



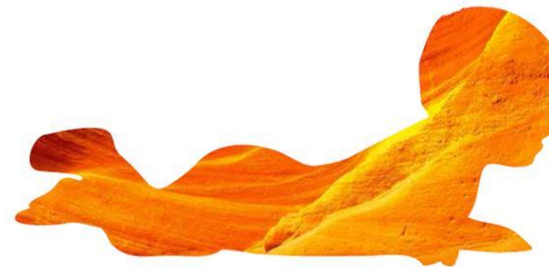
Pregnancy and methamphetamine: Issues, challenges and opportunities



the women's
the royal women's hospital
victoria australia

Outline

- Issues
- Challenges
- Opportunities



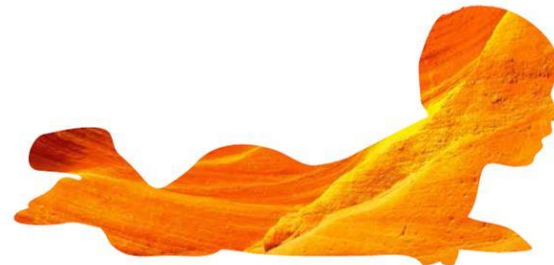
ISSUES



the women's
the royal women's hospital
victoria australia

Key messages:

- Don't avoid antenatal care
- Need time to address the broad range of issues
- Need time for methamphetamine withdrawal and maintenance of abstinence, brain recovery & psychosocial stabilisation



SCREENING FOR METHAMPHETAMINE USE:

- AMOUNT – inhaled or IV, points
- FREQUENCY
- DURATION
- COMPLICATIONS
- WITHDRAWAL SYMPTOMS

