

Building Bridges: A Journey to Recovery in Pregnancy

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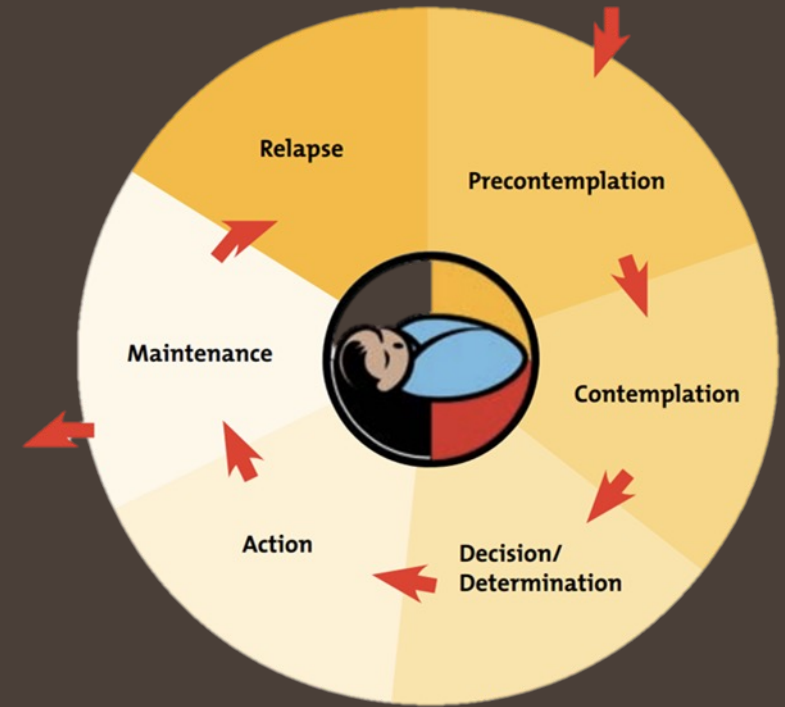
Disclosures

- Dr. Kari Josefson, APRN-CNP, DNP
 - No relevant financial or nonfinancial relationships to disclose
- Nicole “Nikki” Larsen, RN
 - No relevant financial or nonfinancial relationships to disclose
- Teresa Grund R.Ph., BCPS, BCPP
 - No relevant financial or nonfinancial relationships to disclose



Scenario

- 23 y.o. G2P1 patient estimated at 17 weeks gestation
- Medical history significant for OUD, depression, and obesity.
- Using IV Heroin for the past 1-2 years; started using opioids about 5 years ago
 - Referred for Rule 25 assessment with placement
- What does this patient do until intake?





Building the Bridge



Building the Bridge

- Goals:
 - Develop a team-based approach to transitional care
 - Increase access to care with multiple points of entry
 - Develop a welcoming environment
 - Provide care coordination to access wrap around services
 - Provide opportunity for MAT as well as medications to treat withdrawal symptoms



Building the Bridge

The Team

- Registered Nurse
- Pharmacist
- Mental Health Specialist
- Primary Care Providers
- Emergency Room Providers





Building the Bridge

Nursing Role

- Be Prepared to Listen
- Assessment
- Collaboration on Treatment
- Education
- Referral
- Documentation



Building the Bridge

Pharmacist
Role

- Collaborative Practice Agreement
- Induction support
- Withdrawal management
- Education
- Other
- Warm line

RED LAKE
Pharmacy
Delivered
Medication
Assisted
Treatment
(MAT) Service

May

2020

Approved:

Romie A.
Tinsay -S
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A. Tinsay -S
Date: 2020.06.11
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Clinical Director & Date

Red Lake
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Director, Pharmacy Services & Date



