

Perinatal Management of Emerging Substance Use Threats

Implications for Perinatal Care

ASAM 56th Annual Conference – Saturday – April 26th – 1:15 – 2:30 pm

- Niraj R. Chavan, MD, MPH, FACOG, FASAM
- Maria Manriquez, MD, FACOG, FASAM
- Cresta Jones, MD, FACOG, FASAM



Disclosure Information

- ◆ Niraj Chavan
 - ◆ No Disclosures
- ◆ Maria Manriquez
 - ◆ No Disclosures
- ◆ Cresta Jones
 - ◆ No Disclosures

Learning Objectives

- ◆ Address the perinatal impact of emerging topics related to substance use/misuse
- ◆ Introduce key management considerations for perinatal exposure to or use of emerging substances
- ◆ Introduce newer applications for established care such as harm reduction and for the changing landscape of cannabis use in the United States

Perinatal “MED” talks

- ◆ Perinatal considerations with xylazine exposure
- ◆ Perinatal considerations with nitazenes and tianeptine
- ◆ Kratom use and pregnancy
- ◆ Perinatal harm reduction
- ◆ Prenatal implications of CBD and cannabis
- ◆ Impactful legislative advocacy in the context of prenatal cannabis use

Xylazine and Pregnancy

Niraj R. Chavan, MD, MPH, FACOG, FASAM
Saint Louis University / SSM Health

Flesh-eating 'zombie drug' saturating Los Angeles streets, officials say

BY VIVIAN CHOW AND KAREEN WYNTER - 05/12/23 9:41 AM ET



SHARE



TWEET



16 Comments

HEALTH

\$2 tests to detect 'tranq' are first strike at US 'zombie drug' epidemic

By Andrew Court

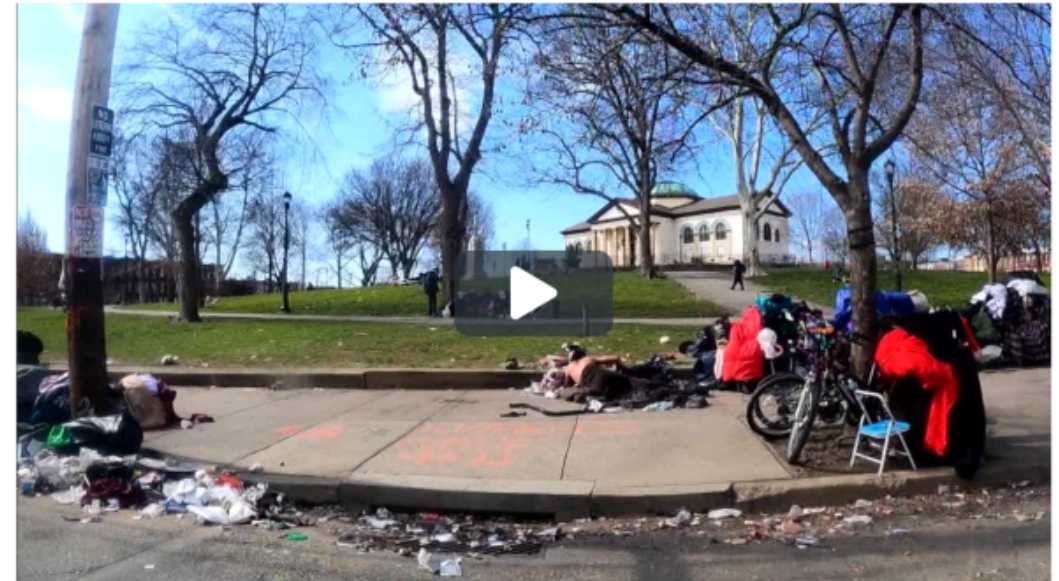
Published March 27, 2023 | Updated March 27, 2023, 5:21 p.m. ET

'Good luck': A warning from Philadelphia as xylazine spreads to Minnesota's drug supply

Ryan Raiche KSTP

Updated: May 2, 2023 - 7:08 PM

Published: May 1, 2023 - 9:44 AM



<https://kstp.com/5-investigates/good-luck-a-warning-from-philadelphia-as-xylazine-spreads-to-minnesotas-drug-supply/>
<https://nypost.com/2023/03/27/tests-to-detect-flesh-rotting-tranq-move-to-market-amid-fear-of-new-nationwide-drug-epidemic/>
<https://thehill.com/homenews/4001566-flesh-eating-zombie-drug-saturating-los-angeles-streets-officials-say/>

APRIL 12, 2023

Biden-Harris Administration Designates Fentanyl Combined with Xylazine as an Emerging Threat to the United States



▶ ONDCP

▶ BRIEFING ROOM

▶ PRESS RELEASES



<https://www.whitehouse.gov/ondcp/briefing-room/2023/04/12/biden-harris-administration-designates-fentanyl-combined-with-xylazine-as-an-emerging-threat-to-the-united-states/>

