

## PICOT assignment

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### Question:

In pregnant women with substance abuse, reduce the affects to the unborn child if the patient participates in addiction treatment services?

### Summary:

Research shows that during pregnancy, any kind of substance abuse can cause many different problems for the unborn child. "The National institute on Drug (NIDA) warns that substance abuse while pregnant may result in miscarriage, stillbirth, infant withdrawal syndrome, birth defects, premature birth, low birth weights, and sudden infant death syndrome (SIDS)" (Close, 2022). In order to reduce the affects to the unborn child, the patient needs to get involved in addiction/detox services. Detoxing from an addiction is difficult and there are different options for treatment that will work better for certain people. "A specialized addiction treatment program can help pregnant women to safely stop using drugs and/or alcohol while supporting them in recovery and attending to their medical needs" (Close, 2022). Not only does the patient of the unborn child need to detox from the drugs being used, but it would be best for the patient to join an actual addiction treatment program. "Generally speaking, a residential treatment plan wherein a person can stay in a specialized facility to receive care and supervision 24 hours a day, seven days a week, is preferable and considered to be the optimal level of care for pregnant women" (Close, 2022). There are also options for outpatient treatment which includes the same as inpatient, but the patient does not stay at the facility. Addiction recovery while being pregnant comes with so many benefits for not only the unborn child, but also the patient giving birth. "Benefits of substance abuse treatment include:

- Peer support.
  - Prenatal/medical care including referrals to OBGYNs and other medical professionals.
  - Psychosocial support.
  - Nutritional support.
  - Referrals to childcare.
  - Medications.
  - Safe and stable housing during inpatient/residential treatment.
  - Life skills training.
  - Education.
  - Relapse prevention training.
  - Referrals and resources to other supportive services such as vocational training, housing, and legal help."
- (Buffo, 2022)

### Conclusion:

In conclusion, after doing research on substance abuse during pregnancy, I learned that receiving addiction treatment services for the patient will reduce the affects to the unborn child drastically. "Treatment and prenatal care for women with substance use disorder can reduce the impact of substance use on the fetus to improve birth outcomes, increasing birth weight and rates of non-substance dependent infants. Prenatal care is also an opportunity for providers to help connect pregnant women with specialized treatment for addiction" (Pregnancy and recovery, 2018). Not only is the addiction treatment going to help the unborn baby in utero, but it will also help with so many aspects of the baby's life and the mom's life in the future.

### **Word Cited:**

#### **Primary Article:**

Close, L. (2022, May 3). *What are the addiction treatment options for pregnant woman?* Recovery First Treatment Center. Retrieved September 18, 2022, from <https://recoveryfirst.org/drug-abuse/treatment-for-pregnant-woman/>

#### **Secondary Article:**

Buffo, J. (2022, September 8). *Pregnant women and addiction*. Sunrise House. Retrieved September 18, 2022, from <https://sunrisehouse.com/addiction-demographics/pregnant-women/>

#### **Tertiary Article:**

*Pregnancy & recovery*. Recovery Research Institute. (2018, December 3). Retrieved September 18, 2022, from <https://www.recoveryanswers.org/resource/pregnancy-recovery/>