

RECOMMENDATIONS FOR COUNSELING PREGNANT PATIENT



Patient Does Not Want to Stop Using:

For the Patient: Patient has the freedom to make her choices. Educate the patient on:

- Reduce IV use, discuss snorting instead of injecting, goal is zero IV use.
- Buy from the same supplier every time, hoping for consistent dosing.
- Make sure someone knows where they are and when they are expected back.
- Encourage routine OB care.
- Use with a sober partner who can call 911 if needed.
- Obtain naloxone from pharmacy for emergency use. Store in safe place and inform another adult.
- Talk to case manager weekly.
- Encourage no needle sharing and seek sterilized needles.
- Utilize needle exchange and ask providers for script.

For the Provider:

- Supply patient with naloxone prescription with refills, goal is at least two doses.
- Give them a 24 hour a day access to care if possible but may be rare in rural communities.
- Safety planning till services can be established.
- Approach every interaction with patient with an open mind towards recovery.
- Seek mentorship from others with experience treating patients with perinatal substance use disorders.
- Peer recovery coach/specialist referrals, virtual when needed.
- Obtain ROI's to communicate with other providers.

Patient wants to obtain sobriety

- Counsel on choice of Medication Assisted Treatment (MAT).
- Refer to MAT provider for rapid access to recovery services and if possible, have a warm handoff.
- Address barriers to treatment.
- Seek assistance from insurance case managers.
- Link patient to OB provider: Flexibility with no shows, late arrivals, and scheduling
- Supply patient with naloxone prescription with refills, goal is at least two doses.
- Help patient establish behavioral health services.
- Consider higher levels of care with relapses:
 - MAT only -> therapy with MAT -> IOP with MAT -> inpatient with MAT
- Consider safety planning needed until services can be established.
- Refer to peer recovery specialist referrals, Virtual when needed.
- Expand mentorships for program experienced in PSUD to consult with offices less experienced.
- DCS - verify rules and regulations.
- Unless concerned about your own safety, be open with the patient about need for DCS referrals.

- <https://www.overdoselifeline.org/2020-indiana-naloxone-request/>
- Mentorship/peer recovery information: www.indianarecoverynetwork.org there is a 'connect with a peer' button on the front. Can use that anywhere in Indiana. Can also call 2-1-1 and press 6.
- <https://in211.communityos.org/>