Xylazine

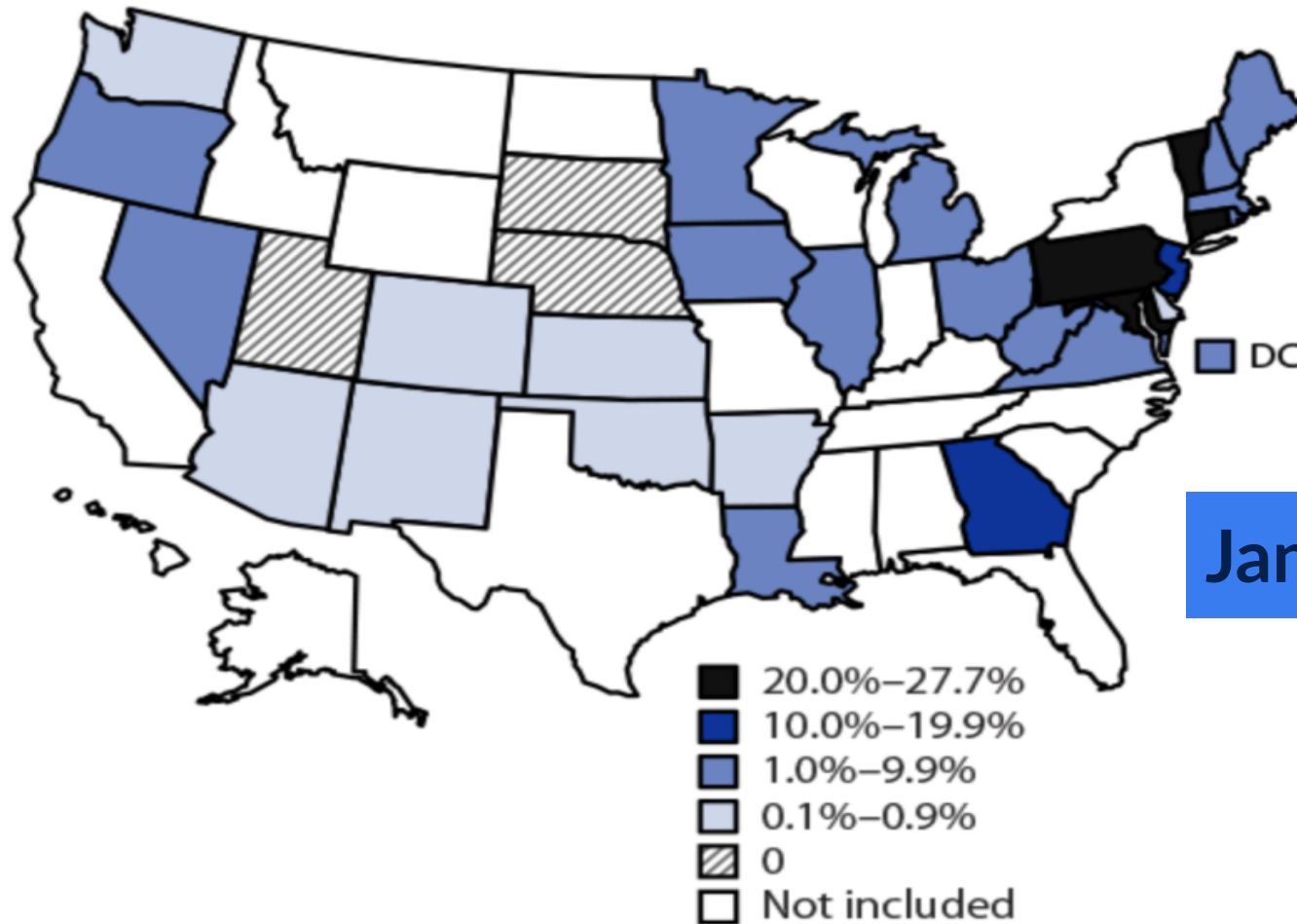
- ◆ Developed in 1962 by Bayer pharmaceuticals as an antihypertensive
- ◆ Trials in humans stopped due to hypotension and CNS depression
- ◆ FDA approved for veterinary use as a sedative, analgesic, and muscle relaxant
- ◆ Used alone or in combination (e.g. with ketamine, barbiturates)



Greene SA; J Vet Pharmacol Ther. 1988

Percentage of drug overdose deaths involving illicitly manufactured fentanyl (IMF), by xylazine detection -31 states and DC

B. Percentage of IMF-involved overdose deaths with xylazine detected

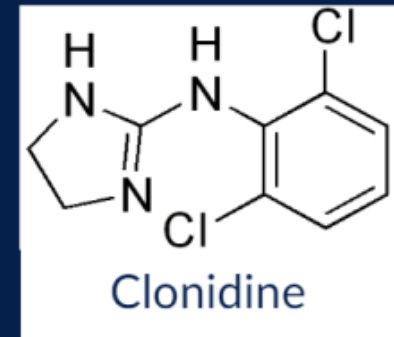
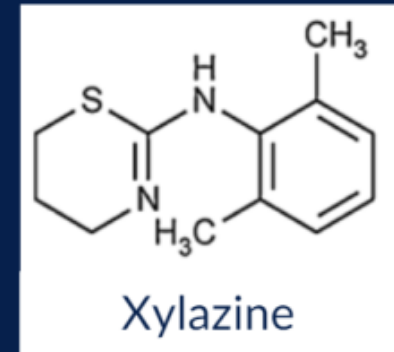


