

14TH NATIONAL CONFERENCE:
WORKING WITH DRUG AND ALCOHOL
USERS IN PRIMARY CARE

TEENAGE PREGNANCY, ALCOHOL AND
DRUGS: REDUCING THE RISK

DR MARY HEPBURN
GLASGOW

WHAT RISK ?

- Risk of sexual activity and sequelae (inc preg)
- Risk of drug and / or alcohol use / misuse
- Risk of age / drug related obstetric problems
- Risk of poor social outcomes (age / drugs)

WHO IS AT RISK OF TEENAGE PREGNANCY?

- Low socioeconomic status (sc 5 x 10 > sc 1)
- In or leaving care
- Homeless
- Low attainment
- Involved in crime
- Children of teenage mothers

WHO IS AT RISK
OF TEENAGE SUBSTANCE MISUSE?

THE SAME WOMEN!

UNPLANNED PREGNANCY AND SOCIAL CLASS

- Higher proportion of ongoing pregnancies
TOP in SC 1 x 5 > TOP in SC 5
- In lower SC many unplanned but not
unintended or unwanted

TEENAGE PREGNANCY OUTCOMES

- Increased RR low birth weight
- Increased RR of prematurity
- Increased RR infant mortality
- Reduced rates of breast feeding

SUBSTANCE MISUSE AND PREGNANCY OUTCOMES

- Increased fetal anomalies (benzos, alcohol)
- Increased LBW (heroin and alcohol)
- Increased prematurity (heroin)
- Increased perinatal mortality
- Increased cot deaths (opiates, benzos, alcohol)
- Neonatal withdrawals (opiates, benzos)
- Reduced rates of breast feeding (but greater indication / benefit)

SOCIOECONOMIC DEPRIVATION AND PREGNANCY OUTCOMES

- Increased fetal anomalies
- Increased LBW
- Increased prematurity
- Increased perinatal mortality
- Increased cot deaths
- Increased infant mortality
- Reduced rates of breast feeding (but greater indication / benefit)

TEENAGE SUBSTANCE MISUSE AND OBSTETRIC OUTCOMES

NEGATIVE:

- Combined impact of age + substance misuse
- Additional impact of poor social background
- Additional impact of drug / alcohol rel. lifestyle

POSITIVE:

- Shorter duration of substance misuse
- Better underlying health

OVERALL: High risk pregnancies, medical /social

REDUCING THE RISK OF PREGNANCY: WHAT WORKS?

- School based (sex) education - linked to contraception (? Impact of curricular inclusion)
- Community based education
- Accessible confidential contraceptive services
- Opportunistic care (eg contraception / family planning within addiction services)
- Youth development programmes
- Family outreach
- Interventions that increase self esteem

REDUCING RISK OF SUBSTANCE USE: WHAT WORKS?

THE SAME THINGS!

TEENAGE SUBSTANCE MISUSE: IMPROVING PREGNANCY OUTCOMES

- Substitution Rx (opiates)
- Detoxification (cover for benzos, alcohol)
- Promotion of / support for breast feeding
- Targeted parenting education / support AN, PN
- Support to continue education
- Appropriate contraception before PN discharge
- Multidisciplinary care
- Home visiting + ongoing community support
- Improved housing / supported accomodation

PARENTING

How do we assess risk?

How should we assess risk?

LONG TERM STRATEGIES

Secondary:

- Ensure specialised services for high risk pregnancies regardless of aetiology
- Mainstream funding for services aimed at socially marginalised / disadvantaged women and families

Primary:

- Provide education linked to service provision
- Improve self esteem of vulnerable children
- Raise aspirations / change expectations
- Effectively address health / social inequalities