

SNAPSHOT:

Diverse & Dynamic Consultations and Considerations



Obstetrical Care Provider

- Early consultations with an Obstetrical care provider with experience in OAT in pregnancy is key
- **IWK Health Centre: Referral to the IWK pregnancy and dependency clinic [Phone: 902-470-6445 | Fax 902-470-7467]**
- Birth and postpartum care location: determine early and have a plan



Community OAT Provider

- Open and continuous communication
- Fluctuations in OAT are to be expected; increases are likely and should not be avoided due to maternal metabolism.
- Most commonly prescribed: methadone & buprenorphine/naloxone
- Care considerations re: Missed doses



Social Work

- There is a potentially fractured relationship between social workers and this population.
- Consultations are **VOLUNTARY**
- Social Workers are equipped with a wealth of knowledge regarding social determinants of health.
 - Including emotional and mental health support, financial navigation, advocacy, etc.
- Hospital and Community system navigation



Hospital and Community Based Pharmacists

- Consultation should occur early in the antepartum period.
- **Hospital Pharmacist:** Transparent communication is needed to ensure continuity of care (discharge planning, changes in and access to OAT doses)
 - OAT Flow sheets & verifying dosages are needed (from two sources)
- **Community Pharmacist:** provide excellent support in bridging from hospital to community (e.g. education, medication access)



Anesthesia

- Early consultations are recommended with Anesthesia.
- Pregnant persons may experience challenges like hyperalgesia, difficulties with IV access, and heightened anxiety around pain.
- Create a pain plan that treats the pain. **OAT alone is not adequate for acute pain control.**
- **Opioids when used to address acute pain, such as labour pain or post-operative pain, are not associated with relapse.**



Newborn Care Provider

- Early consultation during the antenatal period is recommended to establish both trust and a transparent postpartum plan.
- Introduce important topics such as:
 - Eat, Sleep, Console Model of Care
 - Emphasizing and empowering the birthparent holding an essential role in their newborn's care
 - Importance of non-pharmacological care



Baby Steps Program

- Newborn program offered to families in Nova Scotia to support early childhood development.
- The program is offered beginning in the antepartum period to support building foundational relationships between Baby Steps interventionists and pregnant persons/families
- The program includes many initiatives to support families such as: home visits and child development support
- Referrals are voluntary and can be completed at <https://www.nsecdis.ca/>



Dietitians

- Nutrition has an impact on maternal mood and well being.
- Nutritional education has been shown to improve health outcomes for this population such as decreasing neural tube defects and low birth weights.
- Early referrals are recommended to mitigate potential nutrition deficiencies and manage constipation
- Pregnant persons prescribed OAT should have access to regular meals with nutrient dense foods
- Constipation can be exacerbated due to chronic OAT use.



Physiotherapy

- Physiotherapy consults should be considered in the antenatal period to support pain management and anticipatory guidance of pain management.
- Physiotherapy can help to support engagement in supportive and safe exercise, along with education on falls risk and multimodal pain management strategies.
- Pelvic health education is key, especially for those experiencing significant constipation challenges.



Public Health Services

- Public health early years program can provide a wealth of knowledge and education for families.
- Early antepartum referrals are recommended to ensure public health nurses can connect families with adequate community supports along with developing trusting relationships.
- The Nurse-Family Partnership Program is available for this population to support transitions in the perinatal period and beyond
 - This program is voluntary and offers support up until the child's second birthday.