January 2021 – June 2022

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7226a4.htm#F2> down

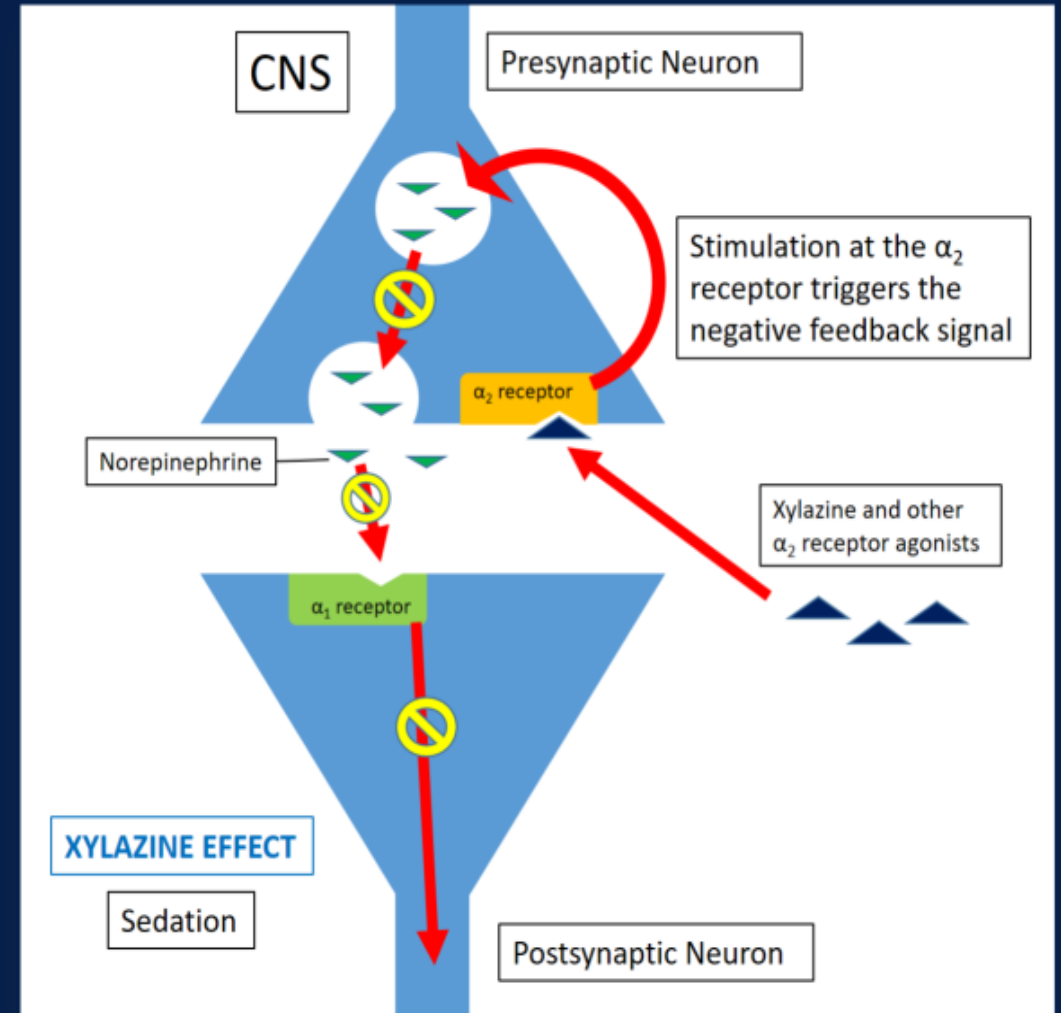
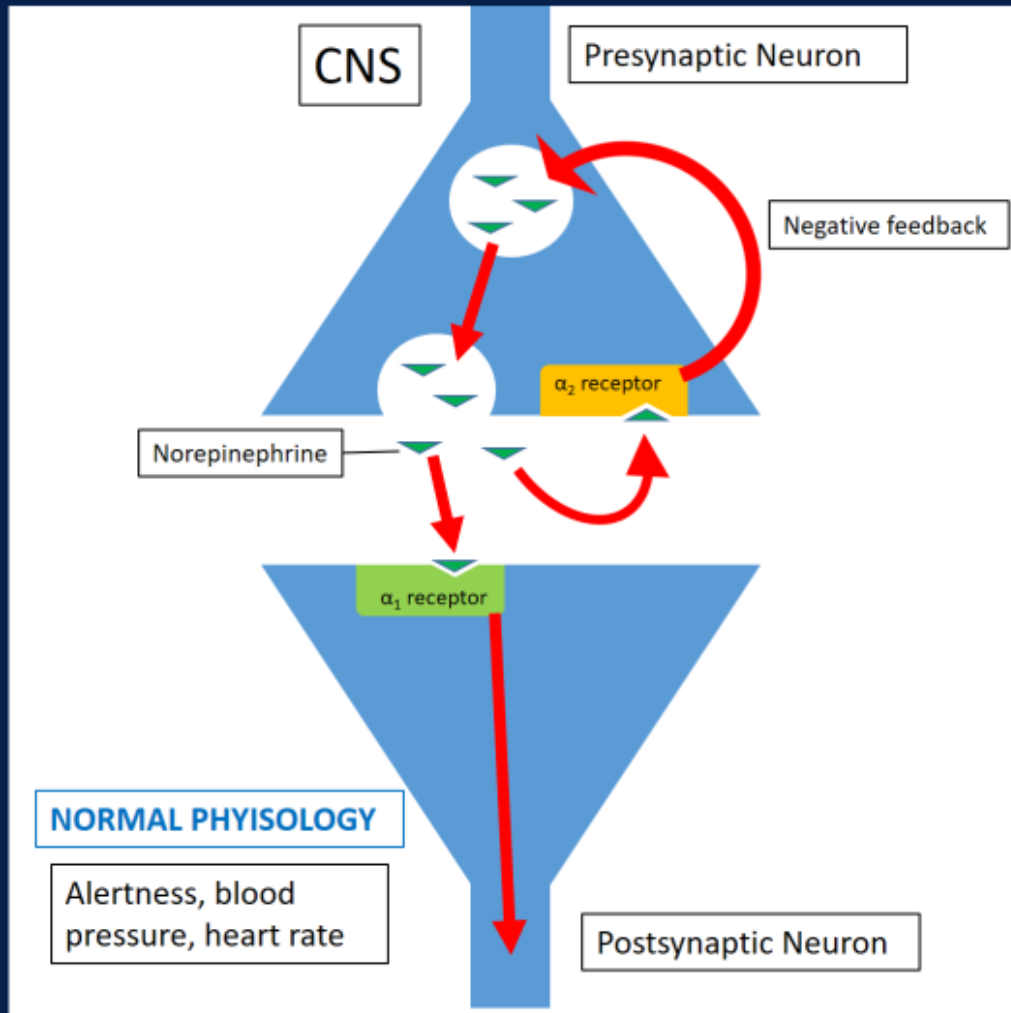
Xylazine – Pharmacology/Toxicology

- ◆ Alpha-2 adrenergic agonist that stimulates central alpha-2 receptors:
 - ◆ Decreases sympathetic outflow → sedation
 - ◆ Naloxone does not reverse the effects of xylazine
- ◆ Similar to imidazoline compounds
 - ◆ Clonidine, dexmedetomidine, oxymetazoline, tetrahydrozoline, tizanidine, lofexidine
- ◆ Pharmacokinetics
 - ◆ Time to effect is 1-2 minutes with IV administration (Other routes described include IM, SC, PO, IN, IH)
 - ◆ Duration of effect up to 4 hours



Xylazine and clonidine are structurally similar and have some similar effects

Pharmacology / Toxicology of Xylazine



Managing Suspected Xylazine Overdose

- ◆ Treat with naloxone - typically opioid co-use
- ◆ Continue to monitor closely
- ◆ Implement additional supportive care
- ◆ Bradycardia and hypotension - atropine, IVF, vasopressors
- ◆ Ongoing research
 - ◆ Intranasal atipamezole as reversal agent in dogs
 - ◆ Yohimbe, Tolazoline used in equine settings

Xylazine and pregnancy –what do we know?

- ◆ Very limited human data
- ◆ Inpatient labor & delivery cross sectional data - Prevalence is more common than previously thought
- ◆ Human umbilical cord studies - crosses the placenta
- ◆ Animal studies - decreased uterine blood flow, increased uterine vascular resistance, and decreased fetal growth

Summary of Pregnancy Data

Review

Xylazine Use in Pregnancy: The Effects of the Fentanyl Adulterant Xylazine on Pregnant Patients and the Developing Fetus

Grace Noonan, B.A.¹, Roopa Sethi, M.D.^{1,2}

¹University of Kansas School of Medicine, Kansas City, KS

²Department of Psychiatry and Behavioral Sciences

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<https://doi.org/10.17161/kjm.vol16.20624>

KANSAS JOURNAL *of* MEDICINE

Summary of Pregnancy Data

Table 1. Animal studies included in final analysis.

Study	Objective	N	Results
Hodgson DS, et. al ¹¹	To determine effects of sedation achieved by xylazine on cardiopulmonary function and uterine blood flow in cows in late gestation	8	Xylazine reduces uterine blood flow and accessibility of oxygenated blood to the uterus.
Waldvogel D, et. al ¹²	To determine changes in Doppler sonographic measures of uterine and placental blood vessels in cows during the last four weeks of pregnancy after receiving Xylazine	9	Xylazine decreased maternal and fetal pulse rate and decreased uterine blood flow while increasing the uterine artery resistance index.
Thaete LG, et. al ¹³	To identify effects of a Ketamine/Xylazine combination on fetal growth rate at different points in gestation in mice	203	Ketamine/Xylazine cohort showed significantly decreased fetal growth at various times throughout gestation

Table 2. Human studies included in final analysis.