Building the Bridge

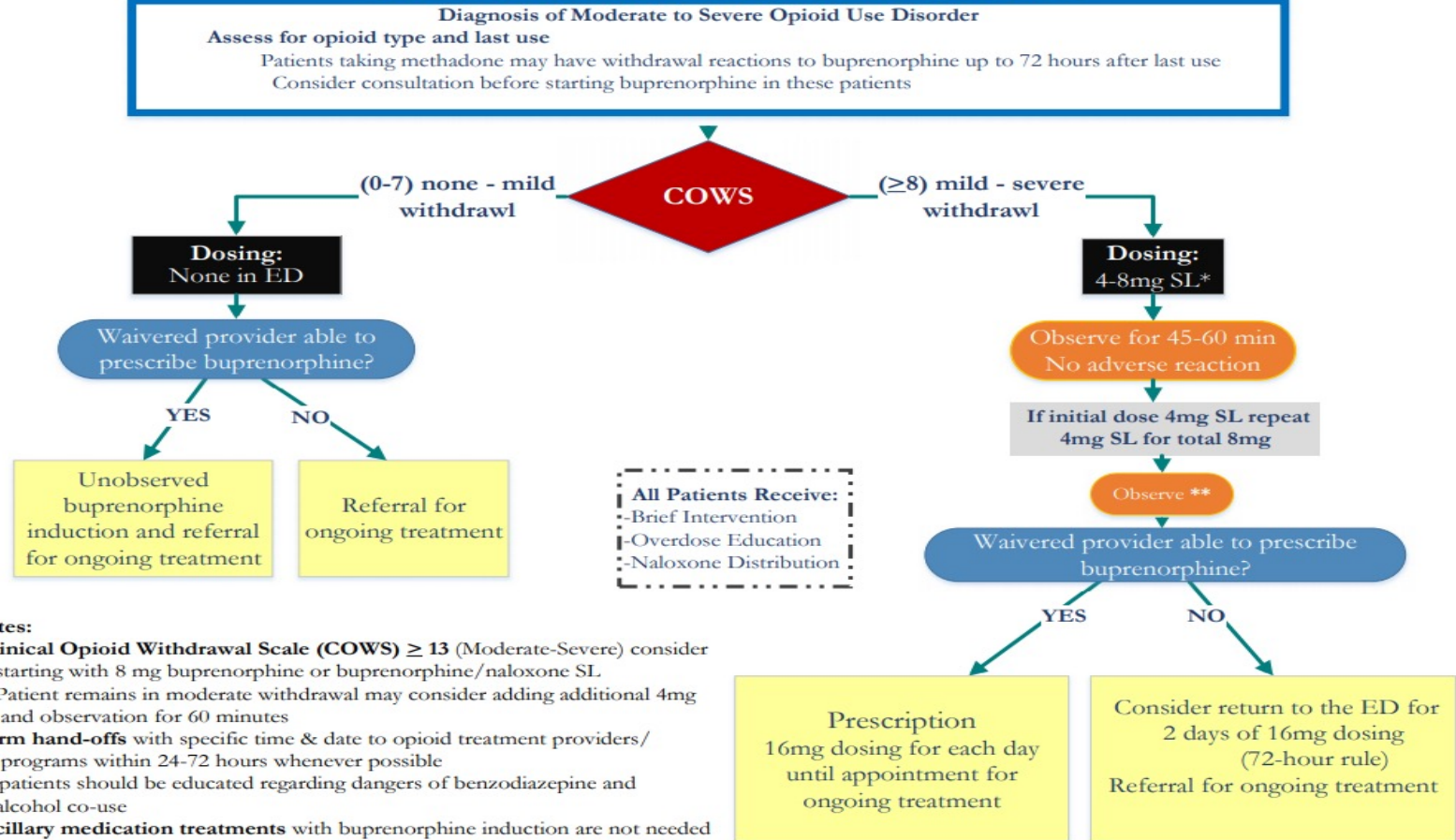
Provider Role

- Get Waivered*
 - SAMSHA.gov
 - Patient max 30,100,275
- Be Available
 - Walk-in appts
- Assessment
- Treatment
 - Subutex vs Suboxone
 - Outpatient, Home-based, or observational admit
- Education
 - Neonatal abstinence syndrome
 - Breastfeeding
- Referral
 - Wellness Court
 - High-Risk OB
 - Long-term treatment option
- Documentation*
 - Use correction diagnostic coding
 - Appropriateness for outpatient therapy



Building the Bridge

ED-Initiated Buprenorphine



Avoiding the Bridge to No Where

- Assistance with Insurance
- Reconnecting with health care
- Partnerships with Tribal Services
 - Child Protective Services
 - Chemical Health
 - Healing to Wellness Court
 - Traditional Healers
 - Social Support Services
 - Transportation
- Partnerships with Outside Facilities



Avoiding the Bridge to No Where



- <https://www.indiancountryecho.org/plans-of-safe-care-toolkit/>

Plans of Safe Care Toolkit

Description

Substance use disorders (SUDs) deeply impact American Indian and Alaska Native (AI/AN) pregnant and parenting people (PPP). Like others in the US, AI/AN communities have developed innovative strategies in response.

To assist these efforts, the Northwest Portland Area Indian Health Board, alongside clinicians and individuals in recovery, developed a [Plans of Safe Care Toolkit](#).

This toolkit is designed to:

- Help clinicians care for AI/AN PPP and their infants impacted by SUDs
- Support PPP transitioning into and remaining in active recovery, and
- Assist affected partners and families in growing stronger

The toolkit offers:





