

# Compassionate Care to People with SUD C.H.O.I.C.E.

Brooke Schaefer FNP

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Director of Perinatal Substance Use Disorder Treatment Programs for  
Community Health Network

Prescriber for the CHOICE program

Up to 100 patient panel

Previously a NICU nurse and resource team RN for 11 units

BUT I really think of myself as...

**THE TEAM MOM**



# Pregnant Drug Addicts

Think for a minute how that makes you feel.

*Disgust? Anger? Frustration? Pity? Hatred? Revulsion? Repugnancy?  
Outrage? Annoyance? Irritation? Exasperation? Sadness? Grief?  
Loathing?*

What biases do you hold towards these women?

*Weak, criminal, drain on society, immoral, uneducated,  
poor, prostitute, bad mom*



# Why should we care?

- 2019
  - Opioid related overdose deaths are predicted to be the leading cause of accidental deaths in the US
- The fart story

*It doesn't matter what department you work in, you are going to have interactions with patients or family members dealing with addiction.*



WHAT CAN I DO?



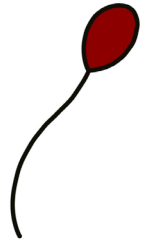
## The F Words

- Forgiveness
- Flexibility
- Fortify

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# Forgiveness: Tough love is for your mama.

- Auntie Rules
- Being lied to? Who cares?
- Be kind, don't be a wimp
- You think they are exhausting? Try living i
- Let it go and move on with yourself



LET IT GO...

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# Flexibility

- PROGRESS NOT PERFECTION
- Bumps in the road, not off in the woods
- COME BACK! Don't disappear
- Setbacks- not relapse
- If they have troubles they need us even **more**, not cut off and discarded
- "Punishing" or "Teaching Them a Lesson" doesn't help if they are dead



Photo Credit: Petersen's 4Wheel & Off-Road





# Fortify

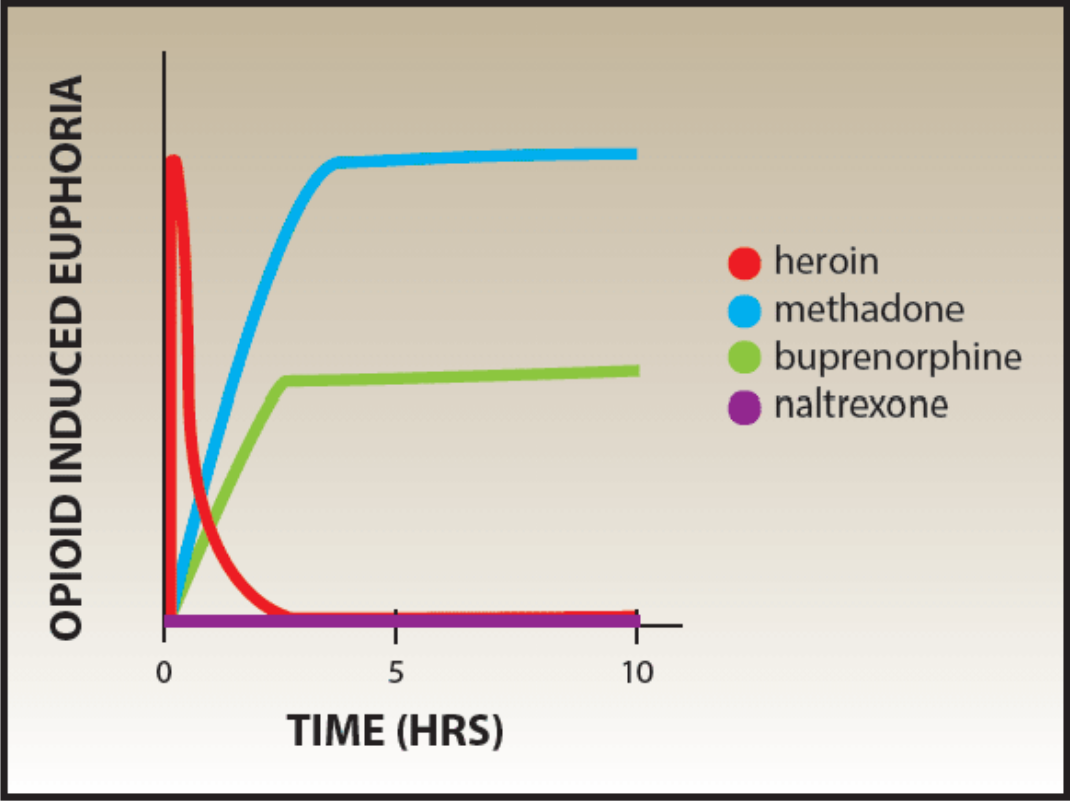
*-strengthen (a place) with defensive works so as to protect it against attack.*

- Wrap them in layers of protection to help minimize triggers and setbacks
- Set the example of outside the box thinking
- Think of simple barriers to be fixed
- Don't teach them to fish on day one, feed them first, then teach them to fish
- YOU ARE NOT PREPARING YOUR KIDS FOR COLLEGE - AUNTIE RULES!!!!
- Stumped? Don't be a silo.



