

The background features a repeating pattern of large, light-colored pill capsules. Inside each capsule, there is a small, stylized illustration of a person in various poses, such as sitting, standing, or walking, representing human health and care.

Trauma-Informed Care for the Opioid-Exposed Mother

A Practical Approach for the Outpatient Clinician

NHAFP
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Mother

GENDER-INCLUSIVE

ALTERNATIVES TO FREQUENTLY USED
(CIS)WOMAN-CENTRIC

TERMS FOR PREGNANT POPULATIONS

(cis)woman-centric terms inclusive examples

Women
as in... Pregnant women
Childbearing women
Women in labor
Postpartum women
Lactating women
Women of reproductive age

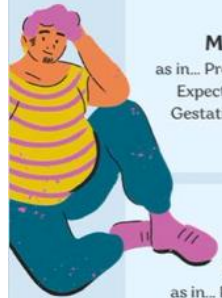
Individuals
People
Participants
Patients

Mothers
as in... Pregnant mothers
Expectant mothers
Gestational mothers

Parents
Individuals
People
Participants
Patients

Girls
as in... Pregnant girls

#-#-year-old...
Individuals
People
Participants
Patients



Maternal
as in... Maternal mortality
Maternal complications

Pregnancy
Perinatal
Obstetric

Maternal
as in... Maternal health
Maternal-child health
Maternal (health)care

Pregnant parent
Birthing parent
Perinatal

Maternity
(motherhood)

Parenthood

Maternity
(period)

Perinatal

Fathers

Co-parents
Non-birthing
parents
Non-childbearing
parents
Partners



Opioid Exposed



Why this talk?



United States Opioid-Exposure in Pregnancy

1/15 pregnant women reported use in 2019

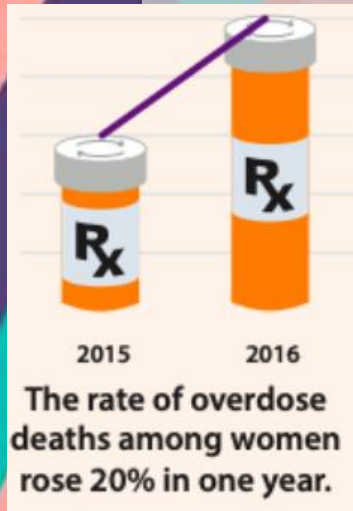
1/35 pregnant women reported use (1990-2021 ECHO analysis)

