

Background

Nationally, rates of opioid use disorder at delivery hospitalization more than quadrupled during 1999–2014 resulting in 6.5 out of every 1000 deliveries.

Internal Data

- 119 pregnancies complicated by substance abuse at Banner Gateway from January 2019 through July 2019
- 19 newborns admitted to NICU for Neonatal Abstinence Syndrome at Banner Gateway from January 2019 through July 2019

External Data

- One Neonatal Abstinence Syndrome diagnosis every 15 minutes in the United States.

Purpose

The purpose of this project was to increase nurse comfort level when caring for pregnant patients with substance exposure.



Alternative Pain Management

As you know, we have a nationwide opioid crisis and Banner Gateway is passionate about joining the efforts to decrease the amount of opioids in the community as well as effectively manage your pain. The nurses and physicians have worked together to provide you with multiple pain relief options that research has shown may manage your pain while you are in the hospital and at home better than narcotics.

Alternatives to opioids may include:

- Ice Pack
- Heating Pad
- Aromatherapy
- Ibuprofen
- Tylenol
- Lansinol
- Tucks Pad (Witch Hazel)
- Benzocaine Spray
- Sitz Bath (after 24 hours)
- Gas-X
- Walking
- Massage your uterus



Education created to assist nurses to have conversation with patients about alternatives to using opioids.

Your nurse is committed to working with you to help you achieve the best outcomes and comfort after delivery.

Methods

- Attended Maternal Child Health Nurse Leadership Academy sponsored by Johnson & Johnson Foundation
- Pre-survey of staff attitudes and biases
- Mandatory staff education regarding substance abuse
- Scripted intake screening
- Drug Screen Care Bundle
- Post-survey of staff

Implementation

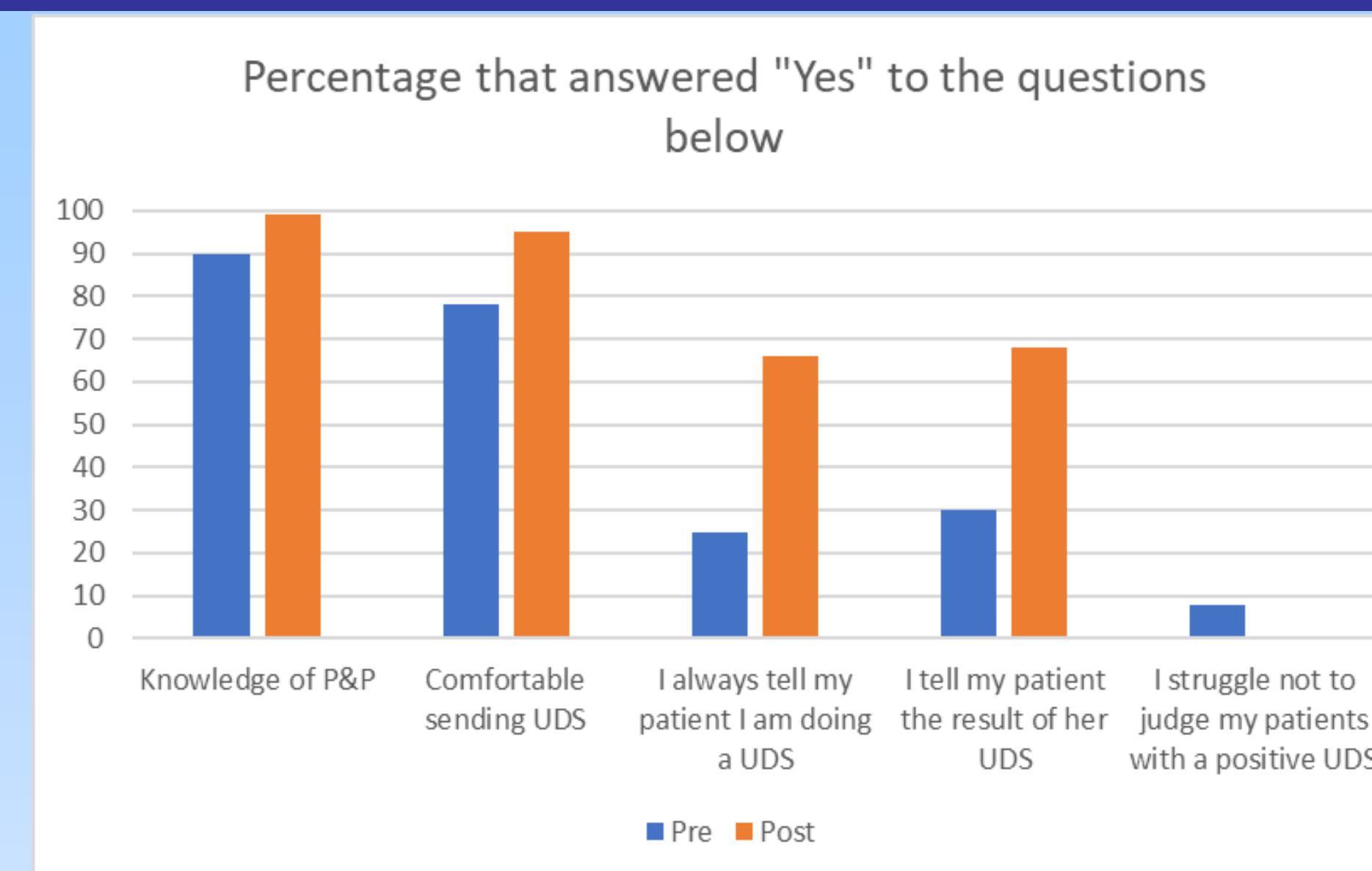
- Staff education
- Standardized workflow for the care of pregnant patients with substance exposure
- Standardized screening tool
- Bundle of tasks to be completed during hospitalization.
- Pilot of cord collection for drug screen vs meconium

Below is a list of substances that may affect the care of you and your baby. Please circle which substance(s) you are currently taking or have used in the past.

- Alcohol
- Citalopram (Celexa)
- Cocaine
- Codeine
- Ecstasy
- Escitalopram (Lexapro)
- Fentanyl
- Fioricet
- Fluoxetine (Prozac)
- Fluvoxamine (Luvox)
- Heroin
- Hydrocodone (Zohydro ER, Vicodin, Norco, Lortab)
- Kratom
- Labetalol
- LSD
- Marijuana
- Metformin
- Meth
- Methadone
- Nicotine
- Oxycodone (OxyContin, Roxicodone, Percocet)
- OxyContin
- Paroxetine (Paxil)
- Sertraline (Zoloft)
- Spice
- Suboxone
- Tobacco
- Vaping
- Vilazodone (Viibrid)
- Vortioxetine (Brintellix)
- Wax pen



Results



Leadership Journey

Inspire a Shared Vision

- Nurses voiced frustration over inconsistency and self identified bias

Challenge the process

- Current policy vague set out to create unit guidelines

Enable other to act

- Created the HOPE team to involve staff from all WIS areas

Model the Way

- Implement UDS bundle, create alternative therapy signage for patient education, and promoted Opioid Awareness

Encourage the Heart

- Audited for compliance and rewarded staff when it was done correctly

References

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