Study	Objective	N	Results
Spoerke DG, et. al ¹⁰	Case series of Xylazine overdose	3	All patients developed bradycardia and respiratory depression in response to Xylazine
Midthun KM, et. al ¹⁴	To use umbilical cord tissue from drug-exposed mothers to identify common drugs of abuse and adulterants as a marker of in utero exposure	300	Xylazine in 3% of the study participants' umbilical cord tissue of all who were positive for opioid use.

Prenatal Xylazine Use – Reality Check

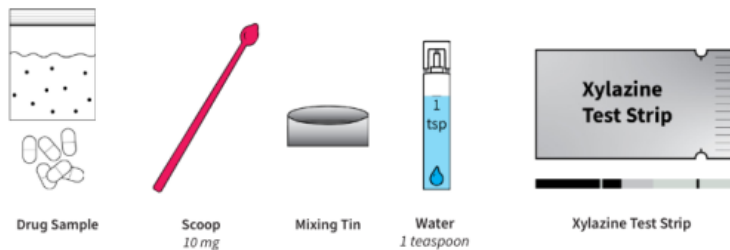
- ◆ No currently approved medication to treat xylazine overdose
- ◆ No currently approved medication to treat xylazine withdrawal
- ◆ Non-healing skin lesions, forearms and lower legs =>
Necrosis/eschar 1-3 days from initial wound
- ◆ Very limited data available on human pregnancy and embryo development

Harm Reduction: Xylazine Test Strips

Xylazine Test Strip Instructions

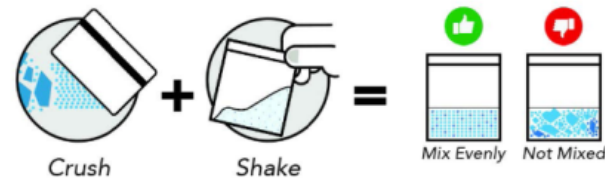
Instructions for testing pill and powdered substances. Always test before using! Xylazine test strips should only be used on opiates.

1 What you'll need



This fact sheet serves as a guide to testing a portion of the substance. This method should be used if you cannot dilute and test all of it.

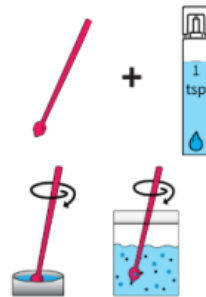
2 Prepare mixture



Before testing, make sure the drugs are well mixed. Xylazine can clump in one part of the sample, which can give inaccurate test results if not thoroughly mixed.

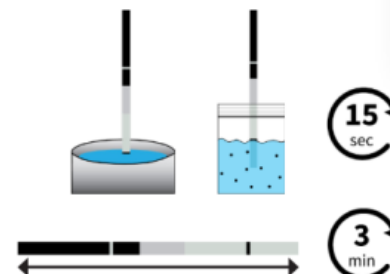
3 Measure & dilute

1. Scoop and dilute.
1 scoop + 1 teaspoon water
2. Stir it up.
Make sure drug sample and water are well mixed.



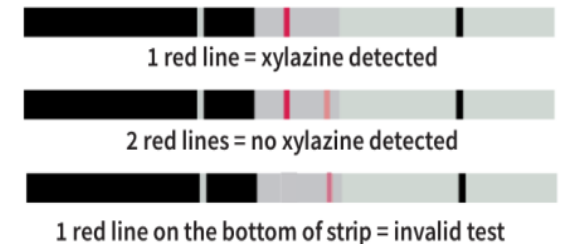
4 Use test strip

1. Hold strip in mixture for 15 seconds.
2. Place strip on flat surface for 3 minutes.



5 Interpret the results

Read results:



Takeaways

- ◆ Xylazine is a potent central nervous system (CNS) depressant => found as an adulterant in the illicit drug supply => increases the risk of respiratory depression and fatal overdose.
- ◆ Linked to overdose deaths => In combination with other substances
- ◆ Naloxone has no impact on xylazine alone – but should still be considered first line therapy for xylazine-involved overdoses due to nearly ubiquitous fentanyl co-use
- ◆ Xylazine can cause severe skin wounds regardless of route of use.
- ◆ Xylazine urine drug testing is currently only available from reference laboratories (send-out) => Check with your local laboratory
- ◆ Prenatal Xylazine use is a reality – urgent need to address gaps in care

Perinatal Nitazenes and Tianeptine Exposure

Cresta W Jones MD, FASAM, FACOG
University of Minnesota



You are contacted by the emergency department to assess a patient

- ◆ 30 weeks pregnant by current ultrasound
- ◆ Administered naloxone for respiratory arrest in the community
- ◆ Urine toxicology without evidence of opioids/opiates
- ◆ Patient reports taking only prenatal vitamins and a cognitive supplement that she gets at the local convenience store

Perinatal Nitazenes and Tianeptine

- ◆ Nitazenes
 - ◆ 1950s
- ◆ Tianeptine
 - ◆ 1989



Nitazenes

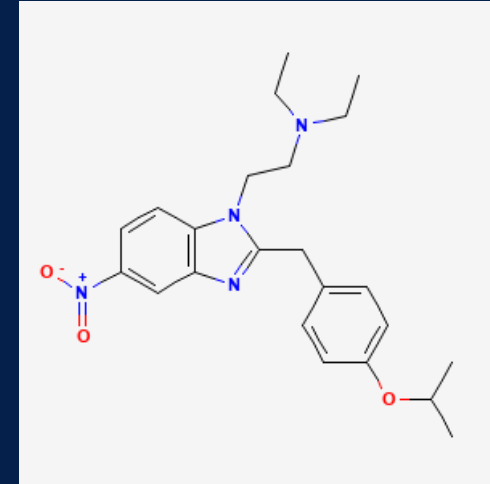
- ◆ Developed in the 1950s
- ◆ Analgesics
- ◆ Never approved for medical use
- ◆ Synthesis using historical pharmacology research

Novel potent opioids (NPO)