Complicating Factors

Co-morbid
chronic
disease

Co-occurring
mental health

Polysubstance
use

Barriers

Rural Access
to Care

Hard
conversations

Stigma

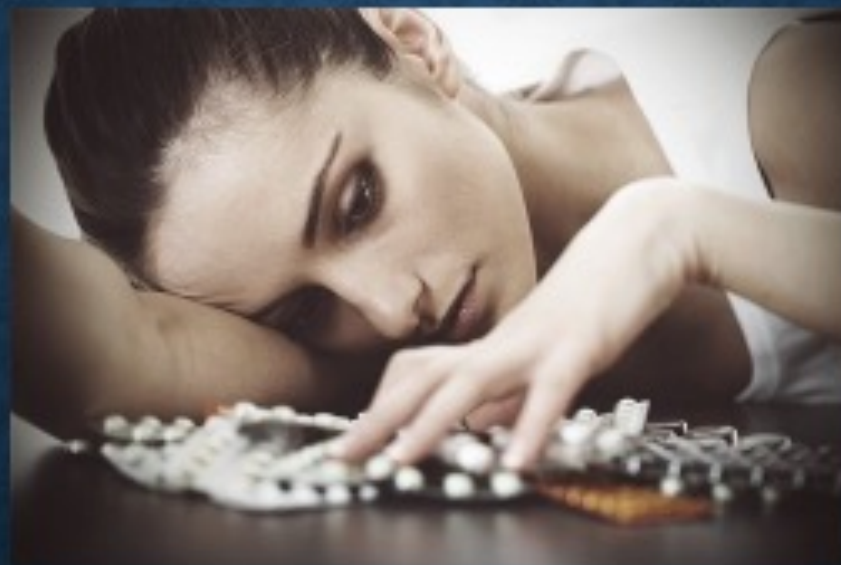
"Flawed Character"

"Why Can't They Just Quit?"

"Un-educated"

"Worthless"

"From a Broken Home"



"Lazy"

"Poor"

"Bad Personal Choice"



CLINICIAN-TO-CLINICIAN
SUBSTANCE USE WARMLINE
(855) 300-3595

6 am—5 pm PST (Mon-Fri)

Submit cases online: nccc.ucsf.edu



Program Sustainability

- Billing
- Staffing
- Space
- Continuous program assessment

Outcomes

Project Year	Total Visits for MOUD*	Total Patients for MOUD
2018	1710	106
2019-2020	2457	101
2020-2021	2625	177

- Improved identification of co-occurring disorders/diseases with help to coordinate services during and after pregnancy
 - Sexually Transmitted Infections: Syphilis, Hepatitis C, HIV
 - Behavioral Health: depression, anxiety
 - Chronic Health Conditions: DM II, HTN
- Transition to long-term care





Expanding Services

- Connecting to Patient Centered Medical Home
- Mobile Clinic Harm Reduction Services
- Expanding women's health services
 - Local collaboration
 - Regional collaboration
- Community engagement events
- Focusing on unserved patient populations
- Expanding our team



Scenario

28 y.o. G₄P₃ estimated at 9 weeks gestation

Medical history significant for depression

Hx of IV fentanyl use with last use being >24 hours prior

Referral to Recovery Care Team with induction that day

Maintained on Suboxone for the duration of pregnancy

Delivers a healthy baby boy without incident, monitored for N_{OWS}, and discharged home TOGETHER!!

We come from water.

It nourished us inside our mother's body.
As it nourishes us here on Mother Earth.
Water is sacred, she said.



Illustration by Michaela Goade from the book *We Are Water Protectors* by Carole Lindstrom

Resources

- Indian Country ECHO. <https://www.indiancountryecho.org/>
- Minnesota Hospital Association (2021). *Perinatal substance use road map*.
<https://www.mnhospitals.org/Portals/0/Documents/patientsafety/Perinatal/Perinatal-Substance-Use-Road-Map.pdf>
- The Mother/Infant Opioid and Substance use Treatment and Recovery Effort (MOSTaRE).
<https://minnesotaperinatal.org/opioid-use-in-pregnancy/>
- SAMHSA (2018). Opioid use disorder in pregnancy.
<https://store.samhsa.gov/product/Opioid-Use-Disorder-and-Pregnancy/SMA18-5071FS1>

References

- AIM (2018). Recognizing opioid use disorder during pregnancy: Effective screening methods for OUD and its co-morbidities.
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- Angarita GA, Reif S, Pirard S, Lee S, Sharon E, Gastfriend DR. No-Show for Treatment in Substance Abuse Patients with Comorbid Symptomatology: Validity Results from a Controlled Trial of the ASAM Patient Placement Criteria. *J Addict Med.* 2007 Jun;1(2):79-87. doi: 10.1097/ADM.0b013e3180634c1d. PMID: 21768939
- Jones HE, Kaltenbach K, Heil SH, Stine SM, Coyle MG, Arria AM, O'Grady KE, Selby P, Martin PR, Fischer G. Neonatal abstinence syndrome after methadone or buprenorphine exposure. *N Engl J Med.* 2010 Dec 9;363(24):2320-31. doi: 10.1056/NEJMoa1005359. PMID: 21142534; PMCID: PMC3073631.
- Moldenhauer, Rick. (2017). *Tribal Opioid Summit "The Song Remains the Same"* [PowerPoint presentation]. Tribal Opioid Summit 2017, Minnesota. <https://www.mnchippewatribe.org/opioidsummit.html>

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