Resources on Opioid Use Disorders in Pregnancy and Infants Prenatally Exposed to Opioids

This document describes resources on medication assisted treatment (MAT) for opioid use disorders. Opioid dependence develops from the repetitive use of heroin and the misuse of prescription opioid analgesic medications, such as Codeine, Morphine, and Oxycodone. Infants may become dependent upon opioids if exposed in-utero. Resources are categorized into the following seven sections:

- Studies Examining the Incidence and Prevalence of Opioid Use and Misuse; and Neonatal Abstinence Syndrome
- Essential Information About the Treatment of Opioid Use Disorders
- Treatment of Opioid Use Disorders in Pregnancy
- Neonatal Abstinence Syndrome
- Access to Medication Assisted Treatment
- Policy Related Resources
- Site Examples

For additional information or technical assistance, contact the National Center on Substance Abuse and Child Welfare (NCSACW) at 1-866-493-2758 or ncsacw@cffutures.org.

I) Studies Examining the Incidence and Prevalence of Opioid Use and Misuse; and Neonatal Abstinence Syndrome

- From Sounding the Alarm to Turning the Tide: Action to Combat the Opioid Epidemic. Friden, T., 2016. Center for Disease Control. National Prescription Drug Abuse and Heroin Summit. Presentation describing increase in overdose deaths related to opioids; communities identified to be vulnerable to experiencing increased incidences of HIV infection related to intravenous drug use; and strategies to address the opioid epidemic. http://www.slideshare.net/OPUNITE/dr-tom-frieden-keynote


- Nonmedical Prescription Opioid Use and Use Disorders Among Adults Aged 18 Through 64 Years in the United States, 2003-2013. Han, et al, 2015. The study found significant increases in the prevalence of prescription opioid use disorders, high-frequency use, and related mortality among adults aged 18 through 64 years. The increases occurred in the context of increasing heroin use and heroin-related overdose deaths. These findings support a need to address nonmedical use of prescription opioid and heroin abuse in a coordinated and comprehensive manner. http://jama.jamanetwork.com/article.aspx?articleid=2456166&resultClick=3

- Relationship between Nonmedical Prescription-Opioid Use and Heroin Use. Compton, et al, 2015. The study found that approximately three-quarters of persons who use heroin report prior
nonmedical use of prescription opioids, as well as current abuse or dependence on additional substances such as stimulants, alcohol and marijuana. Conversely a small percentage, approximately four percent, of persons with nonmedical use of prescription drugs initiate heroin use. However given the 10.3 million persons who reported nonmedical use of prescription drugs in 2014, this small percentage of conversion to heroin generates several hundred thousand new heroin users. http://www.nejm.org/doi/full/10.1056/NEJMra1508490?query=TOC&


II) Essential Information about the Treatment of Opioid Use Disorders

There are different types of medications used to treat opioid use disorders. The medications work differently – their effects include suppression of opioid cravings and withdrawal symptoms, and/or block the effects of opioids. The following resources provide additional information on medications used for the treatment of opioid use disorders.


- *Medication-Assisted Treatment for Opioid Addiction: Facts for Families and Friends* [https://store.samhsa.gov/shin/content/SMA09-4443/SMA09-4443.pdf](https://store.samhsa.gov/shin/content/SMA09-4443/SMA09-4443.pdf)


- *Treatment Improvement Protocol (TIP) 54: Managing Chronic Pain in Adults With or in Recovery from Substance Use Disorders*

- *Treatment Improvement Protocol (TIP) 43: Medication Assisted Treatment for Opioid Addiction in Opioid Treatment Programs and Clinician Guides*
  http://store.samhsa.gov/product/Medication-Assisted-Treatment-for-Opioid-Addiction-in-Opioid-Treatment-Programs/QGCT43
III) Treatment of Opioid Use Disorders in Pregnancy

These resources offer guidelines for the use of MAT to treat opioid use disorders in pregnancy and the post-partum period. Included is information on dosing during pregnancy, breastfeeding while using MAT and the use of buprenorphine with pregnant women. Also included are resources on the treatment of other substance use disorders in pregnancy.

- **American Congress of Obstetricians and Gynecologists (ACOG), Committee on Health Care for Underserved Women and the American Society of Addiction Medication (ASAM): Committee Opinion, Opioid Abuse, Dependence and Addiction in Pregnancy**
  
  www.acog.org

- Studies on the use of methadone and buprenorphine for the treatment of opioid use disorders during pregnancy:
  
  o **Maternal Opioid Treatment: Human Experimental Research (MOTHER) – approach, issues and lessons learned.** Jones, et al, 2010. A National Institute on Drug Abuse (NIDA)-supported clinical trial that examined the use of methadone and buprenorphine maintenance therapy during pregnancy. No significant difference was found with respect to any serious maternal or neonatal adverse events. 
  