Not currently regulated by law

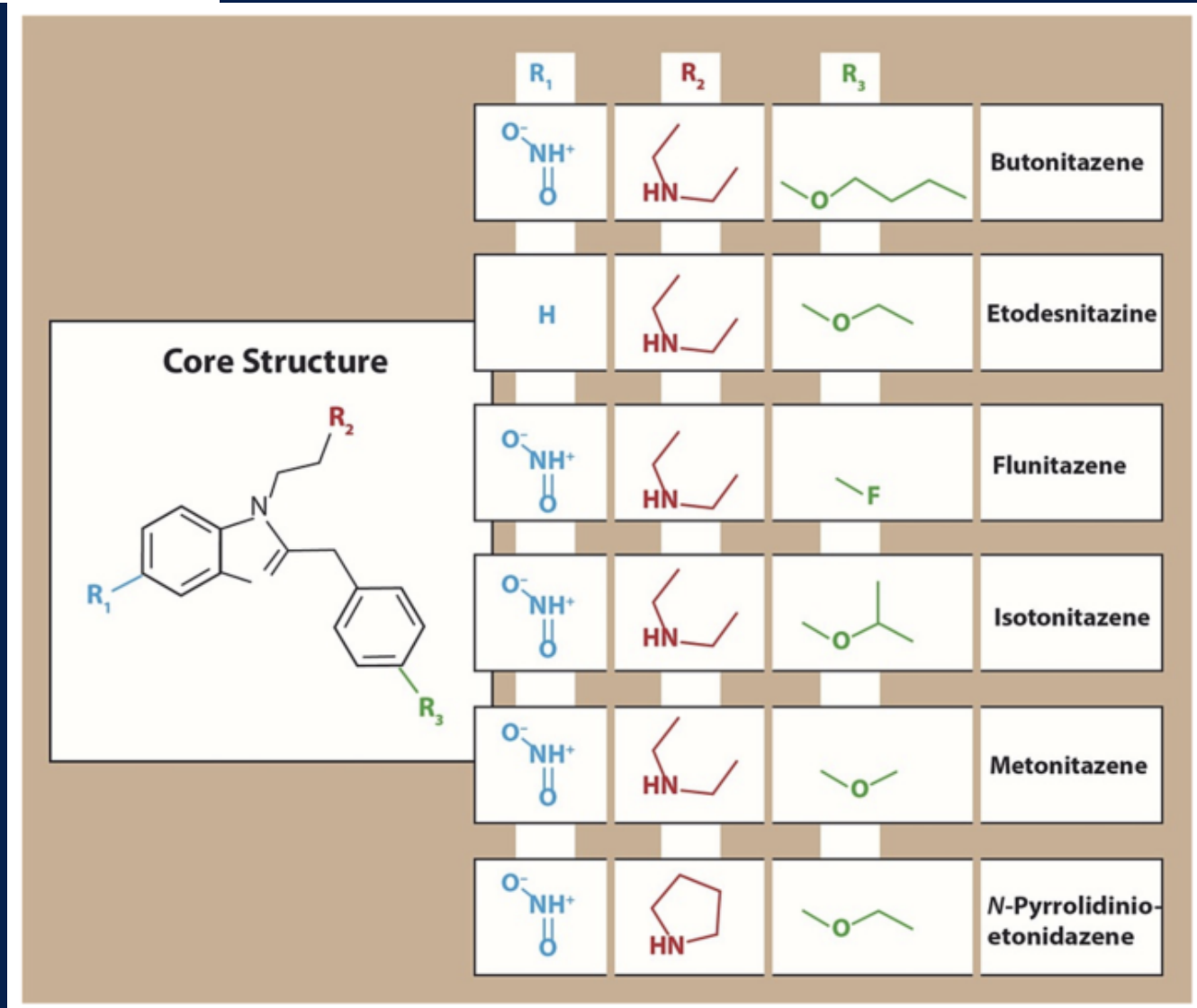
Nitazenes

- ◆ Isotonitazene (Iso, Tony)
- ◆ First detected drug supply 2019
- ◆ Temporary schedule 1 (2021)



Old Drugs and New Challenges: A Narrative Review of Nitazenes

Joseph Pergolizzi Jr ¹, Robert Raffa ², Jo Ann K. LeQuang ³, Frank Breve ⁴, Giustino Varrassi ⁵



Pergolizzi 2023

REVIEW

Naloxone Dosing and Hospitalization for Nitazene Overdose: A Scoping Review

Jonathan C. Berger¹ · Alec D. Severe¹ · Mohamed S. Jalloh¹ · Alex F. Manini^{1,2}

	Relative potency to heroin
Heroin	1
Fentanyl	50
Metonitazene	50
Protonitazene	100
Isotonitazene	250
Etonitazene	500

Table: The relative potency of fentanyl and selected nitazenes in comparison to heroin^{2,3}

Nitazenes

- ◆ Patient Education
 - ◆ Discuss potency and risk of overdose
 - ◆ Limited research of pregnancy-specific effects
- ◆ Screening and Testing - nitazene test strips
- ◆ Naloxone
- ◆ Consider evidence-informed treatment with MOUD

Tianeptine

- Antidepressant vs. nootropic supplement
- Opioid μ receptor agonist, anxiolytic
- Zaza, Tiana Red, gas station heroin
- Prescribed dose 50 mg/day; non-prescribed 2500+ mg

Tianeptine

- Varied indications for use
- Opioid withdrawal
- Reversal with naloxone
- MOUD to treat?

Tianeptine

- ◆ Patient education
 - ◆ Discuss potency and risk of overdose
 - ◆ Limited research of pregnancy-specific effects
- ◆ Evaluation of psychiatric disorder (depression or anxiety)
- ◆ Overdose management

Perinatal Tianeptine

- Absence of obstetric exposure data
 - Inhibition of uterine smooth muscle contractions (rat model)
- Paucity of prenatal exposure data
 - Cases (2) of NOWS phenotype treated with morphine
 - Increased dopamine affinity in brain of offspring (rat model)

A Call for Research

- Toxicology testing
- Evidence - based treatment
- Overdose management
- Neonatal withdrawal management
- Non-pharmacologic support

Takeaways

- Drug supply contaminants and novel substances may be new uses for older compounds
- Naloxone and test strips remain key harm reduction tools
- Patient (and provider) education is key in identifying potential complications of novel substance exposures
- Perinatal research is needed to optimize care for birthing patients and their newborns

Kratom and Pregnancy

Niraj R. Chavan, MD, MPH, FACOG, FASAM
Saint Louis University / SSM Health

Case Discussion

MS is a 23 y/o G3P2002 – currently pregnant at 12 weeks gestation who reports long standing history of off and on use of illicit opioids – since the last 5 years – she has been unable to continue with methadone as medication for opioid use disorder (MOUD) due to access barriers and has been afraid about initiating buprenorphine for fear of having to go through moderate withdrawal.

Of late – she has started using Kratom that she is able to obtain from an online website to supplement her use and this was recommended to her from a friend as a natural organic option to address her opioid use. She presents for initial prenatal care visit and wants to discuss implications for pregnancy management

Case Discussion

- ◆ What do you tell MS about impact of Kratom use on implications for pregnancy outcomes?
- ◆ What are some of the management options that you can offer this patient?
- ◆ From a neonatal standpoint – how do you counsel this patient about potential outcomes and management strategies?

