

# Pregnancy and Substance Use Disorders



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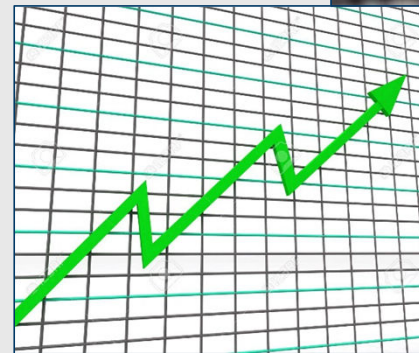
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# Pregnancy and Substance Use Disorders

## Substance Use Still on the Rise

- A survey of more than 1,000 people found that 20% said they or a family member have increased substance use since COVID-19 began
  - From January-April 2020 compared to the same period in 2019
  - 11.4% increase of fatal overdoses
  - 18.6% increase of nonfatal overdoses



# Pregnancy and Substance Use Disorders

## COVID-19 has a disproportioned impact on vulnerable populations, including people with addictions

- Alienated from traditional news sources for education = may be uninformed on how to protect themselves
- May lack financial resources for housing and other basic living necessities
- Many individuals are also immunocompromised putting them at greater risk, and many have less access to regular healthcare
- Lack of access to dependent substance puts individuals at greater risk of withdrawal

**"Environmental stressors such as unemployment, food insecurity, domestic violence, all of these issues were certainly stressors before. But now this pandemic has just amplified all of these issues."**

DR. LIPI ROY, CLINICAL ASSISTANT PROFESSOR, NYU

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## Managing Addictions During COVID-19

- SAMHSA recommends the use of telehealth and/or telephonic services to provide evaluation and treatment of patients
  - Practitioners are still required to hold a DEA waiver to prescribe buprenorphine
- DEA allows practitioners to prescribe controlled substances to patients using telemedicine without first conducting an in-person evaluation during this public health emergency under 21 U.S.C. 802(54)(D)
- Inpatient facilities and residential programs should be reserved for those for whom outpatient measures are not considered an adequate clinical option; i.e.: for those with mental disorders that are life threatening

# Pregnancy and Substance Use Disorders

## Caring for Pregnant People with Addiction During COVID-19

- Provide education and resources to pregnant patients regarding COVID-19
  - “Unknown”
  - What to do if test positive
  - Positive at time of delivery?
- Use telemedicine, including telephone visits, whenever possible and appropriate
  - Some visits need to be in person
  - Counsel on what to pay extra attention to



<https://www.asam.org/Quality-Science/covid-19-coronavirus/treating-pregnant-people-with-oud>

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## Caring for Pregnant People with Addiction During COVID-19 continued:

- Help patients to manage their stress and anxiety
- Increase your efforts to maintain patient engagement in treatment
- Help women develop a COVID-19 birth plan
- Increase communication with patients during this time
- Implement infection control and mitigation procedures
- Continue to support comprehensive care



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## Anecdotal:

- My current OB panel has 12 patients
  - 4 are active Suboxone patients
  - I have personally delivered 2 of them previously
- Our current Suboxone panel in Little Falls:
  - Total: 100
  - Mine: 44