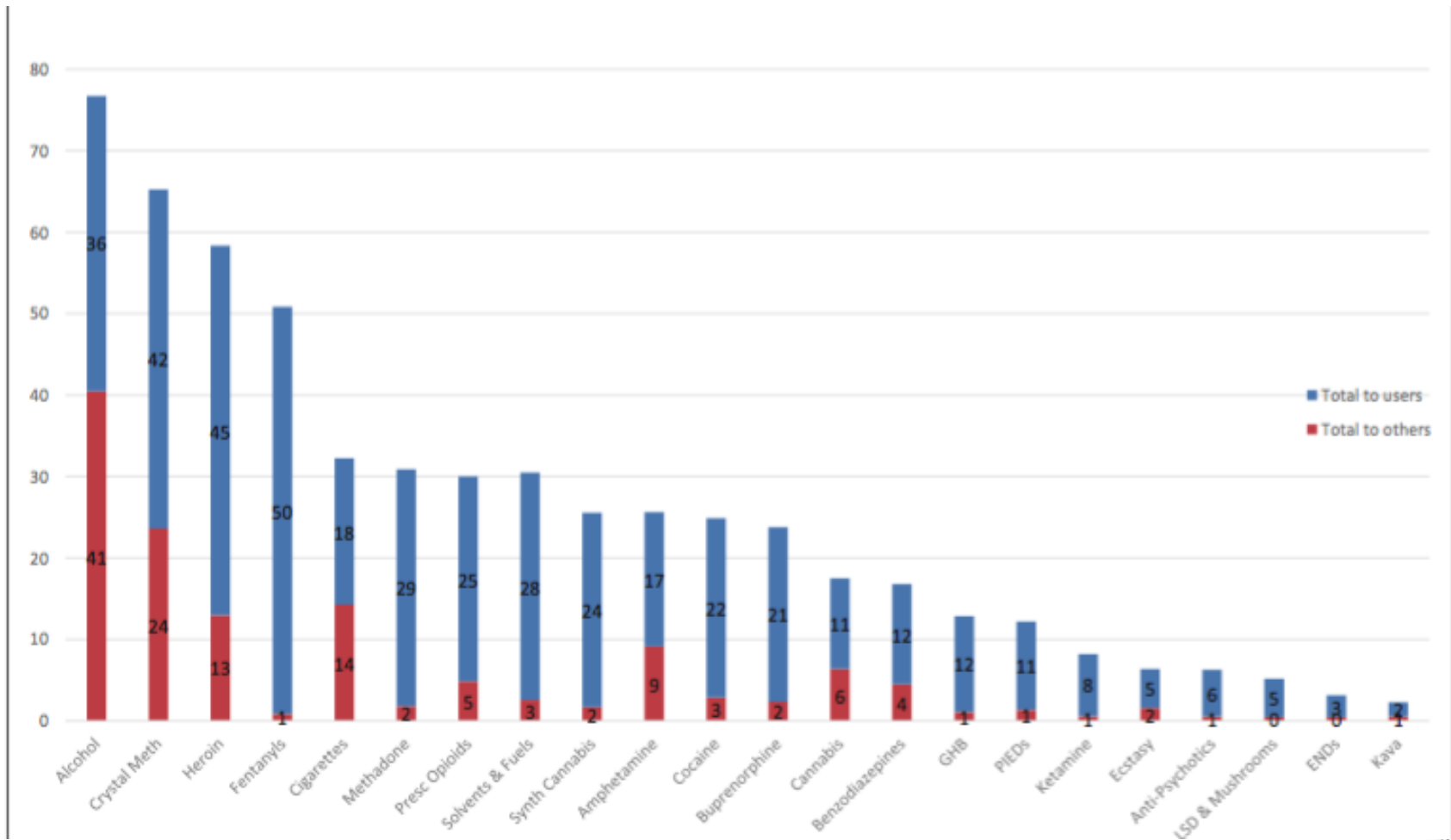


PREVALENCE OF METHAMPHETAMINE USE IN AUSTRALIA

- General population
- AOD Treatment facilities
- IVDU



THE AUSTRALIAN DRUG HARMS RANKING STUDY



METHAMPHETAMINE HARMS

- Mortality: the extent to which **life is shortened** by use
 - Heart attacks, CVA/stroke
 - MVA, driving when UID
- The extent to which **health is affected** by use
 - Unwanted &/or risky sexual activities, self-harm
 - Intoxication, paranoia, toxic psychosis
 - Impaired mental function – mood disorders:depression, anxiety, other
- **Loss of tangibles**
 - employment, housing
 - criminal record, incarceration
- **Loss of relationships** – family, friends, impact on children etc



CHALLENGES



OCCASIONAL METHAMPHETAMINE USE

Methamphetamine enhances sexual experience



MANAGEMENT OF METHAMPHETAMINE USE DISORDER IN PREGNANCY



System Challenges



AOD USE IN PREGNANCY: BARRIERS TO PREGNANCY CARE



- Social stigma
 - Fear of losing custody of children
 - Lack of availability of services
 - Difficulty with access to services
 - Childcare considerations
 - Partners not wanting woman to attend services / FV
 - Failure to provide trauma informed care

 - MH vs Primary care vs AOD services vs Pregnancy care
- Presentation to antenatal care can be late in pregnancy



MX OF MA USE DISORDER IN PREGNANCY

- Supportive (*nb stigma, importance of support person(s)*)
- Multi-disciplinary
- Trauma informed
- Accommodate woman and her children
- Education about chronic relapsing nature of addiction
- Ongoing monitoring of baby
 - Immediately post-partum
 - Through child's formative years (assertive f/u)

FIRST
1000
DAYS



METHAMPHETAMINE INTOXICATION

- Difficulty speaking, trembling hands
- Easily upset over trivial things, agitation, pacing, unsettled
- Critical of everyone & everything, may feel unsupported or persecuted
- Argumentative with little provocation, irritable, hostile
- Delusions, paranoia, psychosis

- Itching picking and scratching at skin

- Rapid breathing
- Profuse sweating
- Tachycardia (fast pulse)/hypertension (high blood pressure)



MA USE IN PREGNANCY: WADS EXPERIENCE

MA-using women compared to non-MA using women:

- Fewer women have improved substance use outcomes
- More unstable ('chaotic'):
 - more present late, or receive no, ANC
 - more still have no accommodation at discharge
- Substantially fewer women gain/retain custody of their child