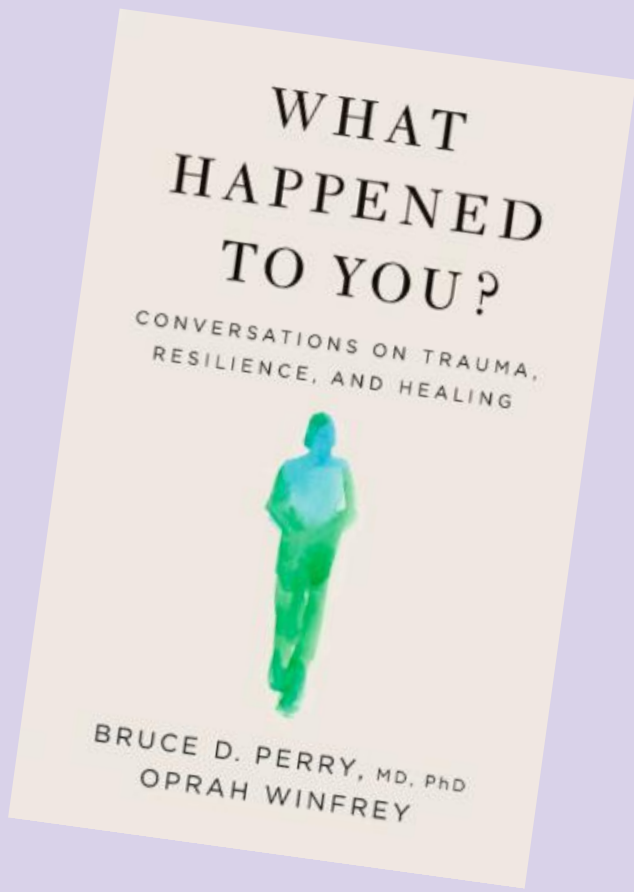
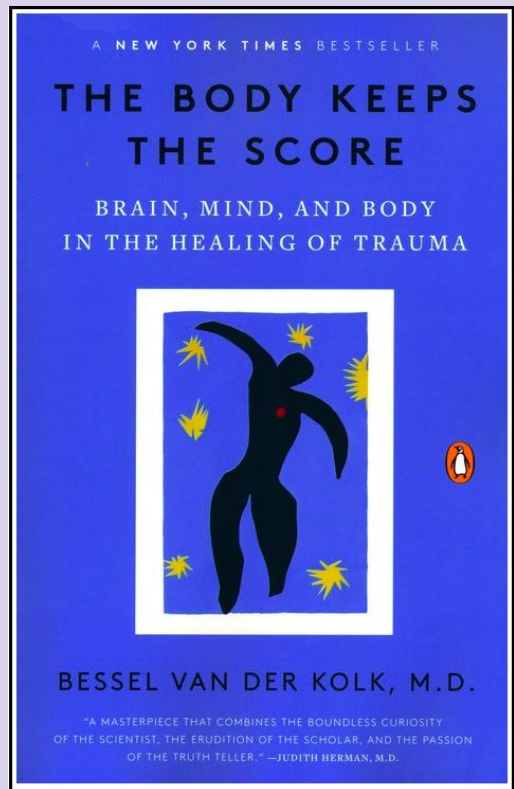
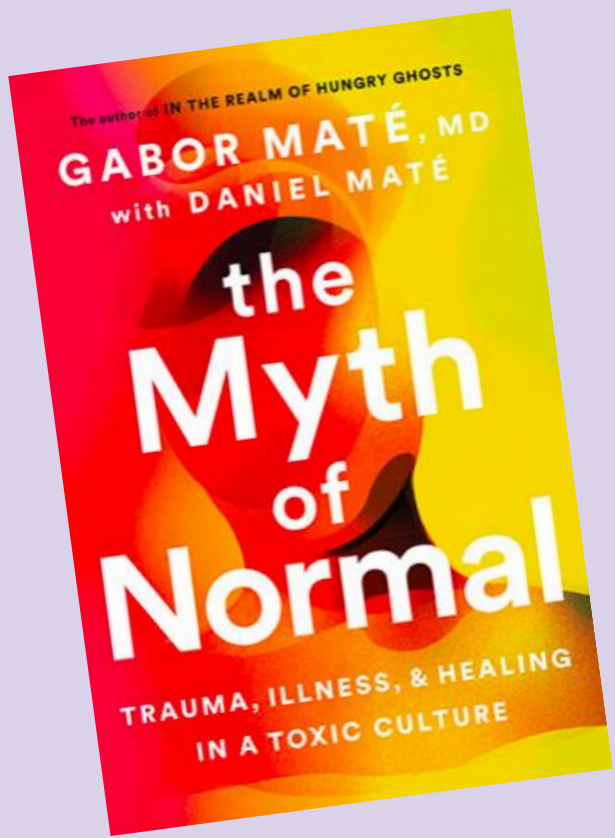
Characteristics:

- 67% non-hispanic white
- 69% some college education

Opioid Exposure:

- 5% heroin
- 86% opioid use originated from a prescription





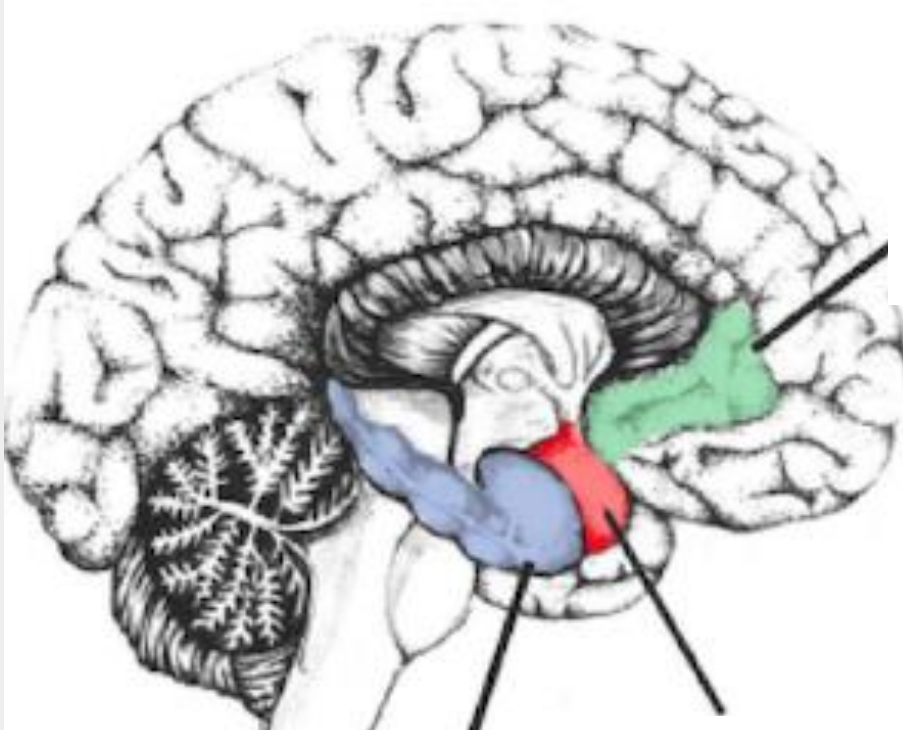
Objectives

1. Recognize that mothers with opioid-exposure have experienced trauma
2. Identify best practices for trauma-informed care delivery by the family medicine clinician
3. Employ practical strategies for trauma-informed care for mothers with opioid-exposure