What is Kratom?

- ◆ *Mitragyna speciosa*: tree native to Southeast Asia => products derived from its leaves are marketed as herbal supplements
- ◆ Partial opioid agonist: bioactive alkaloids => mitragynine and 7-hydroxymitragynine
- ◆ Effects: Analgesia, mood-enhancing, can lead to opioid withdrawal symptoms
- ◆ About a fifth to a third of all patients with SUD report use
- ◆ Used as treatment for opioid withdrawal - more accessible than structured OUD treatment and illicit opioids

Kratom – What do we know?

- ◆ Sold as tea, capsules, tablets, raw leaves, herbal supplement as and concentrated extracts.
- ◆ Metabolites => do not appear on a standard urine toxicology
- ◆ Detection => requires more sophisticated liquid chromatography with tandem mass spectrometry (LCMS) (may take 1-2 weeks)
- ◆ Primary reasons for use => stop or reduce opioid use by reduction of withdrawal symptoms, reduce cravings, manage anxiety/depression, chronic pain management

Kratom is everywhere!



Kratom Use in the Perinatal Period

- ◆ Pregnancy prevalence unknown
 - ◆ 0.8% general population
- ◆ Perinatal SUD (single institution survey, n = 80)
 - ◆ 32.5% ever use
 - ◆ 5% pregnancy
 - ◆ 1% lactation
 - ◆ 80% used to relieve withdrawal

Kratom Effects and Management

- ◆ Initial stimulatory effects, mimics opioids with chronic use
- ◆ Physiologic withdrawal syndrome – can be similar to opioid withdrawal
- ◆ Not detected on standard toxicology
- ◆ Has been associated with lethal overdose
- ◆ Overdose: respiratory depression, agitation, tachycardia, hypertension
- ◆ Case reports of reversal with naloxone

Management

- ◆ Case reports / Case series on management of Kratom use with:
 - ◆ Buprenorphine
 - ◆ Methadone
 - ◆ Clonidine
 - ◆ Morphine base detoxification
 - ◆ Tricyclic antidepressants
 - ◆ Contingency Management

Perinatal Kratom Use

- ◆ Data is largely from case reports / case series
- ◆ Pregnant patients
 - ◆ Often reported opioid withdrawal symptoms upon reducing / stopping kratom use
 - ◆ Managed during pregnancy with buprenorphine, methadone, and rapid detoxification with morphine-based weaning
- ◆ Neonates
 - ◆ May exhibit symptoms of neonatal opioid withdrawal syndrome (NOWS)
 - ◆ May require pharmacologic treatment with morphine weaning protocols +/- clonidine

Takeaways

- ◆ Ask about supplements, other natural interventions – Kratom use is more common than you think!
- ◆ Detection requires LCMS – will not be picked by routine urine drug screens
- ◆ Effective treatment with buprenorphine has been described in pregnancy => consider standard dose buprenorphine induction
- ◆ Untreated and unaddressed perinatal kratom use is a risk for neonatal withdrawal symptoms, similar to NOWS

Harm Reduction for Emerging Substance Use

Maria Manriquez, MD, FASAM, FACOG

University of Arizona College of Medicine Phoenix

Integrating Harm Reduction into Prenatal Care

- ◆ Screening and early identification
 - Universal verbal screening using validated tool, using non stigmatizing language
- ◆ Medications for use disorder and withdrawal management
 - Buprenorphine or methadone for patients with OUD, managing withdrawal symptoms safely
- ◆ Overdose prevention and harm reduction supplies
 - Distributing naloxone and providing overdose education, access to test strips
- ◆ Trauma-informed and culturally competent care
- ◆ Social support and legal considerations
 - Housing, food, financial assistance, and legal resources

Xylazine (Tranq or Tranq Dope)

Harm Reduction Strategies

- ◆ Patient Education
 - ◆ Uses
 - ◆ Effects
 - ◆ Short and Long term
 - ◆ Recognizing Overdose
- ◆ Screening and Testing
- ◆ Wound Care; Examining the Skin
- ◆ Overdose Prevention - Utility of Naloxone
- ◆ SUD Treatment - Integrated Prenatal Care
- ◆ Social Support and Housing



Kratom (Mitragynine)

Harm Reduction Strategies

- ◆ Patient Education
 - ◆ Uses (Kratom as a Harm Reduction Strategy)
 - ◆ Effects
 - ◆ Recognizing Overdose
- ◆ Screening and Testing
- ◆ Medication Treatment
 - ◆ Buprenorphine
- ◆ Monitoring Liver Function
- ◆ Evaluation of psychiatric disorder - understanding why mitragynine is being used
- ◆ Overdose Prevention - Utility of Naloxone - not proven useful to date
- ◆ SUD Treatment - Integrated Prenatal Care
- ◆ Social Support and Housing

Case to consider

- ◆ 38 yo G3P0020 presents at 30 weeks gestation with new onset chest and back pain, found confused by family.
- ◆ Normotensive with decreased level of consciousness requiring 15 L/min O2 to maintain O2 sat of 88%. Pt was intubated and admitted to ICU.
- ◆ FHT Cat 2 then Cat 1 after O2 and uterine displacement.
- ◆ Initial laboratory results revealed multiorgan dysfunction. LDH >2500 U/L, ALT 2945 U/L, Creatinine 677, Troponin 44, CK 17,146 U/L.
- ◆ Biologic urine testing + for benzodiazepines (Pt known to be on diazepam and SSRI's for anxiety) and cannabis.
- ◆ ECHO non-ischemic cardiomyopathy with EF of 35-40%

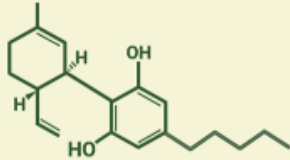
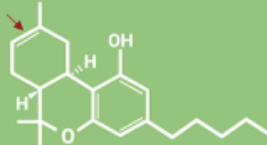
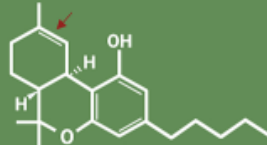
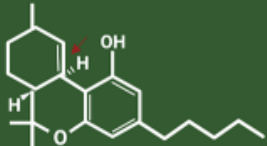
Perinatal Implications of Cannabis

Maria Manriquez, MD, FASAM, FACOG

University of Arizona College of Medicine Phoenix

Cannabis and CBD: Pharmacology and Mechanism of Action

- ◆ Differences between THC and CBD
- ◆ Interaction with the endocannabinoid system
- ◆ Placental transfer of cannabinoids

