



# **PUBLIC HEALTH**

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**Substance Exposed Newborns:  
Weaving Together Effective Policy and Practice**  
October 7, 2005



## **Background:**

- WA State HB 3103 passed in 1998
- DOH directed to develop screening criteria
- DASA gave money to DOH to develop guidelines in 1999
- Legislature provided funding in 2000 for provider training

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## DATA – Washington State

- Between 8,000 and 10,000 drug exposed newborns each year
- Between 800 and 1,000 drug affected newborns

DSHS-RDA 1997

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## DATA – Provider Practice

1998 Medicaid chart audit: Clients charts showed evidence of a completed AOD assessment

- 89% FFS
- 91% MC

DSHS 1998

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## **DATA – Provider Practice**

### 2003 PRAMS

- 89% of responding women said their provider asked about their alcohol use; and
- 80% of responding women said their provider asked about their drug use

DOH PRAMS 2005

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## **DOH Substance Abuse During Pregnancy QI Goals**

- Establish universal screening
- Improve provider screening skill /effectiveness
- Increase number of identified and women who enter treatment
- Provide consistent guidance re: testing newborns

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## QI Activities – Regional Perinatal Programs

- Funding to train providers
- Emphasis on physicians and midwives/NPs
- Conference and grand rounds
- Website
- Ob practice educational sessions

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## Perinatal Outreach

- Trainers used best practice materials developed by DOH
- Limited success
- January 2000 - June 2004:  
5,462 health professionals trained;  
1,217 were physicians and midwives

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## Lessons Learned

- Historically, the Regional Perinatal Programs focus is intrapartum and hospital-based training
- Difficult to engage office staff
- Difficult to get providers to attend training

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## Lessons Learned - continued

- Difficulty scheduling the education sessions
- Health care providers believe that they are already informed and adequately screening
- Perceived lack of treatment options
- Difficulty with intervention steps following identification



## Other Activities

- Best practice materials
- Work with key providers
- Technical assistance and guidance
- Presence at medical meetings
- Changes in the uniform prenatal medical record

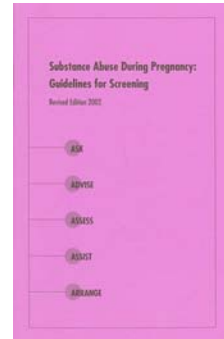
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## Activities – continued

- Focus groups/key informant interviews with providers
- Prenatal medical record chart audit planned

## Substance Abuse During Pregnancy: Guidelines for Screening

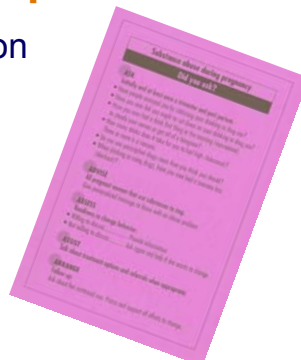
- Screening tools and techniques
- Educational messages
- Pregnancy management issues
- Lab testing
- Referral resources



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## Did You Ask? – Clinician pocket card

- Adapted 5 – As brief intervention
- Sample questions
- Prompts
- Back side  
– treatment access matrix



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## Guidelines for Testing and Reporting Drug Exposed Newborns in WA State

- Guidance to providers and hospitals
- Maternal drug screening
- Testing newborns for drugs
- Consent issues
- Reporting to Child Protective Services



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## Work with Key Providers - Technical Assistance

- State Health Officer presentations
- Conference planning support



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## Exhibit at Statewide Medical Meetings and CME Events

- WA State Obstetrical Assn
- WA Academy of Family Physicians



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## Changes in Uniform Medical Record

- Improve assessment and documentation
- Improved self assessment questions
- Expanded prompts for education
- Expanded risk factors

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## Physician Interviews and Focus Groups

- Eight key informant Interviews
- Four groups – total of 28 participants
- Identify current practice
- Identify effective strategies – communication and education efforts
- Identify barriers
- Assess awareness of materials

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## Focus Groups - Lessons Learned

- All reported screening-only once
- All view screening as important
- Most had not seen our materials
- Favorable response to DOH educational efforts

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## Lessons Learned – continued

- Supported in person programs in their offices or hospital
- Use existing meetings
- Rejected audio conferences, direct mailing and state legal mandates
- Mixed response to website and PDA



### OB Providers Wanted:



- Practical training for self and staff
- Short and specific materials
- Referral information

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## Key Motivators for Attending Training

- **Gain access** to current intervention and referral sources
- Find screening best practices and tools that **save them time**
- Learn how to **avoid legal risk**
- Receive patient **education materials**

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## Prenatal Medical Record Audit

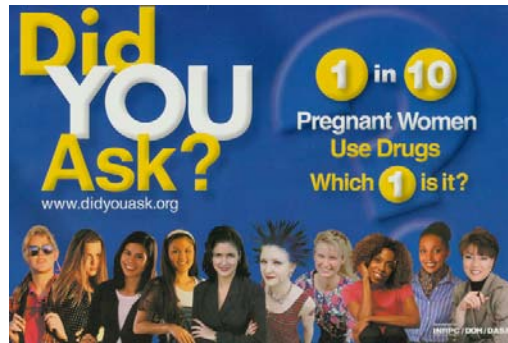
- Collaborative with Medicaid
- Review prenatal record in the hospital



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## We Know the Impact



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