The Three E's of Trauma



Trauma affects neurobiology & behavior



Prefrontal Cortex

- Center of executive functioning
- Regulates thoughts, emotions, & actions

Hippocampus

- Center of short term memory
- Connects emotions to fear

Amygdala

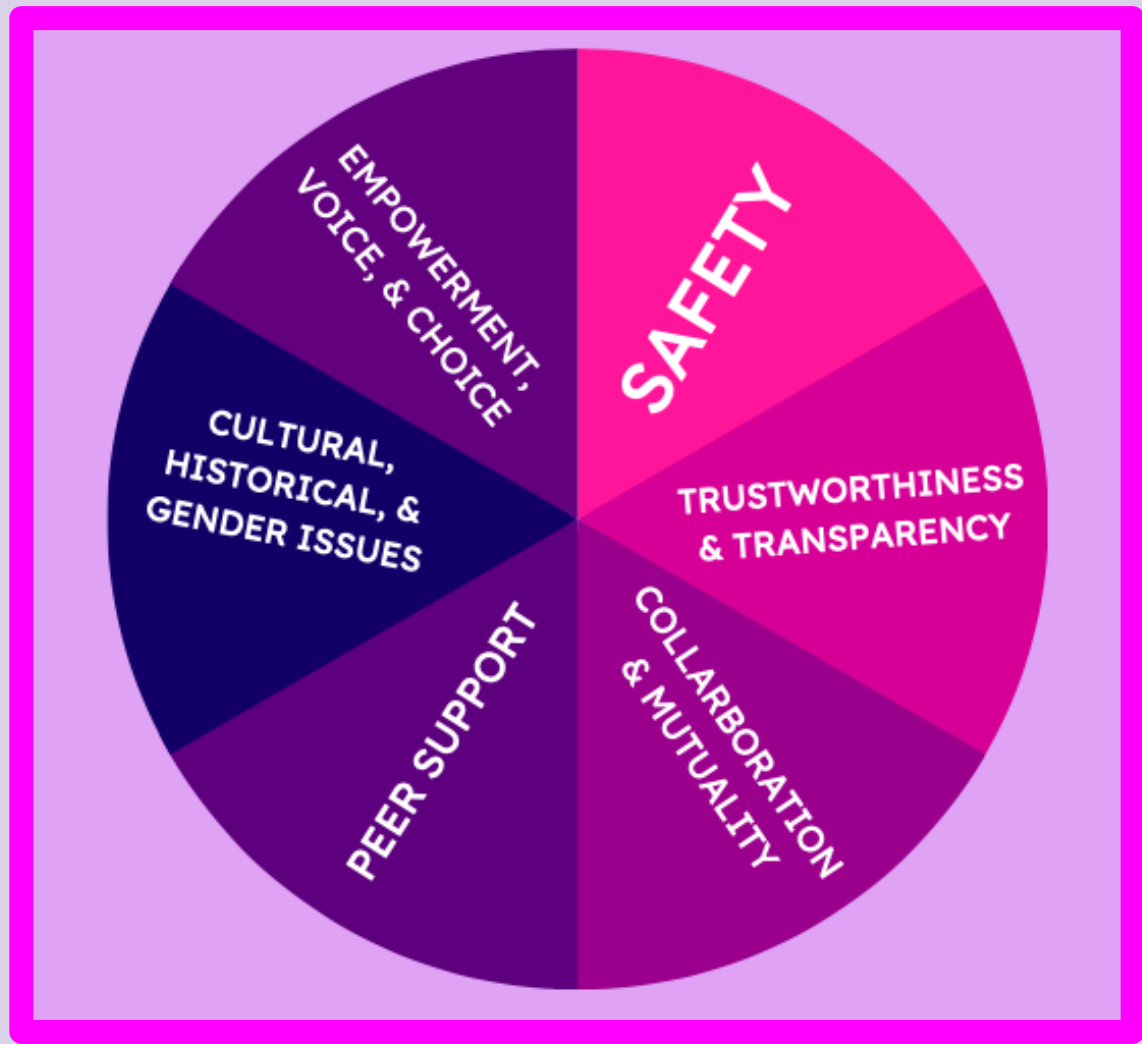
- Triggers emotional responses



⌘ ACEs → ↑ Risk of Opioid-Exposed Pregnancy

What is Trauma-Informed Care?

A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.



Patient & PCP Recommendations

- Physician training
- Online trauma resource centers
- Information pamphlets
- The ability to extend appointment times
- Clinical pathways for responding to trauma

Relationship-Based Approach

- People are doing the best that they can
- Individualized response to traumatic experience
- Behavior experienced as problematic to a clinician is somehow useful to the person in adapting to the trauma experience

**Relationship-based trauma-informed care
among PCPs promotes better patient health
and higher compliance
with medical treatment plans**

Operationalizing Trauma-Informed Care

Medical Dialogue

Patient-Centeredness Composite score:

frequency
of doctor's
statements

Psychosocial
data
gathering

+

Giving
information
about lifestyle,
education and
counseling

+

Rapport building/
emotional

number of
statements

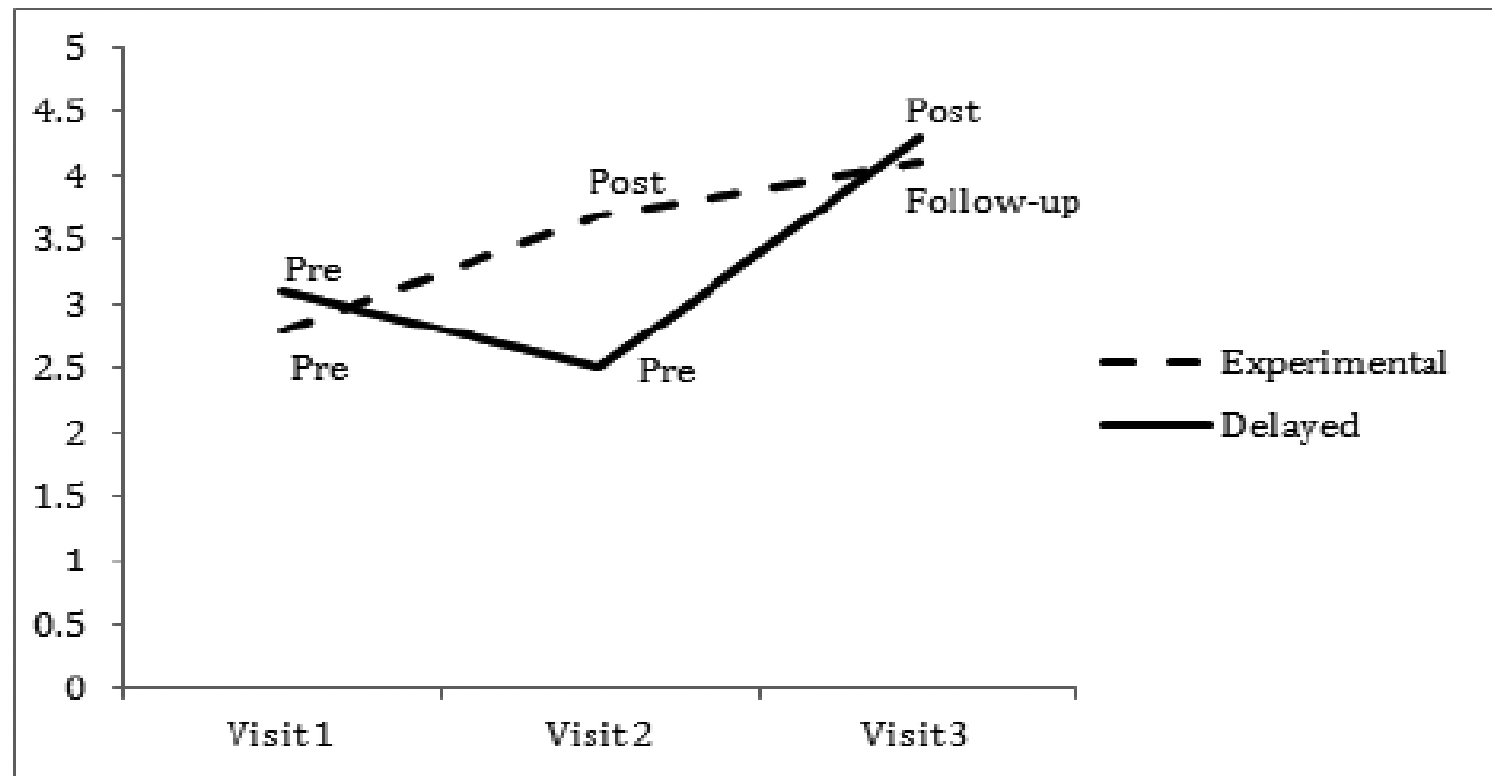
Biomedical
information
gathering

+

Counseling

Trauma-Informed Medical Care: A CME Communication Training for Primary Care Practitioners

Figure 2: Patient Centeredness Score Means by Condition



Transformation requires change at the **Organizational & Clinical Levels**

Patient empowerment

Choice

Collaboration

Safety

Trustworthiness

Environment



Medical environment \simeq traumatic

Creating a Safe Environment

Maneuverability

Welcoming language

Signage

Personal space

Security

Time waiting

Noise level



Physical Examination



"Your chest"
"Feel", "Touch"
"Push me away"
"Bed"
"Open your mouth for me"



"The chest"
"Examine", "Check"
"Push forward"
"Exam table"
"Open the mouth"