- **Medication Assisted Treatment During Pregnancy, Postnatal and Beyond:** Discusses the needs of pregnant women seeking medication assisted treatment. Karol Kaltenbach, PhD presents findings from the Maternal Opioid Treatment: Human Experimental Research (MOTHER) project. Facilitated as part of a webinar series – see the textbox, National Center on Substance Abuse and Child Welfare:

### National Center on Substance Abuse and Child Welfare Webinar Series

The following are selected webinars from the series. Contact NCSACW for additional information.

1) Medication Assisted Treatment for Families Affected by Substance Abuse Disorders
   

2) Medication Assisted Treatment During Pregnancy, Postnatal and Beyond
   

3) Opioid Use in Pregnancy: A Community’s Approach, The Children and Recovery Mothers (CHARM) Collaborative
   

4) The Use of Medication-assisted Treatment during Pregnancy: Clinical Research Update
   
   [https://cff-ncsacw.adobeconnect.com/p5okpdez3l/](https://cff-ncsacw.adobeconnect.com/p5okpdez3l/)

5) Substance Use in Pregnancy, The OB/GYN Perspective
   

6) Treatment of Opioid Use Disorders in Pregnancy and Infants Affected by Neonatal Abstinence Syndrome
   

7) In-Depth Technical Assistance for Substance Exposed Infants (SEI) Conversations Across Six SEI-IDTA Sites
   
   [https://cff-ncsacw.adobeconnect.com/p1uc3uusjp9/](https://cff-ncsacw.adobeconnect.com/p1uc3uusjp9/)
Webinar Series for a complete listing.

- The Use of Medication-assisted Treatment during Pregnancy: Clinical Research Update. Hendree Jones, PhD discusses the treatment of opioid use disorders in pregnancy. Facilitated as part of a webinar series – see the textbox, National Center on Substance Abuse and Child Welfare: Webinar Series for a complete listing.
https://cff-ncsacw.adobeconnect.com/p5okpdezt3l/

- Substance Use in Pregnancy, The OB/GYN Perspective: Mishka Terplan, MD, MPH, FACOG Diplomate ASAM, discusses prenatal care and substance use during pregnancy. The presentation includes screening for opioid and other substance use, brief interventions, treatment process and timeline as well as the integration of SBIRT and case examples. Facilitated as part of a webinar series – see the textbox, National Center on Substance Abuse and Child Welfare: Webinar Series for a complete listing.
http://www.cffutures.org/presentations/webinars/substance-use-pregnancy-obgyn-perspective

- Providers' Clinical Support System (PCSS; http://www.pcssmat.org): A national training and mentoring project developed in response to the prescription opioid misuse epidemic and the availability of newer pharmacotherapies to address opioid use disorders. The goal of PCSS-MAT is to make available the most effective medication-assisted treatments to serve patients in a variety of settings, including primary care, psychiatric care, and pain management settings. A variety of resources are available, including:
  - Substance Use Screening and Reproductive Education and Counseling for Sub stance Using Women of Child-bearing Age: Online training from the Providers’ Clinical Support System for Medication Assisted Treatment and the American Society of Addiction Medicine. Reviews the importance of screening for substance use during prenatal care and reproductive education and counseling content that can be integrated into substance treatment.

  http://www.nationalperinatal.org/
    o Agenda: http://www.nationalperinatal.org/symposium_agenda
    o More info: http://www.nationalperinatal.org/Nashville

- Indian Health Services Webinar Series: Addresses various issues, including Illicit Drug Use around the Time of Birth, Education and Prevention Strategies.
  https://www.ihs.gov/telebehavioral/seminararchive/substanceuse/

- Texas State Department of Health Services, Journeys of Hope, Mommies and Babies Overcoming Neonatal Abstinence Syndrome Video: Three mothers describe their experience in recovering from opioid use disorders during pregnancy. Professionals from child welfare, substance use treatment and the medical field discuss how providing care without judgment results in better outcomes for both mom and baby.
  http://www.dshs.state.tx.us/sa/nas/#journeys

- World Health Organization: Guidelines for Identification and Management of Substance Use and Substance Use Disorders in Pregnancy
• **Treatment Improvement Protocol (TIP) 51: Substance Abuse Treatment, Addressing the Specific Needs of Women**

