Enhancing Nursing Knowledge and Application of Education to Opioid Addicted Pregnant Women: A Literature Review

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Purpose
Based on a review of existing literature this poster will identify the demand for an updated evidence-based nursing protocol that encompasses the care, treatment, and educational needs of the opioid addicted pregnant woman, postpartum mother, and newborn as well as impart the pertinent nursing considerations.

Background
- 5-fold increase of antenatal substance abuse
- 8-fold increase for neonatal abstinence syndrome (NAS) occurrence and treatment
- 5.9% of all pregnant women use illicit substances

Methods
A literature search was conducted using CINAHL, Pub Med, Medline and Cochrane databases. Over 100 research articles and tens of health-based websites were reviewed.

Patient Care and Education Principles
Nursing care of this complex patient dyad demands a multidisciplinary approach through assessment and treatment that meets their physical, psychological, and psycho-social needs.

Nursing Approach
- Non-Judgmental
- Non-Stigmatic
- Trustworthy
- Therapeutic Communication
- Involve Patient in Decision Making
- Respect and Dignity
- Non-Domineering Behavior

Substance Abuse Screening
Maternal and Newborn Discharge Planning
Physical Assessment
Mother Baby Bond
- Nurse needs to promote mother newborn attachment
- Maternal education on newborn physical, psychological, and emotional needs
- Maternal education on appropriate parenting skills
- Promote Enhanced Learning
  -Rooming In
  -Skin to Skin Contact
  -Breastfeeding
  -Parenting Class

Conclusion
This vulnerable patient dyad requires comprehensive, holistic, and ongoing care and education. Implementing an opioid care and education protocol reflective of the physical, psychological, and psycho-social needs of this dyad in a non-threatening and non-stigmatic way is imperative. Providing these comprehensive services from the point of initial contact through discharge/recovery care would improve treatment success. Leading to improved patient recovery and a healthier future for the mother and newborn family.

References

(Grans et al., 2015; Morris, Seibold, & Webber, 2012)