

**15th National Conference:
working with drug & alcohol users
in primary care**

THINK PREGNANCY!

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**POSSIBLE EFFECTS OF
DRUG USE ON PREGNANCY OUTCOME**

- Increased maternal mortality / morbidity
- Increased preterm delivery
- Increased low birthweight
- Increased growth retardation
- Increased perinatal mortality / morbidity
- Increased SIDS
- Increased consequent adult ill health
- Reduced life expectancy

DRUGS AND FERTILITY

- Drug use can inhibit ovulation direct / indirect
- Drug use can inhibit menstruation
- Lack of correlation between the two
- Addictions Rx increases fertility direct /indirect

PREGNANCIES AMONG DRUG USERS

- Many unplanned pregnancies
- Not necessarily unintended pregnancies
- Infrequently unwanted pregnancies
- Relatively low termination rate

PREPREGNANCY CARE

- Stability of drug use
- Improvement in general health
- Improvement in social circumstances
- Cervical cytology
- STI screening
- Prophylactic folic acid treatment

SERVICE DESIGN AND DELIVERY

- Multiagency
- Pregnant women: within maternity services
- Non pregnant women: within other services
- Routine part of addictions health assessment
- Opportunistic care
- Continuity of reproductive healthcare

REPRODUCTIVE HEALTHCARE

- Protect fertility
- Control fertility
- Planned, intended pregnancies
- Optimal timing of pregnancies
- Contraception commenced before postnatal discharge
- Continuity of reproductive healthcare

CONCLUSIONS

- Women with problem drug and/or alcohol use have potentially high risk pregnancies
- Pregnant drug using women need obstetrically led multidisciplinary care
- Reprod health assessment / management should be part of routine addictions care
- Services must enable women to have planned, optimally timed pregnancies
- Reproductive healthcare should be provided with continuity
