

Breastfeeding and Substance Use: Best Practices and Recommendations

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2024 Colorado Perinatal & SUD Care Integration Conference

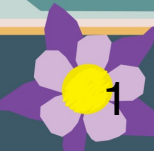


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“Individual programs and institutions should establish consistent breastfeeding approaches that mitigate bias, facilitate consistency, and empower mothers with SUD.” ABM Policy Statement #21, updated 2023



1) Clinicians caring for pregnant patients and their newborns will commonly be tasked with making recommendations regarding breastfeeding in the context of non prescribed substance use and SUD.

-AND-

2) Recommendations should be guided by principles of patient-center care, defined as care that is consistent with the needs, values, and desires of patients.

Objectives

- Overview of foundational concepts reviewed in 2023 conference
- Identify “what’s new” in the last year!
- Discuss categories of substance use as they pertain to safe chest/breast feeding
- Demonstrate motivational interviewing as a tool to empower birthing persons with SUD to safely feed newborns

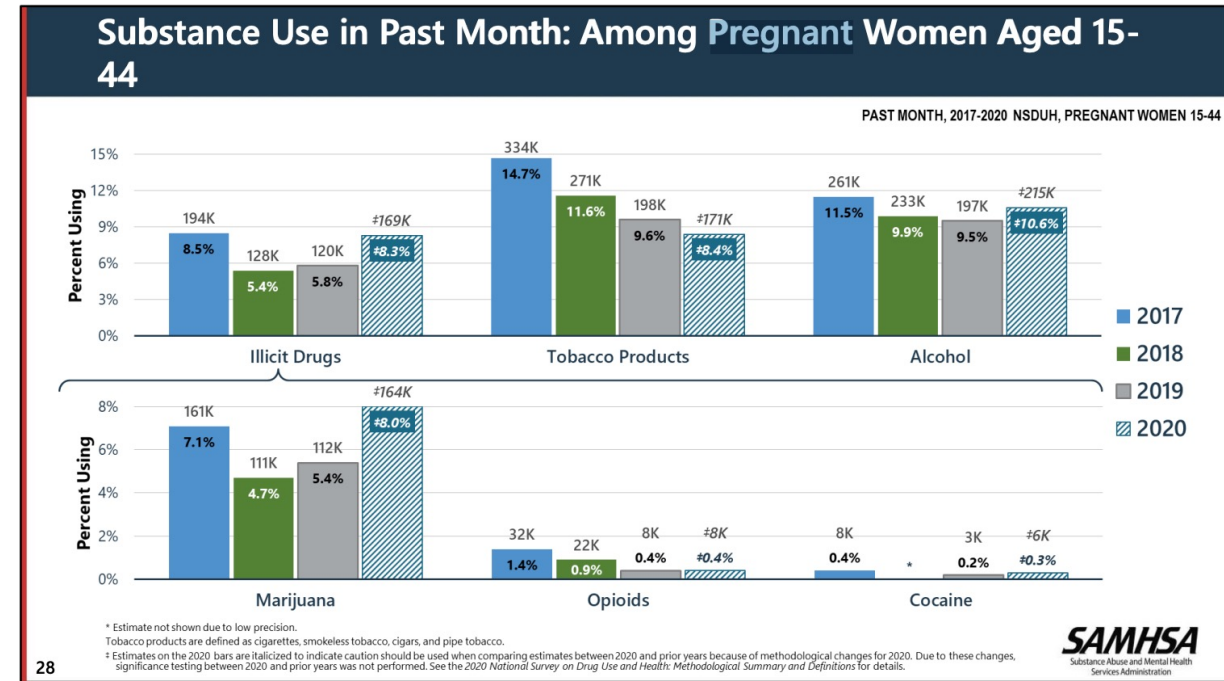
Overview

- Exclusive breast/chest feeding for the first 6 months of life
- Concurrently, substance use exists in a portion of pregnant people who need to determine safe feeding plans for their newborns
- How do we manage both the recommendation to breast/chest feed, and the existence of substance use in pregnant and lactating patients?

Putting the Key Recommendations Into Action

Feed Infants Human Milk for the First 6 Months, If Possible

Exclusive human milk feeding is one of the best ways to start an infant off on the path of lifelong healthy nutrition.



