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.

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
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 it
- Let it go and move on with yourself

LET IT GO...
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
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 14th
- 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
C.H.O.I.C.E. Program

- Integrated MAT, therapy, care coordinators and OB care
- 28 week consults to SCN/CRNA/Lactation/social work
- Transition to subOXONE one week after delivery
- MAT with long term provider
The Baby:

East: ESC and treatment with buprenorphine
Other sites: Finnegan scoring and morphine
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

- 2015: 23
- 2016: 20
- 2017: 27
- 2018: 19
- 2019 (1ST QTR): 13
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