• **American Congress of Obstetricians and Gynecologists (ACOG), Committee on Obstetric Practice: Committee Opinion, Marijuana Use During Pregnancy and Lactation**

• **Medication for the Treatment of Alcohol Use Disorder: A Brief Guide.** Includes information on considerations for the treatment of alcohol use disorders in pregnancy.
IV) Neonatal Abstinence Syndrome (NAS) and Prenatal Substance Exposure

Some babies born to opioid using pregnant women may experience Neonatal Abstinence Syndrome (NAS). Populations of women who may give birth to infants with NAS include women who use heroin, women who use or misuse prescription opioids (e.g. prescription pain medications), or women undergoing MAT for opioid use disorders. The resources below offer additional information.

- Treatment of Opioid Use Disorders in Pregnancy and Infants Affected by Neonatal Abstinence Syndrome: Hendree Jones, PhD; Carl Seashore, MD; and Anne Johnston, MD discuss the treatment of opioid use disorders in pregnancy and of infants prenatally exposed to opioids. Facilitated as part of a webinar series – see the textbox, National Center on Substance Abuse and Child Welfare: Webinar Series for a complete listing. [http://www.cffutures.org/presentations/webinars/opioid-use-disorders-and-treatment-pregnancy-webinar]
- Indian Health Services Webinar Series: Addresses various issues, including Breastfeeding and Substance Abuse: What do we really know? IHS Best Practice Guidelines and Neonatal Abstinence Syndrome: Scoring and Training Options [https://www.ihs.gov/telebehavioral/seminararchive/substanceuse/]
- Fetal Alcohol Spectrum Disorders (FASD): Online Course (SAMHSA). Provides an overview of risk factors for FASD, signs and symptoms, and prevention and treatment methods. The course includes seven modules that can be completed at each individual’s pace. Designed primarily for health, mental health, and social services providers, educators, and other professionals who work with children, adolescents, and adults with an FASD. Parents, caregivers, and family members of individuals with an FASD may also find it helpful. [http://fasdcenter.samhsa.gov/educationTraining/courses/FASDTheCourse/intro.aspx]
- Texas State Department of Health Services, Stronger Together, NAS Soothing Techniques for Mommies and Babies: Video showcasing professionals and mothers demonstrating techniques to help soothe withdrawal symptoms and the important role that birth mothers play in their child’s recovery. [http://www.dshs.state.tx.us/sa/nas/#journeys]
- University of Maryland Medical Center: Video describing Neonatal Abstinence Syndrome – symptoms, screening/identification, and treatment. Includes a mother’s experience in having a baby born with Neonatal Abstinence Syndrome. [https://vimeo.com/101299947]
V) Access to Medication Assisted Treatment

- Changes in Substance Abuse Treatment Use Among Individuals With Opioid Use Disorders in the United States, 2004-2013. Saloner and Karthikeyan, 2015. The study found that although individuals with opioid use disorders are receiving treatment in different types of settings, particularly in inpatient treatment at physician’s offices, treatment access and engagement continues to be low. http://jama.jamanetwork.com/article.aspx?articleid=2456156&resultClick=3

- Medicaid coverage and use limitations differ from state to state, resulting in challenges in accessing Medicaid coverage in some areas. The American Society of Addiction Medication (ASAM), Advancing Access to Addiction Medications, conducted a survey of State Medicaid agencies on accessing Medicaid for MAT http://www.asam.org/docs/advocacy/implications-for-opioid-addiction-treatment. Challenges reported by states in accessing Medicaid for MAT include:
  o Complex authorization and re-authorization processes
  o Lengthy approval processes
  o Minimal coverage or reimbursement of counseling services to accompany MAT while also requiring counseling services as a preauthorization requirement.
  o “Fail first” or “Step therapy” criteria that require documentation that less costly therapies have proven ineffective

- Certification guidelines for Opioid Treatment Programs (OTPs) require priority access for pregnant women, as well as the provision of or referral to prenatal care and other psychosocial supports. For additional information on certification guidelines, visit http://store.samhsa.gov/shin/content//PEP15-FEDGUIDEOTP/PEP15-FEDGUIDEOTP.pdf. For a listing of federally certified OTPs, visit http://dpt2.samhsa.gov/treatment/directory.aspx