Overview- Medical Contraindications

- HTLV type I or II
- Active, untreated tuberculosis*
- Active herpes simplex virus lesion on nipple*
- Active varicella lesion on nipple (chicken pox)*
- Infant galactosemia

Risks of breast/chest feeding with active non-prescribed substance use

- Reduced parental ability to respond to infant feeding cues
- Infant substance exposure through breast milk
 - Acute toxicity
 - Reduced breast/chest feeding ability
- Potential alterations in neonatal brain development
- Concurrent infectious disease risk* with certain substance use practices

What's new?

- Academy of Breastfeeding Medicine- Updated Statement
- CHoSEN QIc Cannabis and Lactation Guidelines
- CDPHE Cannabis and Lactation Guidelines
- HIV and BF recommendations 2023

BREASTFEEDING MEDICINE
Volume 18, Number 10, 2023
© Mary Ann Liebert, Inc.
DOI: 10.1089/bfm.2023.29256.abm

ABM Protocol

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**Academy of Breastfeeding Medicine Clinical Protocol #21:
Breastfeeding in the Setting of Substance Use
and Substance Use Disorder (Revised 2023)**

Miriam Harris,^{1,2} Davida M. Schiff,^{3,4} Kelley Saia,^{2,5} Serra Muftu,^{3,4}
Katherine R. Standish,⁶ and Elisha M. Wachman^{2,7}

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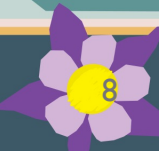


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ABM Clinical Protocol #21- Updates

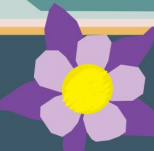
- Addition of substance-specific and SUD treatment-specific recommendations
- Guidance regarding perinatal toxicology testing
 - Individualized testing approach, positive tests for new/ongoing NPSU—> avoid BF until clearance
- Changes to guidance on breast/chest feeding initiation timing in the setting of perinatal non prescribed substance use
 - Cessation of use by or during delivery hospitalization—> support BF initiation

CHoSEN QIc Cannabis and Lactation-Updates

- Universal screening
- Recommend against cannabis use during pregnancy/lactation and provide targeted education/alternatives
- If birthing parent chooses to breastfeed, provide full spectrum of lactation care regardless of current or anticipated cannabis use
- Provide anticipatory guidance and discuss harm reduction strategies

Shared Decision Making

- You and the birthing parent must weigh:
 - Neurodevelopmental risks to the infant
 - Known benefits of breastfeeding (for birthing parent and baby)
 - Birthing parent's goals/desires with respect to cannabis use and infant feeding
- There is no known safe amount of cannabis use during pregnancy/lactation
- Abstinence/cessation would be ideal but is not always feasible/achievable/desired. For these families, decreasing cannabis use may still be feasible.



Anticipatory Guidance and Harm Reduction

- Store cannabis up, away, and out of sight
- Plan for safe and sober caregiving and driving
- Wash hands
- Safe sleep
- Attend well child checks



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Categories of Substance Use and Safe Feeding

Not safe in ONGOING use

Nonprescribed opioids

Nonprescribed sedative hypnotics

Nonprescribed stimulants

Disulfiram

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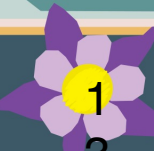


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Categories of Substance Use and Safe Feeding

Caution in ONGOING use

Alcohol

Cannabis

Nicotine

Buprenorphine injectable

Acamprosate

Varenicline

Some prescribed opioids and sedative hypnotics

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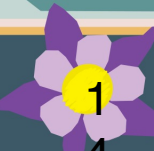


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Categories of Substance Use and Safe Feeding

Safe!

Methadone

Buprenorphine sublingual

Naltrexone

Buprenorphine

Nicotine replacement therapy (NRT)

Most prescribed opioids and benzodiazepines

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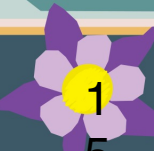


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Motivational Interviewing 101

- Emerged in the context of substance use treatment
- A collaborative conversation style for strengthening a person's own motivation and commitment to change.
- Purpose: instill a desire to change that is self-motivated/ self-recognized
- Style: Guiding.
 - Empathetic counseling style
 - Use of open-ended questions
 - Develop rapport and trust
 - Nonjudgmental

Motivational Interviewing- Example



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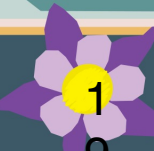


Summary

- Approaches to safe chest/breast feeding should be individualized for all patients, including those with substance use
- Major medical organizations have now begun to emphasize education and support, rather than punitive practices for feeding
- Motivational interviewing techniques can be applied to patient discussions regarding safe chest/breast feeding

Questions?

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- Christine Gold- christine.gold@cuanschutz.edu



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