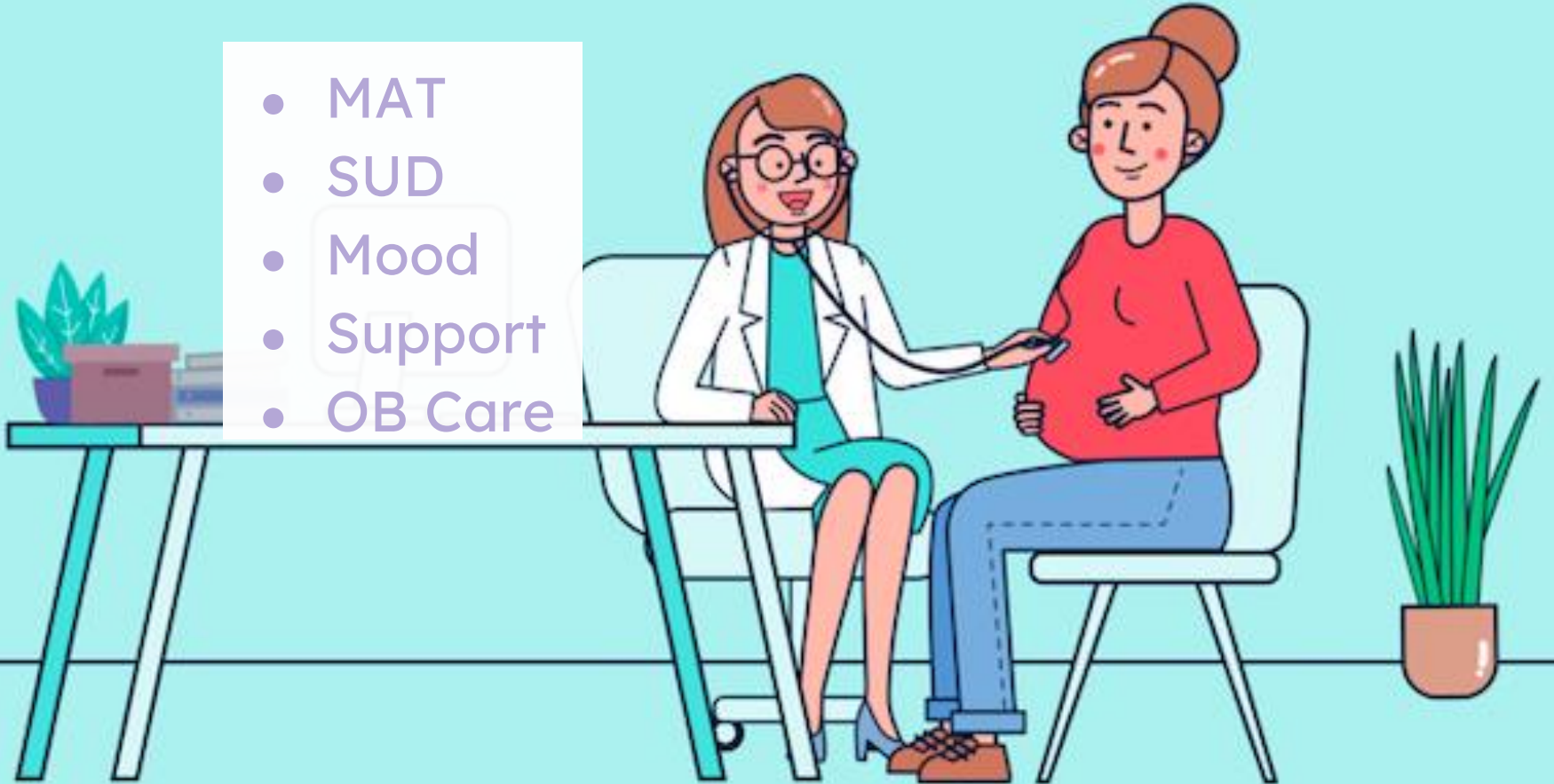
Expressions of the Effects of Trauma

- Patient engagement
- Patient behavior
- Adherence to treatment plan



Prenatal: Maternal Adherence to Care Plan

- MAT
- SUD
- Mood
- Support
- OB Care



Preparing for L&D



- Information empowers mothers
- Anticipatory guidance reduces fear
- Refer to inpatient team

Postpartum: Strengthen Maternal-Infant Bond

- Process L&D experience
- Maternal postpartum care
 - MAT
 - Contraception
 - Breastfeeding
 - Mood
 - Sleep
 - Support
- Infant care
 - Breastfeeding
 - Resources



Care of the Clinician



Vicarious trauma is seen as an inevitable consequence of empathic engagement with traumatized individuals.

The background features a vibrant, stylized illustration with a teal and orange color palette. It depicts various human figures in motion, such as a person running and another walking, interspersed with several coffee cups with white lids. The overall aesthetic is modern and energetic.

Objectives

1. Recognize that mothers with opioid-exposure have experienced trauma
2. Identify best practices for trauma-informed care delivery by the family medicine clinician
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What trauma-informed care practices
can we promise to implement
starting today?



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