



Improving Health Literacy Around Marijuana Use in Pregnancy

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Background

- Addressing marijuana use during pregnancy is a challenge for healthcare providers and social workers in Colorado Springs
- AAP and ACOG both recommend against marijuana use during pregnancy and lactation citing concerns around insufficient evidence for safety and maternal-fetal transmission of THC
- The Colorado Pregnancy Risk Assessment Monitoring System collected survey data from 2014 – 2016 that showed marijuana use during pregnancy increased from 5.7% in 2014 and 2015 to 7.8% in 2016
- There is a lack of public awareness about the recommendations to abstain from marijuana use during pregnancy
- A recent study by the University of Colorado found that 69% of Colorado dispensaries recommended the use of marijuana products to treat nausea in the first trimester
- There is a need for better patient education in this area with regards to current research, recommendations, and DHS referrals post-partum

Objective

The aim of this project was to develop a system so that all patients being discharged from the OB ED would leave with a flyer about marijuana use during pregnancy and lactation.

Methods

- Attended all-staff meeting and presented project to 75 labor and delivery nurses
- Utilized flyer developed by the Colorado Department of Public Health and Environment and UC Health
- Provided flyers to nursing teams in OB ED triage to be handed out to patients at discharge regardless of whether or not they disclosed using marijuana
- Tracked the number of flyers that were distributed over a ten day period
- Solicited feedback from L&D nurses, social workers, physicians, and nurse manager

