

Nurse Practitioner Knowledge of and Approach to Substance Use Disorder in Pregnant Women

Lisa Ann Bernard, DNP, CPNP, CLC

University of South Florida - College of Nursing

Purpose

The purpose of this quality improvement project is to increase awareness, knowledge of and approach to substance use in pregnant woman for the members of the Florida Nurse Practitioner Network (FNPN).

Background

- Women of childbearing age (15 & 44 years) have the highest level of exposure to, the risk of abuse and dependence with illicit substances.
- 85% of female opioid users in the U. S. are of childbearing age.
- 1 in 5 women fills an opioid prescription at some time during her pregnancy.
- 5.4% of pregnant women use illicit drugs.
- *Healthy People 2020* objective is for a pregnant woman to abstain from illicit drugs, the goal is 98.3%.
- *National Survey on Drug Use & Health* state that the proportion of pregnant females, aged 15-44 in the nation who reported abstaining from illicit drugs the past 30 days:

2007 - 94.8%

2012 - 94.6%

2017 - 95.9%

- Substance use in pregnancy is a critical public health crisis
- 380,000 offspring are exposed to illicit substances annually (Forray, & Foster, 2015).
- A child is born in the U.S. every 60 minutes with Neonatal Abstinence Syndrome (NAS) (Patrick, Davis, Lehman, & Cooper, 2015)



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Literature Review

American Academy of Pediatrics

- Policy statement in 2017
- Increase providers capacity in substance use detection, assessment, & intervention = SBIRT

American College of Obstetrics and Gynecology

- Committee Opinion Number 711, August 2017
- Early universal screening of pregnant women
- Screening for substance use should be part of comprehensive obstetric care
- Done at first prenatal visit & all subsequent visits

Substance Abuse Mental Health Service Administration

- Title 42, Code of Federal Regulations - Part 8
- Identify, reduce & prevent problematic use, abuse, & dependence on illicit drugs by screening

Screening, brief intervention and referral to treatment (SBIRT) is an evidence based public health model for a provider to do a comprehensive universal screening.

The standard of care is for a provider in their daily practice, to adopt and utilize a substance screening tool, regardless of their area of specialty.

Methods/Measures

Setting:

QI project was completed using sampling strategy of recruitment email sent to eligible nurse practitioners (10,000) within FNPN using volunteer participation in a twenty minute survey.

Instruments :

Investigator-developed survey with pre/post test

Qualtrics Survey

IRB Approval (Pro00033487)

Sociodemographic questions (9)

NP Exposure and Experience with SUD in Pregnant Woman questionnaire (8)

Pre-test questions (8)

Power Point presentation (7 minute)

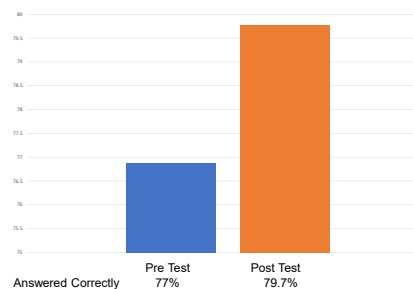
Post-test questions (8)

Vimeo of provider and patient using SBIRT (10 minutes) SCAN ME

Results

- 10,000 members of the Florida Nurse Practitioner Network (FNPN) received an email for the survey
- 112 participants partially completed the survey
- 45 participants completed the survey

	N	Mean	Std. Deviation
PRESCORE	45	6.40	0.986
POSTSCORE	45	6.38	1.230



Socio-demographics

Variable	n
Age 41-50	15 (33.3%)
> 50	28 (62.2%)
Gender	
Male	5 (11.1%)
Female	39 (86.7%)
Education Level	
Masters	30 (66.7%)
Doctorate	14 (31.1%)
Hours of Training for Substance Use Pregnancy:	
None	18 (40%)
1-10 hours	12 (26.7%)
11-20 hours	6 (13.3%)
21-30 hours	4 (8.9%)
>30 hours	5 (11.1%)
Use of SBIRT Screen	
Yes	7 (15.6%)
No	33 (73.3%)
Other Tool	5 (11.1%)
Years of Practice	
0-5 YRS	13 (28.9%)
6-15 YRS	16 (35.6%)
16-25	9 (20%)
> 25 YRS	7 (1.6%)
NP Exposure & Experience with SUD in Pregnant Woman	
42.2% likely to ask about substance use in a pregnant women.	
55.6% likely to incorporate SBIRT into their daily practice	
77.8% likely to seek further education related to SUD in pregnancy	

Discussions

This was the first educational improvement initiative to focus on Florida NP's and substance use disorder in pregnancy for the FNPN.

The pre-test score was 6.4 and the post test mean was 6.38, indicating no difference.

Pre-test questions answered correctly was 77% compared with Post-test questions answered correctly of 79.7% - a 2.7% increase in NP knowledge

NP's are in a position to participate in the current initiatives to reduce the incidence of substance use exposure during pregnancy.

Limitations

Nurse practitioners who chose to do the survey may be different than those who chose not to do the survey. Results of the participants identified that 95.5% were >41 years of age and 86.7% were female.

The Qualtrics survey was not cell phone accessible; was only available for 30 days; length of the survey (20minutes) which may have been a deterrent for completing the entire survey and was an investigator-developed instrument.

Acknowledgements

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References

- Forray, A, & Foster, D. (2015). Substance use in the perinatal period. *Current Psychiatry Reports*, 17(11), 91.
- Patrick, S W., Davis, M. M, Lehman, C. U., & Cooper, W. O. (2015). Increasing incidence & geographic distribution of NAS: United States 2009 to 2012. *J Perinatology*, 35, 650-655.