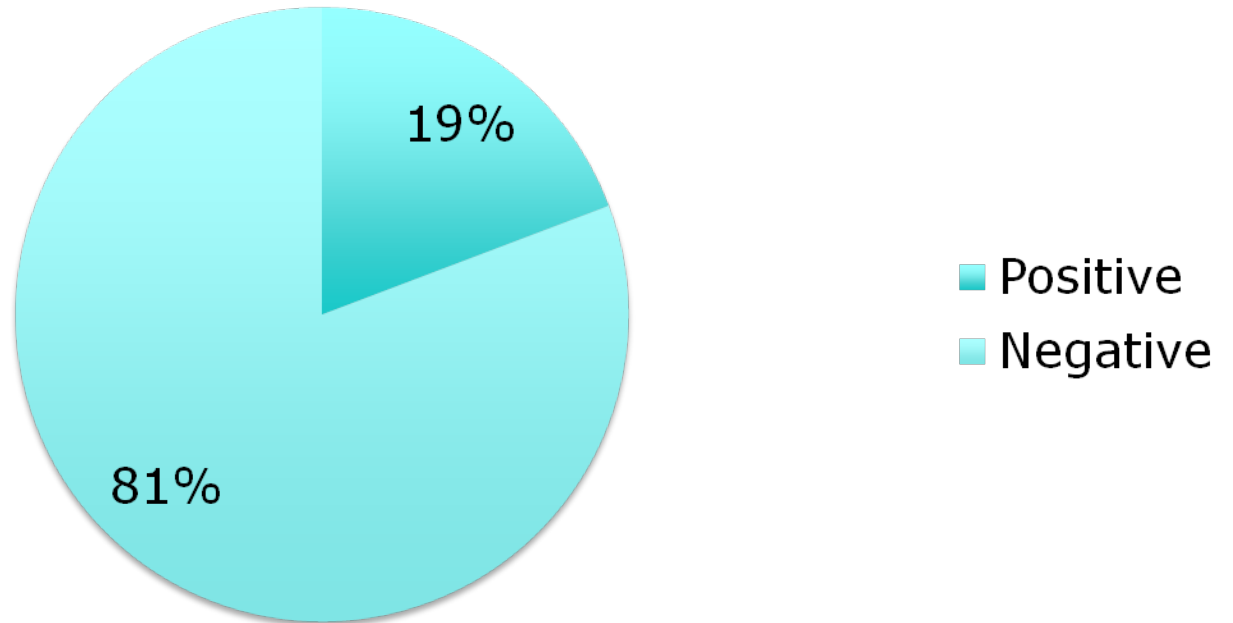


Cord Tissue Tested for:

- Amphetamines
- Cocaine
- Opiates
- Cannabinoids
- Benzodiazepines
- Methadone
- Buprenorphines
- Alcohol

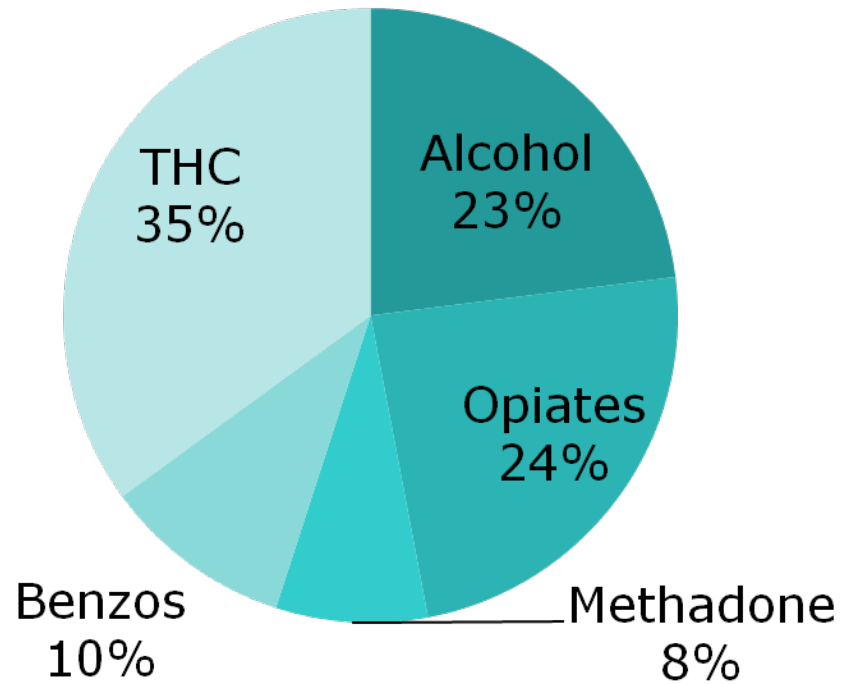
What Did We Find?