CBD Cannabidiol	Delta-8 THC Δ^8 Tetrahydrocannabinol	Delta-9 THC Δ^9 Tetrahydrocannabinol	Delta-10 THC Δ^{10} Tetrahydrocannabinol
Chemical Formula: $C_{21}H_{30}O_2$ Molecular Weight: 314.46 g/mol	Chemical Formula: $C_{21}H_{30}O_2$ Molecular Weight: 314.46 g/mol	Chemical Formula: $C_{21}H_{30}O_2$ Molecular Weight: 314.46 g/mol	Chemical Formula: $C_{21}H_{30}O_2$ Molecular Weight: 314.46 g/mol
			
Date Isolated: 1940 Is it psychoactive: No Average Dose: 20-40 mg Concentration in Cannabis: Up to 20% Show up on a drug test?: No Anecdotal experiences: Pain Relief+Relaxation	Date Isolated: 1941 Is it psychoactive: Yes Average Dose: 20-60 mg Concentration in Cannabis: < 1% Show up on a drug test?: Yes Anecdotal experiences: Calming +Uplifting	Date Isolated: 1964 Is it psychoactive: Yes Average Dose: 10-30 mg Concentration in Cannabis: Up to 30% Show up on a drug test?: Yes Anecdotal experiences: Euphoric + Chill	Date Isolated: 1984 Is it psychoactive: Yes Average Dose: 20-60 mg Concentration in Cannabis: < 1% Show up on a drug test?: Yes Anecdotal experiences: Energizing + creativity

Created with Biorender

Prevalence of Cannabis and CBD Use During Pregnancy

- ◆ Trends in cannabis and CBD consumption among pregnant individuals
- ◆ Reasons for use (nausea, anxiety, pain)

Table. Change in Percentage of Cannabis Use During Pregnancy After the Start of the Pandemic ^a		
Interrupted time-series model variables	Rate ratio (95% CI)	
	Unadjusted	Adjusted ^b
Pre-COVID-19 expected trend ^c	1.001 (0.994-1.008)	1.001 (0.993-1.008)
COVID-19 shift	1.268 (1.145-1.405) ^d	1.251 (1.120-1.397) ^d
COVID-19 change in trend	0.989 (0.973-1.006)	0.992 (0.975-1.010)

^a See the Methods section for the prepandemic period definition.

^b Adjusted for age (<25, 25 to <35, and ≥35 years) and self-reported race and ethnicity from the electronic health record (see the Methods section definition for race and ethnicity).

^c See Laboratory Methods in the Supplement for determination of prenatal cannabis use.

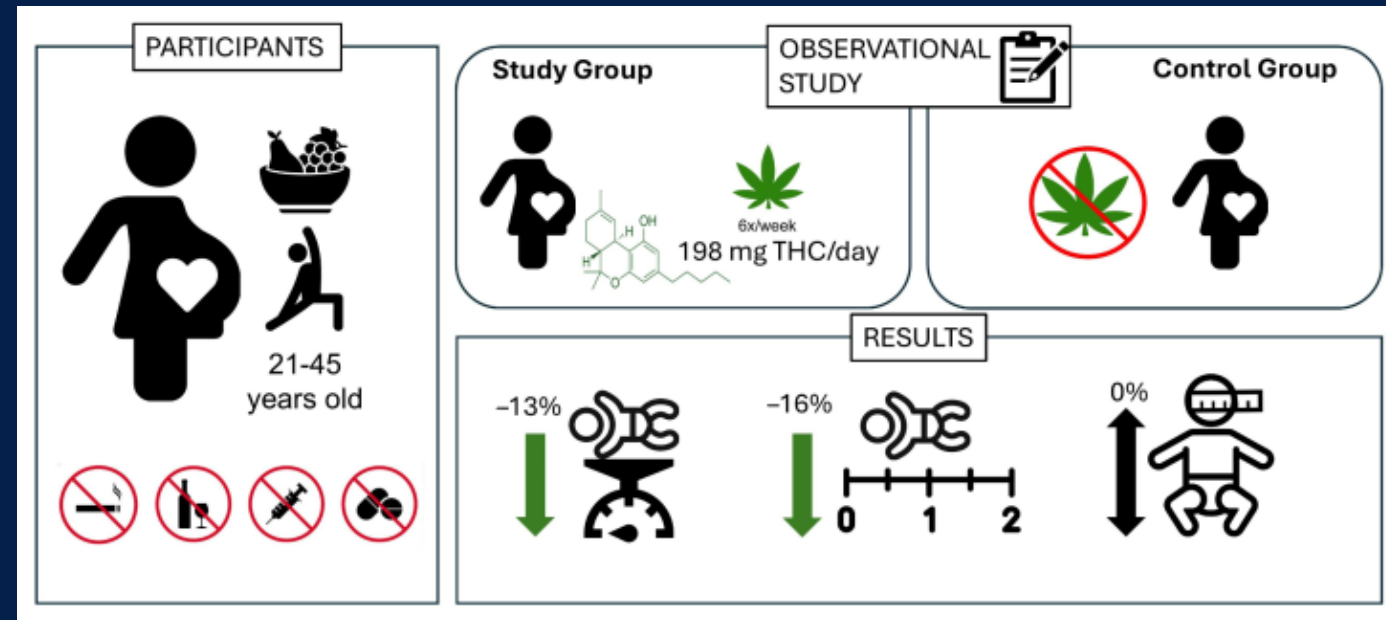
^d Significant at $P < .05$.

Maternal Health Implications

- ◆ Potential Effects on Pregnancy Outcomes
 - ◆ Increase risk of miscarriage and stillbirth
 - ◆ Preterm birth
 - ◆ Preeclampsia
 - ◆ Low birth weight
- ◆ Maternal Mental Health
 - ◆ Anxiety and depression
 - ◆ Substance Use disorders