Challenges in withdrawal management



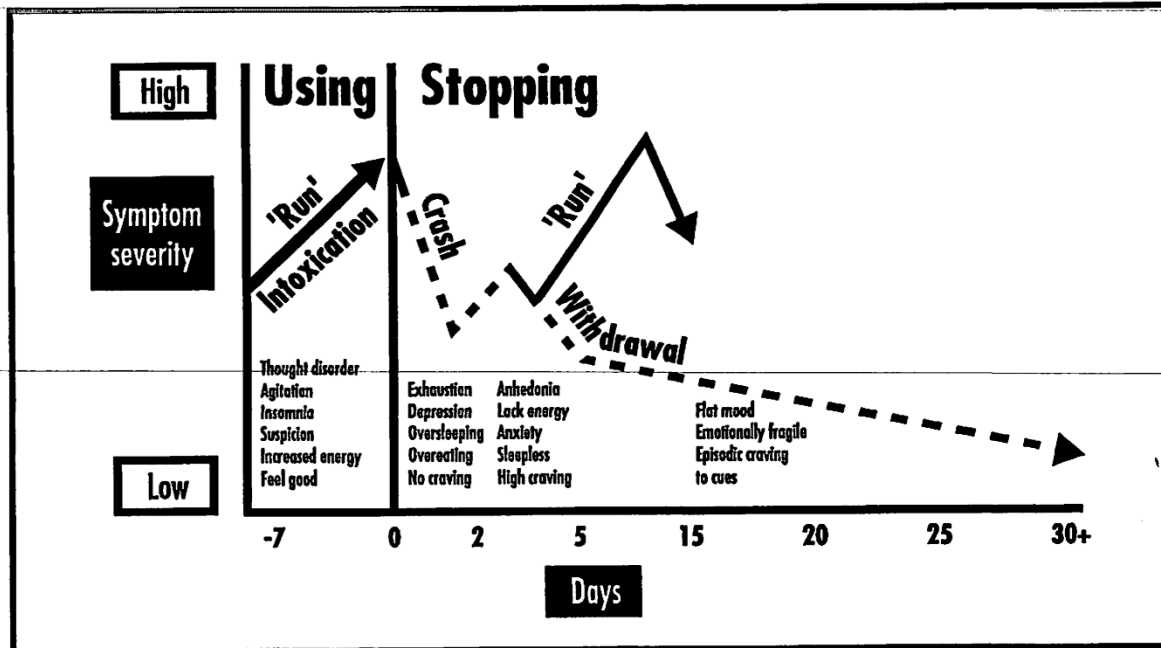
MX OF MA USE DISORDER IN PREGNANCY – withdrawal

- Acute phase: 2-3dd, 5-10dd
 - **2-3dd:** oversleep, low mood, no craving
 - **5-10dd:** lack energy, anxiety, insomnia, craving
- Prolonged phase: weeks – months
 - Flat mood, emotionally fragile
 - Cue-induced craving





Using & stopping amphetamines



METHAMPHETAMINE WITHDRAWAL MX

- No specific pharmacotherapies
- Symptomatic management
- Cravings can be strong

ie. CHALLENGES



‘MA WITHDRAWAL (“DETOX”)

“Detoxification” (withdrawal) should never be regarded as an actual treatment for drug dependence.

It is simply the critical first step in initiating ongoing long-term treatment.



