

five Care Principles

Caring perinatally for pregnant individuals diagnosed with opioid use disorder: a multimodal approach to care

2 CULTURALLY SAFE & CULTURALLY SENSITIVE CARE

Culturally sensitive care requires healthcare providers to be aware of the importance of individuals receiving care within the context of their culture; in a respectful and humble way

3 HARM REDUCTION

Is a foundation of care that understands abstinence may not be a valid possibility in a pregnant person's life, therefore supporting a monitored use of opioids in pregnancy is deemed the safest option given the circumstances

4 FAMILY-CENTERED CARE

Is a philosophy that makes parents the experts in the care for their children. Specifically it empowers parents through collaboration and decision making to improve health outcomes for children and families.

1 TRAUMA-INFORMED CARE

Trauma-informed approach to care: healthcare providers have an understanding and responsiveness to the impact that trauma has on the lives of their patients

5 INTERPROFESSIONAL COLLABORATION

"multiple health workers from different professional backgrounds work together with patients, families, carers and communities to deliver the highest quality of care. It allows health workers to engage any individual whose skills can help achieve local health goals"

How to engage?

Tangible Strategies to engage in the foundational care principles



1 TRAUMA-INFORMED CARE

- Assume all patients have experienced trauma
- Pay close attention to the language used
- Be responsive & attentive to a person's verbal and non-verbal responses
- Be reflective and responsive to the vulnerability found during the perinatal continuum

2 CULTURALLY SAFE & CULTURALLY SENSITIVE CARE

- **Aware:** Have an awareness of and responsiveness to the cultural values, beliefs, and behaviors of patients in their care.
- **Respect:** Healthcare providers should refrain from making assumptions and recognize diversity and individual choice.
- **Support:** The approach to care is supportive, non-judgmental, respectful; building trusting, and safe therapeutic relationships with individuals and their families

3 HARM REDUCTION

- It is important to note that weaning is not recommended for opioid use disorder in pregnancy
- Health care providers can integrate a harm reduction approach into their care by using neutral language and treating people with empathy and respect
- Healthcare providers must reflect on their own values and beliefs. Care is based on evidence, not moral judgment.
- Engaging in harm reduction could look like providing transportation or childcare for patients to access treatment

4 FAMILY-CENTERED CARE

- Involving the pregnant person and their families in decisions related to the perinatal continuum.
- Looks like healthcare providers and settings that focus on collaboration, partnership, respect, and information-sharing between individuals/families and their healthcare providers
- Given the complexities found within the histories of this population using only a family-centered care approach is limited in meeting the holistic needs of pregnant persons diagnosed with OUD and their families
- Supports pregnant individuals to make informed decisions, to play a key role in their care, and healthcare providers must acknowledge the impact of attitude and language on patient experience and care.

5 INTERPROFESSIONAL COLLABORATION

- The patient is leading their care.
- Care team with an explicit care plan
 - Including a communication plan
 - Pre-booked multidisciplinary care conferences
- All care members know their role and the expertise they have to offer.
- Open communication among all care team members
- Discussion of planning early in pregnancy with necessary consultations of multidisciplinary and professional engagement