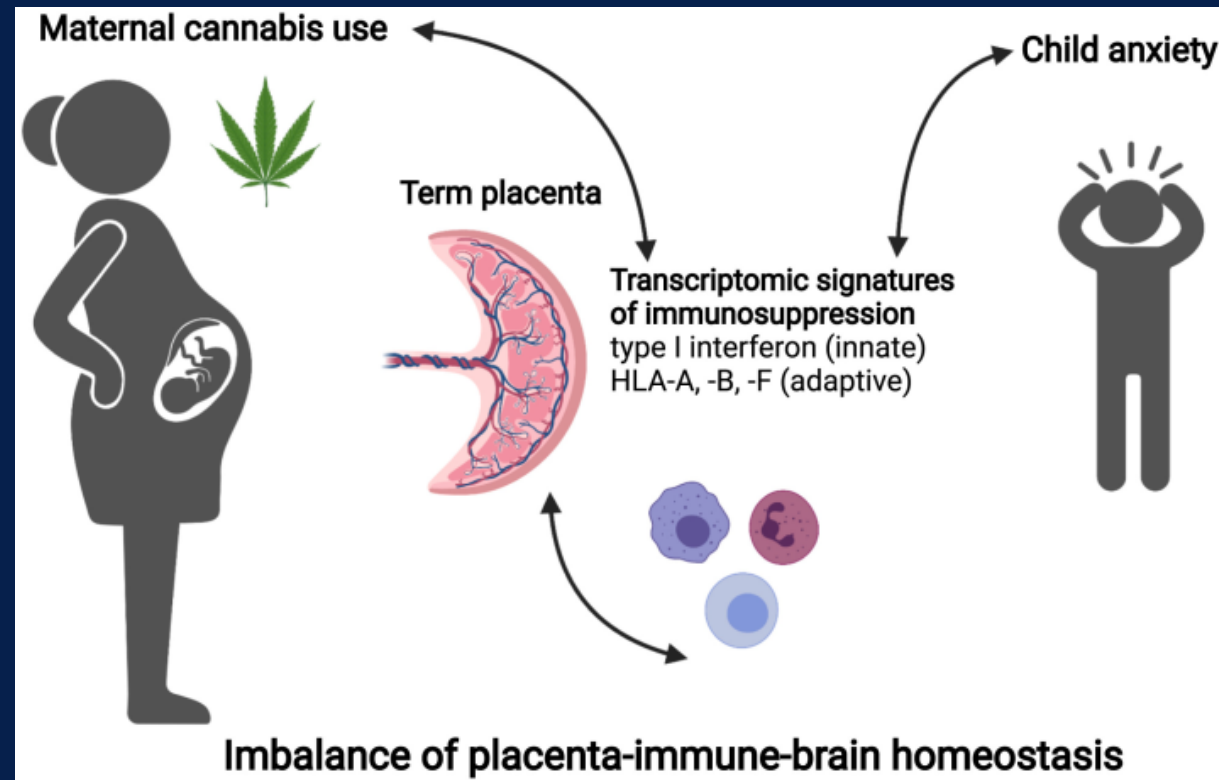
Fetal and Neonatal Outcomes

- ◆ Cannabis-Related Risks
 - ◆ Low Birth Weight
 - ◆ Fetal Growth Restriction
 - ◆ Neurodevelopmental Impact
 - ◆ Increase Risk of Stillbirth



Long-Term Neurodevelopmental

- ◆ Potential cognitive and behavioral concerns
 - ◆ Attention deficits
 - ◆ Impaired executive functioning
 - ◆ Increase risk anxiety



Placenta keeps the score of maternal cannabis use and child anxiety. Janine M. LaSalle

Breastfeeding and Cannabis

- ◆ THC present in breastmilk
- ◆ THC is fat soluble and can remain in infants systems for days
- ◆ Cannabis smoke has chemicals that can harm infants brain and lungs
- ◆ Second hand smoke increases risk for SIDS



Cannabinoid Hyperemesis Syndrome

- Persistent nausea
- Intense abdominal pain
- Loss of appetite
- Repeated vomiting



Treatment

- IV fluids and electrolytes may be needed for dehydration
- Antiemetics (don't usually work)
- Alternative therapies; capsaicin cream, benzodiazepines, haloperidol
- Hot showers decrease symptoms
- **ONLY CURE** is to **STOP** using cannabis

ACOG Recommendations

- ◆ Preconception and early pregnancy - Universal Screening
- ◆ Screen positive for cannabis use - counsel regarding potential adverse health consequences
- ◆ Encourage discontinuation
- ◆ Encourage alternative therapies for those using medical cannabis
- ◆ Insufficient data to evaluate the effects of cannabis use on infant breastfeeding

Cannabis and Perinatal Legislative Advocacy

Cresta W Jones, MD, FASAM, FACOG
University of Minnesota

Postpartum inpatient rounds

25 year old G1 P1001, one day after vaginal birth at term

Patient-infant dyad underwent toxicology testing -
indication - fetal growth restriction

Toxicology indicated cannabis metabolites - you are asked
to discuss

Patient used legal THC seltzers to help with insomnia and
states was never discussed by her OB care team

Cannabis and Perinatal Legislative Advocacy

- ◆ Rapid expansion of legal access to cannabis
- ◆ Rapid changes in formulations
- ◆ Rapid changes in THC concentrations

Limited perinatal research and patient education

Cannabis and Perinatal Legislative Advocacy

As cannabis legalization advances across the country, what do we need to improve patient outcomes?

Cannabis Policy and Advocacy

- ◆ Know your laws
 - ◆ Perinatal toxicology testing
 - ◆ Substance use reporting
 - ◆ Prenatal substance exposure and family regulation

Levels of Engagement



FEDERAL



STATE



HEALTH SYSTEM



COUNTY/CITY



MEDICAL SOCIETY



SCHOOL BOARD

WHAT YOU NEED



- ◆ COMMUNICATION SKILLS
- ◆ EMPATHY
- ◆ ORGANIZATIONAL SKILLS
- ◆ PROBLEM SOLVING
- ◆ AN ABILITY TO SUSPEND THE NEED TO PRESENT DATA



MY EXPERIENCE IN POLICY CHANGE



MINNESOTA MANDATORY PERINATAL SUBSTANCE USE
REPORTING

WHAT I LEARNED

**PRESENT AN IDEA THAT WORKED
IN A “COMPETITOR” SPACE**

**CULTIVATE PARTNERSHIPS WITH
DIFFERENT PERSPECTIVES**

**COMPELLING STORIES CHANGE
POLICY**

**BE PATIENT AND EMBRACE
SETBACKS**

DON'T BE AFRAID TO ADVOCATE



**START WITH A LETTER TO
YOUR ELECTED OFFICIALS**



**VOICE YOUR IDEAS TO ASAM,
AAP, ACOG, AAFP**



**YOU ARE THE EXPERT VOICE
WHEN YOUR PATIENT CAN'T BE**

Cannabis Policy and Advocacy

- ◆ Modifications of perinatal statute to address legalization and inequities in testing, reporting and family separation
- ◆ Ongoing evaluation of hospital and system level screening and reporting
- ◆ Advocating for universal screening and brief intervention
- ◆ Developing educational materials for healthcare professionals and patients
- ◆ Funding for research

Session Summary

- ◆ Emerging substances may play a significant role in perinatal complications
- ◆ Education of providers (and patients!) on new substances in key to ongoing care optimization
- ◆ We are the experts that are needed to advocate for our patients when they don't have a voice

Thank you!

Questions?



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