Challenges in maintenance of abstinence



PHARMACOTHERAPIES

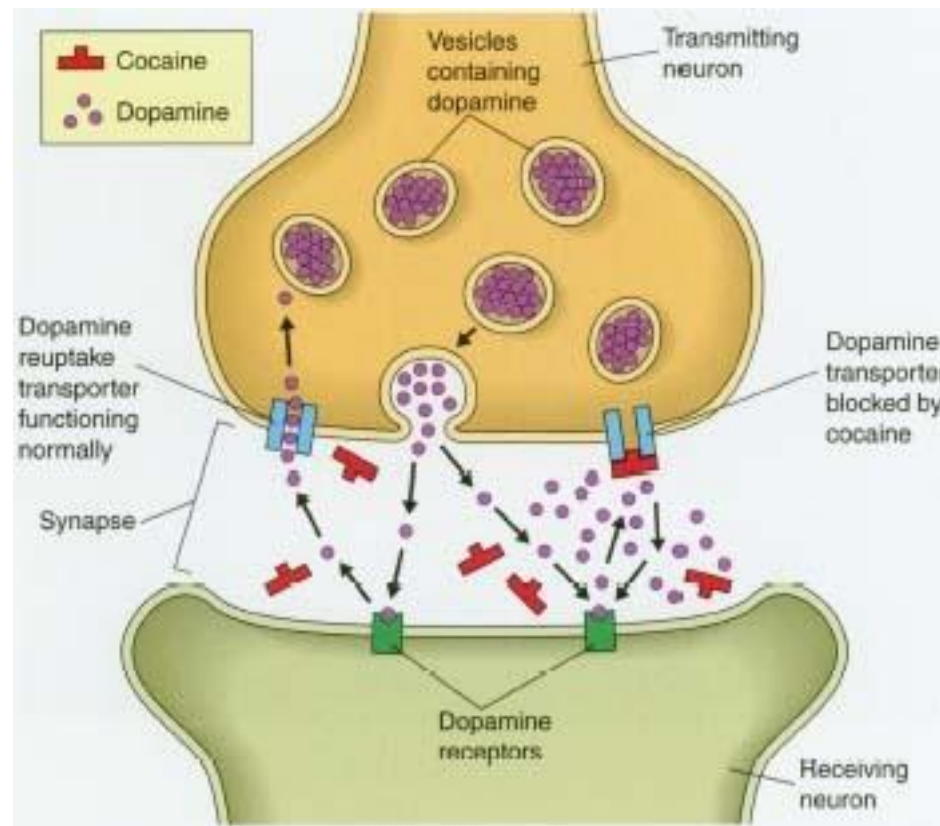
No specific maintenance

pharmacotherapies for

methamphetamine dependence

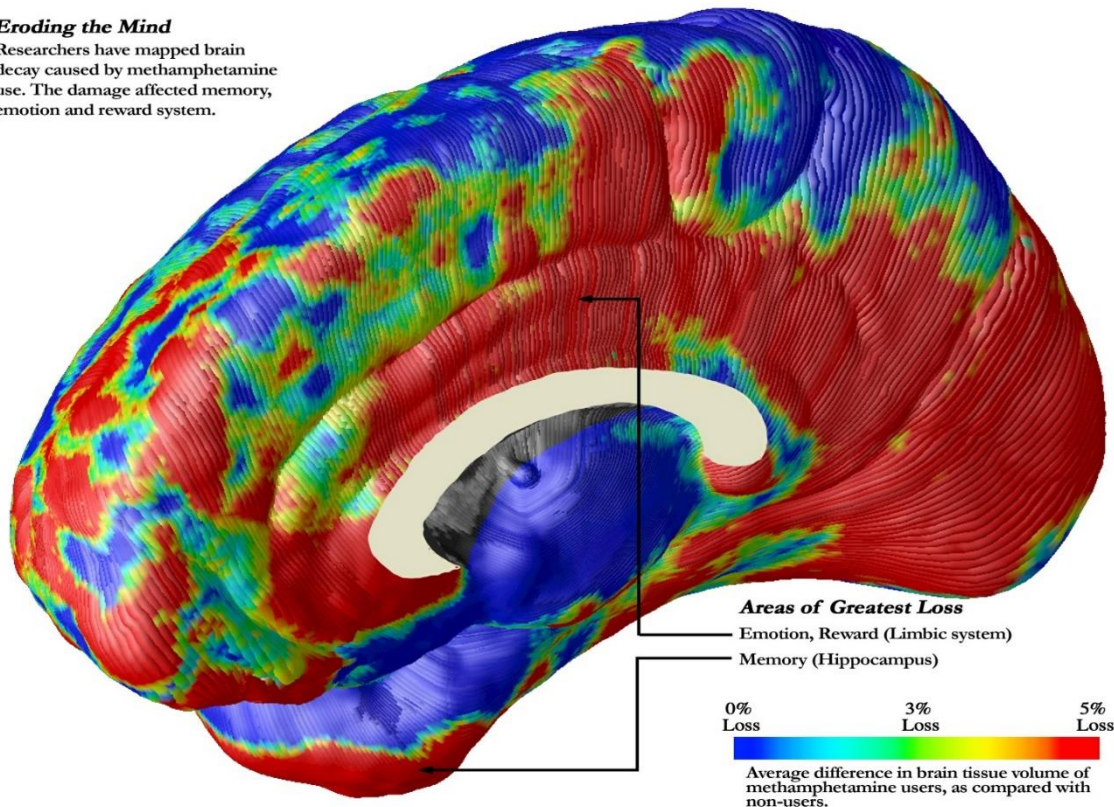


NEUROTRANSMITTER DEPLETION



METHAMPHETAMINE EFFECTS ON THE BRAIN - CHRONIC

Eroding the Mind
Researchers have mapped brain decay caused by methamphetamine use. The damage affected memory, emotion and reward system.



PSYCHOSOCIAL THERAPIES

Mental health assx and support

No particular psychological approach superior

Education - childbirth & parenting, breastfeeding

Housing

Family and social support

Family violence



OPPORTUNITIES



the women's
the royal women's hospital
victoria australia

OPPORTUNITIES

- **Pregnancy can be a great motivator** for behaviour change > leverage
 - General health care: BBV screening (& tx post natally), linking with services
 - Mental health care
 - Parenting support
- **Opportunity to address**
 - Family Violence
 - Housing
- **First 1000 days**



IF NOT SURE OR IF WISH TO DISCUSS/PLAN

- WADS 8345 3931
- Fax 8345 2996
- wads@thewomens.org.au
- www.thewomens.org.au/alcoholdrugservice
- RWH Drug Info Line 8345 3190
- Directline 1800 888 236