## Medications (MAT)

- SubuTEX(buprenorphine)
- SubOXONE(buprenorphine and naloxone)
  - Allergic? Nope
- Methadone
- Narcan (naloxone)
- Vivitrol (naltrexone)





## Weaning Mom's dose:

- Not recommended
- Too high risk for relapse
- Why do we want to hurry the weaning? What does the patient gain?
- Usually need increased dose in third trimester



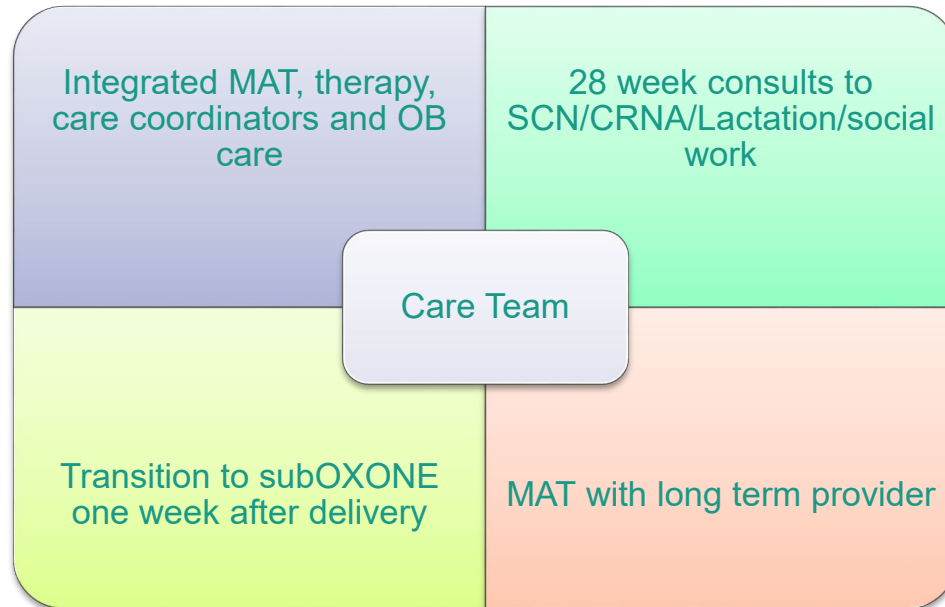
## C.H.O.I.C.E. Program

- Detox 3+ days at East OB/GYN- not jail detox
  - Coming to Anderson October 14<sup>th</sup>
- Private room, private bath
- May choose to leave at any time
- They keep their phone
- They can have visitors
- 3-4 day stay
- Plan of care is established in that time

PRINCESS  
DETOX

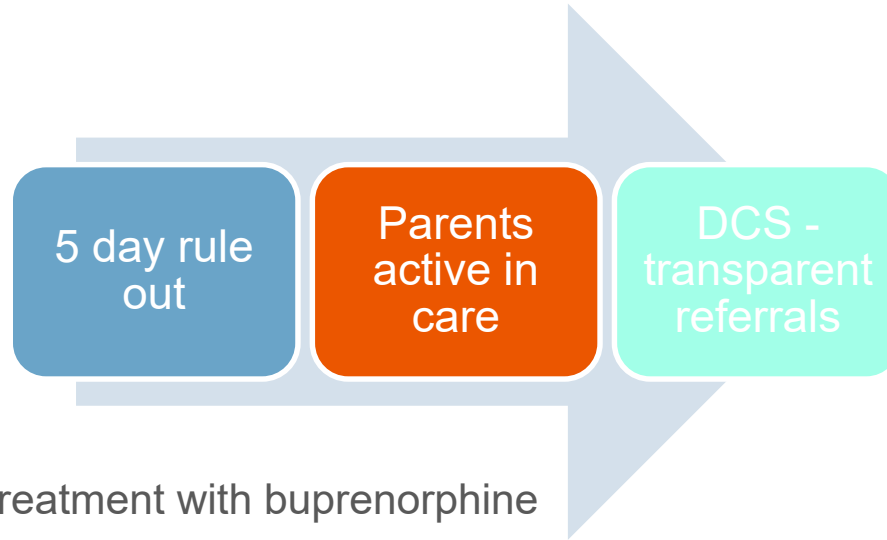


# C.H.O.I.C.E. Program





## The Baby:



East: ESC and treatment with buprenorphine

Other sites: Finnegan scoring and morphine

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# Tangent:

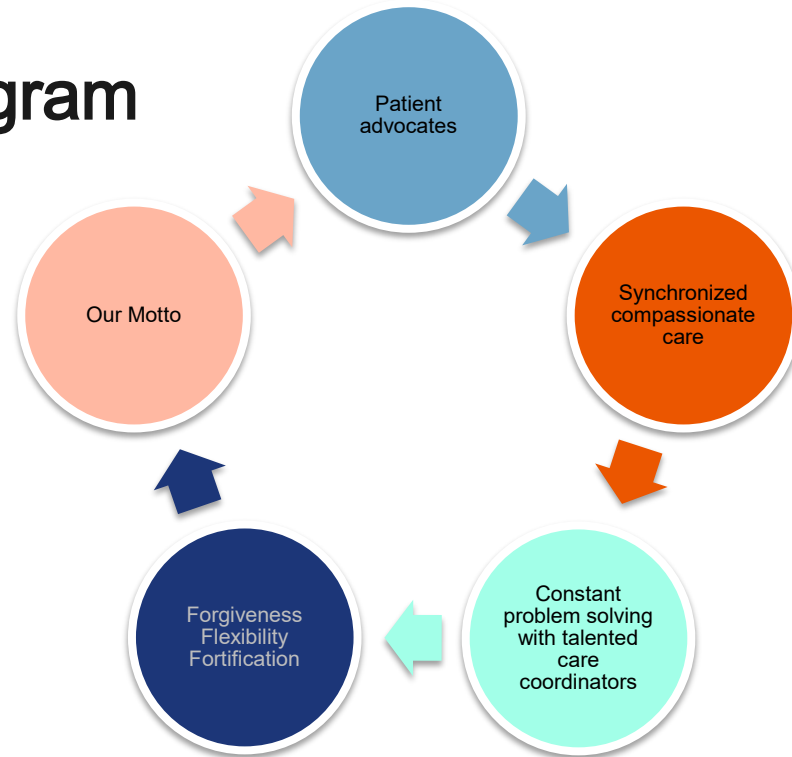
- The title of the word “addict”
- Educate the families
- Don’t let the family use the wrong words