Results

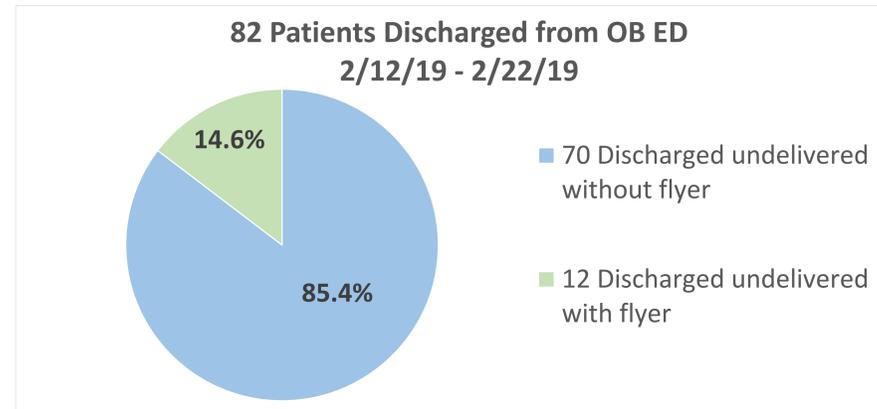


Figure 1: 162 patients presented to OB ED during timeframe, 82 were discharged

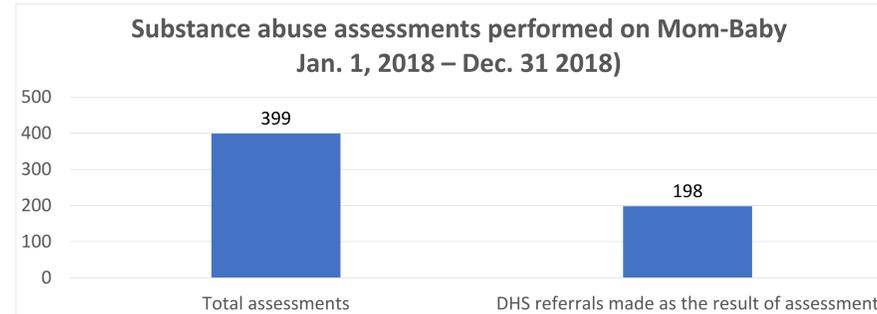


Figure 2: 2018 newborn assessments with subsequent DHS referral

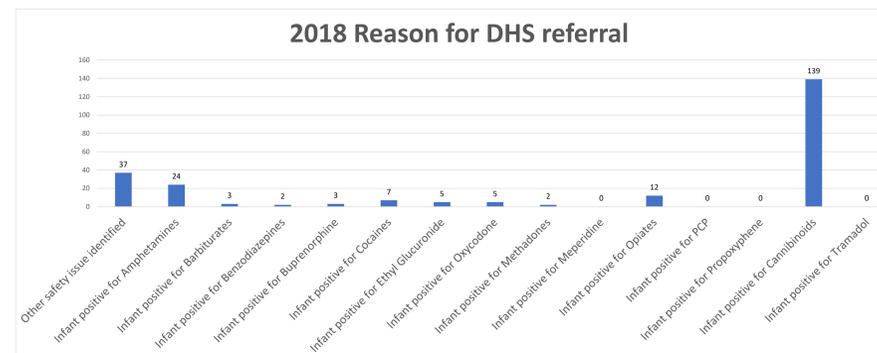


Figure 3: 2018 DHS referrals from the mom-baby

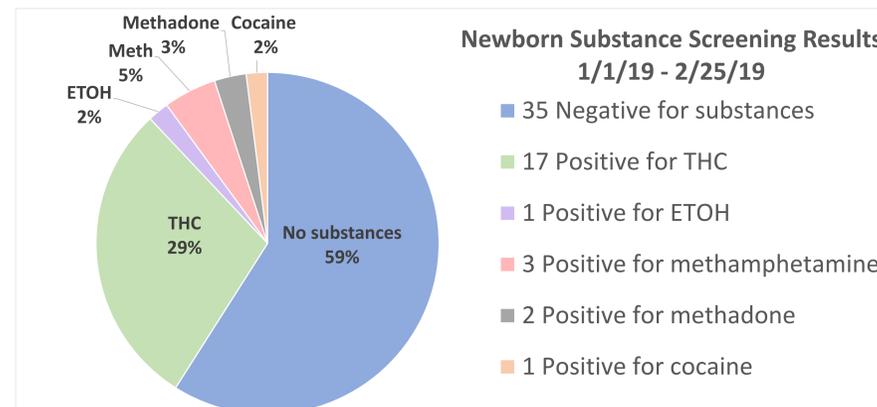


Figure 4: 2019 screening results from 59 newborn assessments on mom-baby 1/1/19 -2/25/19

Discussion

- The flyer was provided to 14.6% of patients discharged from the OB ED over a ten day period
- Challenges faced included establishing a work flow for L&D nurses and developing a reliable tracking method
- Data was based off total flyer counts in triage at the beginning and end of the time period. It can reasonably assumed that patients received the flyer even if not formally documented in the chart
- Where the flyer was placed in the triage area and if there was a posted reminder for staff was identified as an important factor
- After feedback from stakeholders it became clear that integrating the information into the EMR would be the easiest way for nurses to provide the flyer to patients, and also make the data easiest to track
- There are policy variations by county and health system for screening that make it difficult to evaluate the effectiveness of patient education efforts

Future Directions

- Adding flyer to Epic in order to make it easy to provide information to patients at discharge
- Develop dot phrases and click boxes for easy documentation
- Track the number of patients in the EMR who receive the information during their pregnancy and compare yearly data to see if interventions are having an impact
- Additional questions in social work SBIRT process
- Outreach to clinics, providers, advocates, and patients
- Explore other ways to educate patients

References

- Ryan, S. A., Ammerman, S. D., & O'Connor, M. E. (2018). Marijuana use during pregnancy and breastfeeding: implications for neonatal and childhood outcomes. *Pediatrics*, 142(3), e20181889.
- American College of Obstetricians and Gynecologists. (2017). Marijuana use during pregnancy and lactation. Committee Opinion No. 722. *Obstet Gynecol*, 130(4), e205-e209.
- Dickson, B., Mansfield, C., Guiahi, M., Allshouse, A. A., Borgelt, L. M., Sheeder, J., & Metz, T. D. (2018). Recommendations from cannabis dispensaries about first-trimester cannabis use. *Obstetrics & Gynecology*, 131(6), 1031-1038.