759 Total Cords

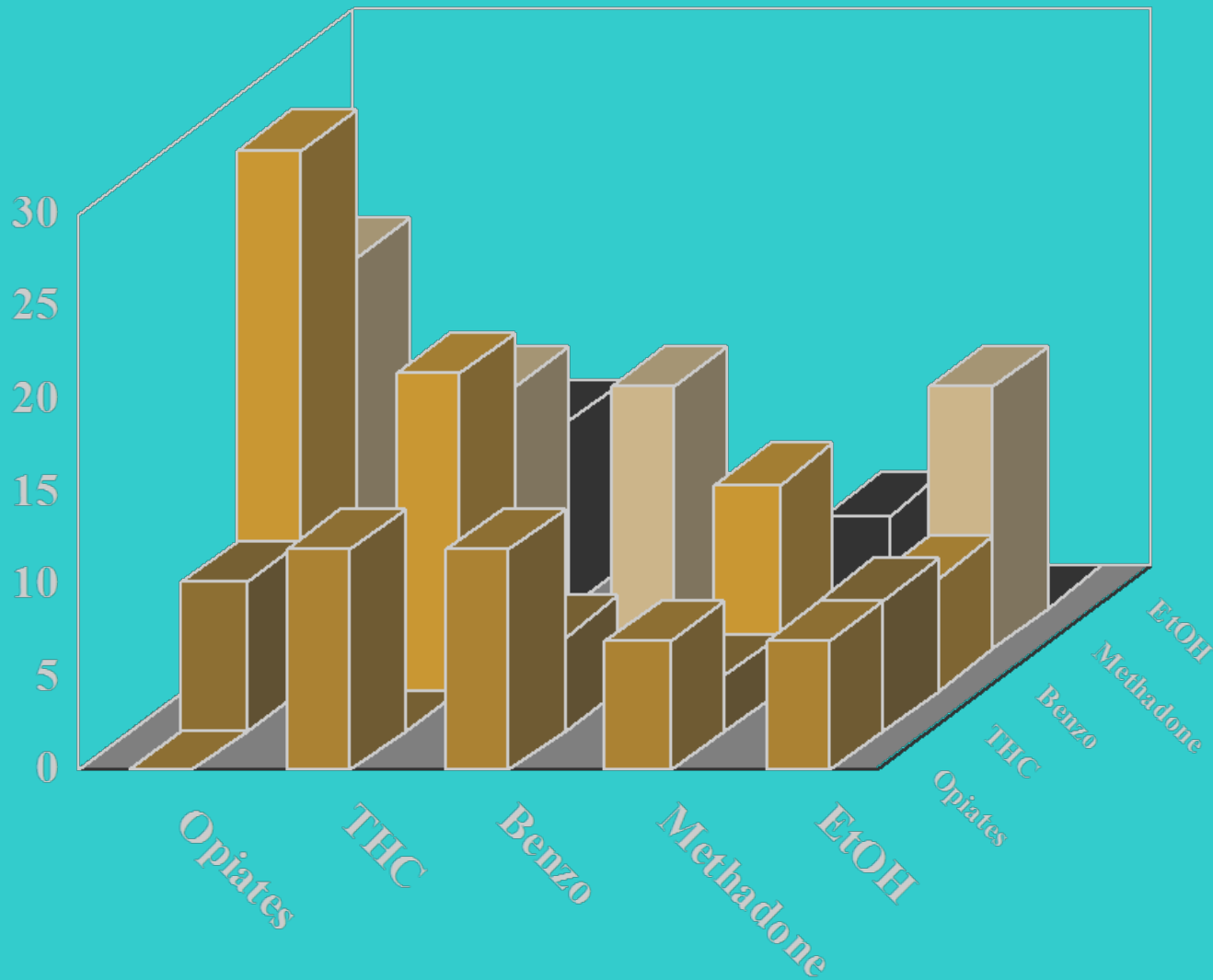


Results: Drugs Found in Cords

Drugs



Polysubstance Abuse



Regional Differences

	<u>Drugs</u>	<u>Alcohol</u>
Bluefield Regional Medical Center	14 %	4%
Raleigh General Hospital	19%	2%
Thomas Memorial Hospital	10%	8%
Charleston Area Medical Center	16%	8%
Cabell Huntington Hospital	17%	1%
Ruby Memorial Hospital	13%	4%
Wheeling Hospital	12%	15%
City Hospital	10%	5%

Alcohol

- Causes brain damage
 - Hippocampus, corpus callosum, cerebellum;
 - Fetal Alcohol syndrome (facial features, SGA, behavior and cognition problems), IQ 63, motor deficits etc.;
 - Fetal alcohol spectrum disorder (subclinical effects, most common cause of non-genetic mental retardation).





Nicotine

- “Legal” drug;
- Placental insufficiency, fetal hypoxia and malnutrition;
- Neuroteratogen causing nerve cell loss and neural damage ;
- Affects brain even if not LBW!!
- Increases infant mortality, SIDS and has behavior and cognitive effects long-term.



Cord Study Lessons Learned

- Almost 1 in 5 babies in West Virginia is exposed to drugs or alcohol.
- Polysubstance abuse is common.
- There are regional distributions of drug use.



Drug Free Moms and Babies Project

3 yr project funded by Benedum Foundation and DHHR's Bureau of Behavioral Health and Health Facilities and the Office of Maternal, Child, and Family Health:

- Seek to lessen effects of exposure or deliver drug free babies.
- Comprehensive and integrated programs to identify and treat pregnant women and newborns for up to 2 years.
- Data component to adequately assess programs' effectiveness.



Services Provided Under Project

- Screening of all pregnant women for substance use through SBIRT (Screening, Brief Intervention, Referral and Treatment) program;
- Comprehensive medical care;
- Drug and alcohol counseling;
- Recovery Coaching;
- Long term follow-up of moms and babies;
- Home visitation.

Evaluation



- Urine tests throughout and after pregnancy.
- Cord tissue collection/testing.
- Surveys of sites to identify strategies and barriers.



Perinatal Outreach Education

- Educational sessions regarding treatment options, guidelines, and policies.
- Sharing lessons learned from pilot sites.
- Articles in professional journals.