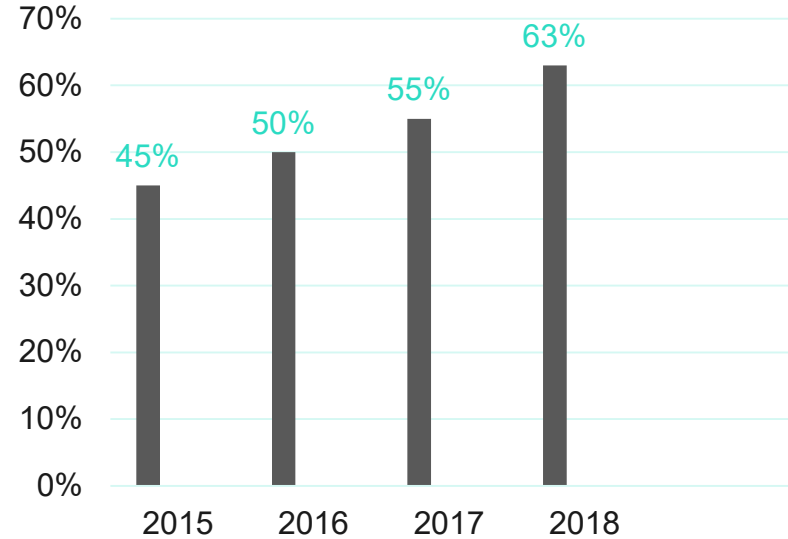




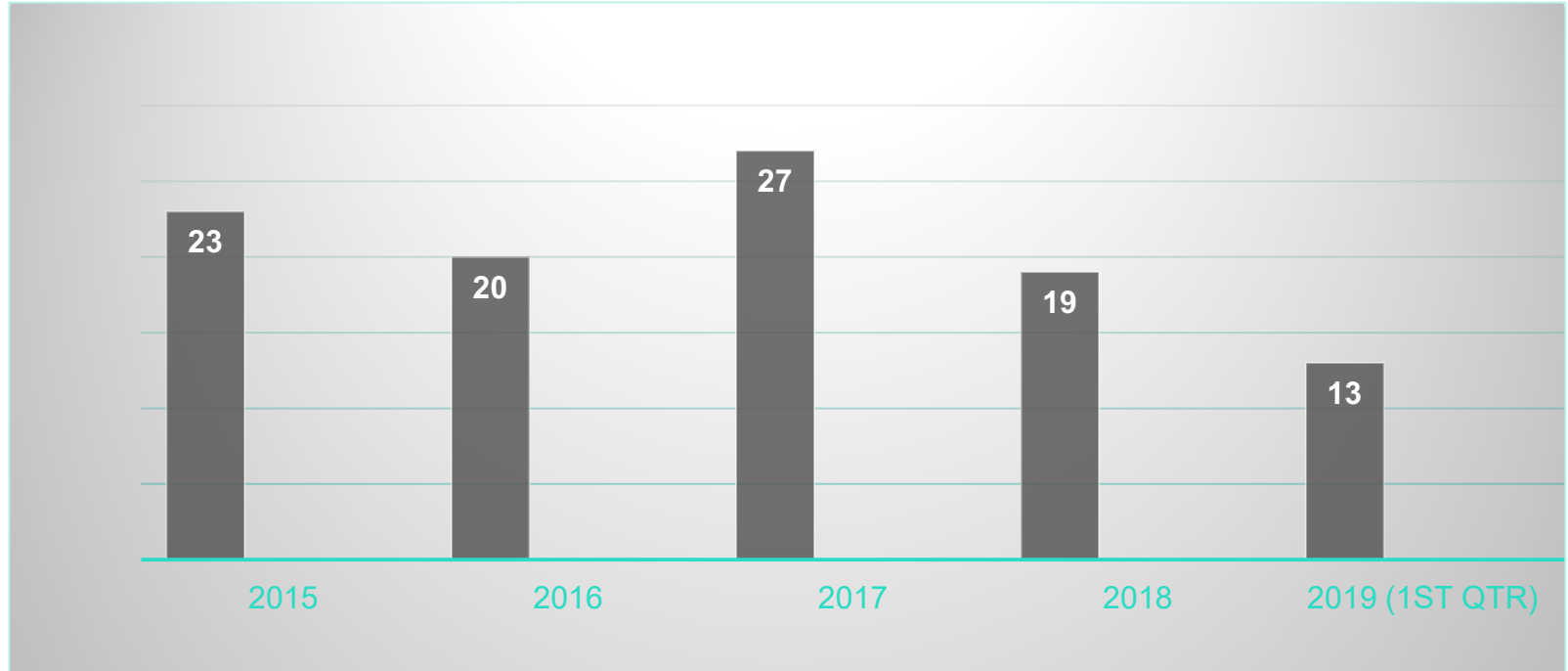
# C.H.O.I.C.E. Program



Women who test positive for drugs prenatally and later test negative upon admission for labor and delivery



## Average Length of Stay for Babies with NAS Dx



# Breastfeeding

- Subutex has poor oral bioavailability
- Very small amount present in milk
- 30% reduction in need for medical treatment of NAS if breastfed
- 50% decrease in length of stay if admitted and breastfed
- Improved bonding
- Positive reinforcement for mothers recovery
  
- What about Hep C?? BREASTFEED!
  - Unless cracked or bleeding nipples

**What is the most important thing?**

**EMPATHY**

# Our secret weapon:

## *Optimism*

Let's truly believe that no life is a throw away life.

Let's fall in love with the potential we all possess.

Let's nurture other people to be their greatest self.

# Take Away:

FORGIVENESS FLEXIBILITY - FORTIFICATION

Auntie rules, not the time to teach them a lesson

Feed them, then teach them to fish

Hard truths spoken out loud

Bumps in the road? MORE help!

EMPATHY

Stumped? Don't be a silo!

# Questions?







# Books worth reading

- [Dreamland](#)
- [Hillbilly Elegy: A Memoir of a Family and Culture in Crisis](#)
- [Chasing the Scream: The First and Last Days of the War on Drugs](#)
- [Evicted: Poverty and Profit in the American City](#)
- [American Pain: How a Young Felon and His Ring of Doctors Unleashed America's Deadliest Drug Epidemic](#)