- Some states have started to develop Medicaid Health Homes for individuals with opioid use disorders. The Center for Healthcare Strategy has developed an informational brief and webinar on the issue. The webinar features the States of Rhode Island and Vermont. http://www.chcs.org/resource/designing-medicaid-health-homes-individuals-opioid-dependency-considerations-states/
VI) Policy Related Resources

http://www.nature.com/jp/journal/v35/n8/full/jp201553a.html


- **Overview of State Legislation to Increase Access to treatment for Opioid Overdose.** Discusses State laws that have been enacted to increase access to treatment for opioid overdose. http://nasadad.org/2015/09/overview-of-state-legislation-to-increase-access-to-treatment-for-opioid-overdose-3/


- **U.S. Government Accountability Office (GAO) Report to Congressional Requesters: Prenatal Drug Use and Newborn Health, Federal Efforts Need Better Planning and Coordination** (February 2015). The GAO examined federal agency efforts related to prenatal opioid use and NAS to identify gaps and determine how federal efforts are planned and coordinated. The report recommends the United States Department of Health and Human Services (US DHHS) to designate a focal point to lead departmental planning and coordination on the issues. ONDCP and HHS concurred with the GAO recommendations. http://gao.gov/products/GAO-15-203


- Substance Abuse and Mental Health Services Administration (SAMHSA): Substance Exposed Infants, State Responses to the Problem. This study assessed State policy from the broadest perspective: prevention, intervention, identification, and treatment of prenatal substance exposure, including immediate and ongoing services for the infant, the mother, and the family. http://www.ncsacw.samhsa.gov/files/substance-exposed-infants.pdf
VII) Site Examples

The following provide examples of how jurisdictions have developed policy and protocols in working with pregnant women affected by opioid use disorders, their infants and families.

- **Association of State and Territorial Health Officials (ASTHO): Neonatal Abstinence Syndrome: How States Can Help Advance the Knowledge for Primary Prevention and Best Practices of Care**
  

- **State of Vermont**
  
  - *The Treatment of Opioid Dependence in Pregnancy: Vermont Guidelines*
    
    [http://www.uvm.edu/medicine/vchip/documents/CONFULTREATMENTGUIDELINESFINAL.pdf](http://www.uvm.edu/medicine/vchip/documents/CONFULTREATMENTGUIDELINESFINAL.pdf)
  

- **The Snuggle ME Project: Embracing Drug Affected Babies and their Families in the First Year of Life To Improve Medical Care and Outcomes.**
  
  Collaborative initiative between various service providers in the State of Maine. The collaborative seeks to improve outcomes for pregnant women with substance use disorders and their infants. Visit the following for additional information, including a screening, assessment and treatment protocol (e.g. screening algorithm):

  - [https://www.mainequalitycounts.org/page/2-934/snuggle-me-webinar-series](https://www.mainequalitycounts.org/page/2-934/snuggle-me-webinar-series)
  
  - [https://www.mainequalitycounts.org/image_upload/PLL_Introducing%20the%20Snuggle%20ME%20Recommendations_04.02.13.pdf](https://www.mainequalitycounts.org/image_upload/PLL_Introducing%20the%20Snuggle%20ME%20Recommendations_04.02.13.pdf)
  
  
  - [https://www.mainequalitycounts.org/image_upload/Screening%20algorithm.pdf](https://www.mainequalitycounts.org/image_upload/Screening%20algorithm.pdf)

- **State of Ohio**

  - *Maternal Opiate Medical Support (MOMS) Care Coordination Model*: Collaborative initiative seeking to improve outcomes for mothers and infants affected by opioid and other substance use disorders.

    

- **2013 Iowa Medicaid Birth Certificate Match Report: Neonatal Abstinence Syndrome, Factors Associated with Neonatal Abstinence Syndrome.** A project supported by an inter-departmental agreement between the Iowa Department of Human Services and the Iowa Department of Public
Health/Bureaus of Family Health and Health Statistics. The report summarizes recommendations to address risk factors, including tobacco use, among pregnant women with opioid use disorders.

- Community Care of North Carolina
  o Pregnancy Home Risk Screening Form
  o Home Care Pathways: Management of Substance Use in Pregnancy

- State of Washington
  o Washington Department of Health – Substance Abuse During Pregnancy: Guidelines for Screening and Management
  o Tacoma General Hospital MultiCare Health System: Neonatal Abstinence Syndrome – Finnegan Scoring Tool. Contact NCSACW for additional information.

- Inpatient Pathway for the Evaluation/Treatment of Infants with Neonatal Abstinence Syndrome. The Children's Hospital of Philadelphia
  http://www.chop.edu/clinical-pathway/neonatal-abstinence-syndrome-clinical-pathway

- Queensland, Australia: Neonatal Abstinence Syndrome Clinical Treatment Pathway