Drug Free Moms and Babies Pilot Project Sites

Shenandoah Valley Medical Systems,
Martinsburg, WV

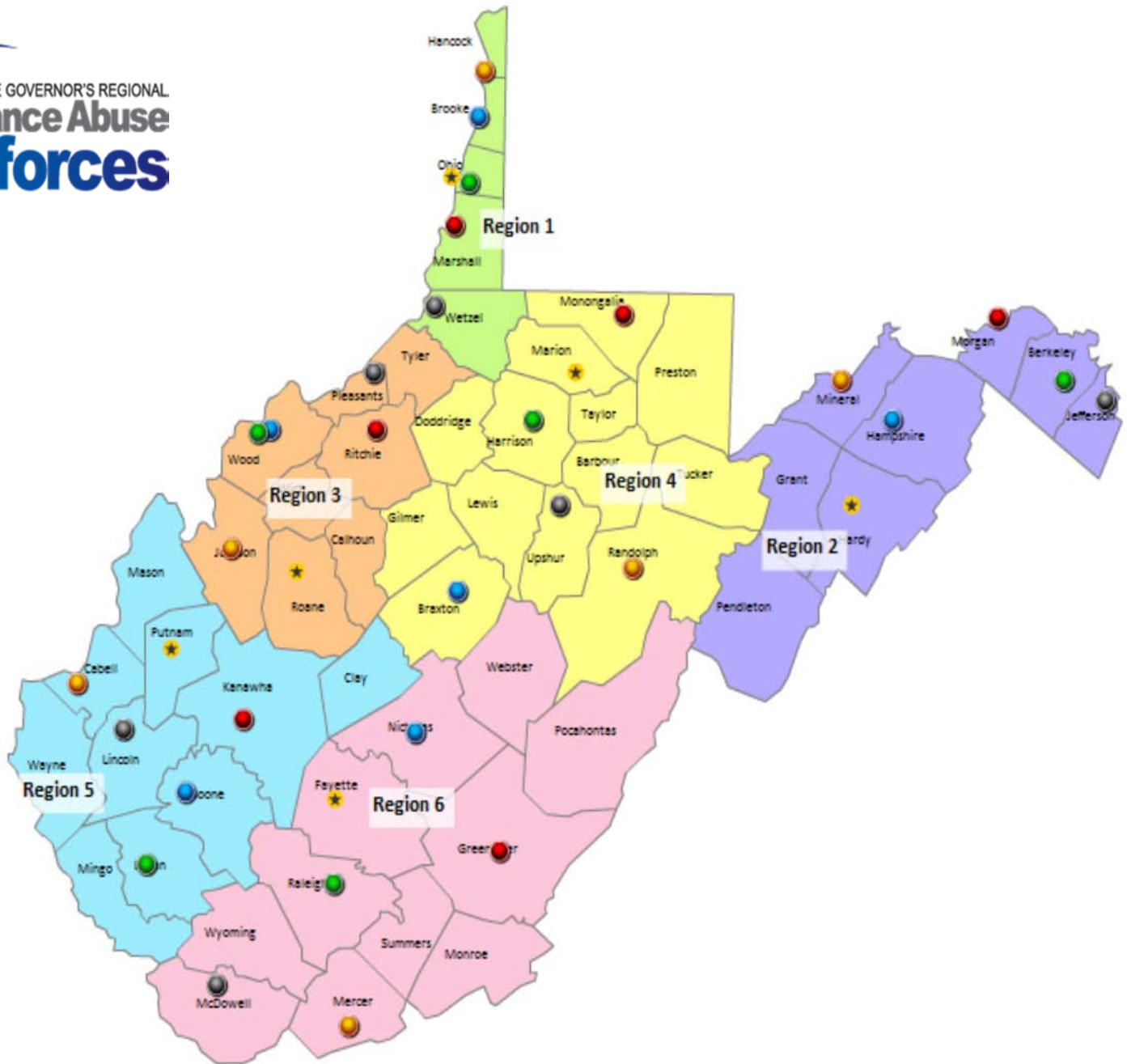
Thomas Memorial Hospital, South
Charleston, WV

Greenbrier Valley Medical Center,
Ronceverte, WV

WVU Ob-Gyn Dep't, Morgantown, WV

Additional Programs (not complete)

- Charleston Area Medical Center, Charleston, WV
- Jefferson Medical Center, Ranson, WV
- Cabell-Huntington Hospital, Huntington, WV
- FamilyCare Health Center, Teays Valley, WV





Policies Must Encourage Pregnant Women to Seek Care!

- Women are often motivated to seek treatment for their substance use when pregnant.
- Women will avoid seeking care if they fear punishment for their addiction/substance abuse.
- Studies show that even if abusing, there are better outcomes if prenatal care is received.
- Significant cost savings women are treated while pregnant (estimated savings over \$4 million per year).



Policy Recommendations

- Addiction is a mental health issue and should be treated in the healthcare system.
- Increased funding for treatment of pregnant women with substance abuse problems is needed.
- Comprehensive wrap-around services, such as home visits, should be widely available to families.



Policy Recommendations

- More training for medical professionals providing care to pregnant women with substance abuse problems.
- Extensive education to the general public and to medical, nursing, and social work professionals regarding the detrimental effects of drugs and alcohol on a developing fetus and on a pregnant woman's health.



● ...stronger, healthier babies.

Thank You!

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