

Provider Guidance for Assessment and Management of Pregnant Women and Infants



Healthy Outcomes for Mom and Baby Neonatal Abstinence Syndrome (NAS)

What You Need to Know

Current data in Arizona illustrates a growing problem with substance exposed newborns. Of particular concern is opioid use during pregnancy causing neonatal abstinence syndrome (NAS). The Arizona Statewide Task Force on Preventing Prenatal Exposure to Alcohol and Other Drugs and the Arizona Department of Health Services are working to improve identification of pregnant women using substances, including prescription opioids. The Task Force developed Guidelines for Identifying Substance Exposed Newborns 2016 (www.azprenatal.wixsite.com/taskforce) which includes recommendations for identification and screening for mother and baby. Health plans have developed interventions to improve health outcomes for pregnant women and their infants.

Because many people do not view prescription medications as a “substance”, it is important to engage in a face-to-face discussion about all types of substance use with all pregnant women and with women of reproductive age even when the woman does not report or denies use. Substance use disorders can affect women of all socioeconomic status.

What Can You Do?

- **REGISTER FOR CONTROLLED SUBSTANCE PRESCRIPTION MONITORING PROGRAM (CSPMP)** at <https://pharmacypmp.az.gov>.
- **CHECK THE CSPMP.** Providers should review the CSPMP for all pregnant women and women of reproductive age at <https://pharmacypmp.az.gov>.
- **REFER TO PHARMACY LOCK IN PROGRAM.** If you believe your patient may be overusing or misusing controlled substances you should make a referral for possible enrollment into the Health Plan Pharmacy Restriction Program to notify the patient’s care manager or by calling the patient’s Health Plan.

» *Arizona Revised Statutes 13-3620 requires a health care professional, who reasonably believes that a newborn infant may be affected by the presence of alcohol or a drug, to immediately report this information, or cause a report to be made, to Arizona Department of Child Safety. For reporting purposes, “newborn infant” means a newborn infant who is under thirty days of age.*

Call to report: 1-888-767-4245 or 888 SOS-CHILD

On-line reporting:
<https://dcs.az.gov/report-child-abuse-or-neglect>



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Consider the Following While Providing Care to Pregnant Women and Women of Reproductive Age

- Ask about possible substance use including prescription opioids.
- Discuss consequences of substance use and prescription opioid use with all pregnant women and women of reproductive age and explain the risk of NAS for infants exposed to opioids during pregnancy.
- Include information about the patients' illicit substance use and prescription opioid use during pregnancy to the Health Plan.
- Refer all pregnant Health Plan members with substance use concerns to a High Risk Perinatal Care Management program, which will assist with coordination of care, facilitation of collaboration between the primary provider and other providers, and provision of education, support and resources to the member.
- Coordinate with any other providers who are prescribing opioid medications during pregnancy such as behavioral health providers or pain management providers. Utilize medical release of information forms as appropriate for co-management.

Consider the Following While Providing Care to Neonates

- Implement a Screening Protocol for Neonatal Abstinence Syndrome (NAS) and ensure all staff and providers are trained on the protocol.
- Consider possible NAS when signs and symptoms of substance exposure and /or withdrawal are present even if there is not a confirmed history of substance use or opioid use in the mother.
- Implement a Scoring and Treatment Protocol for NAS according to nationally established best practices and ensures all staff and providers are trained on the protocol.
- Use Non-Pharmacological Treatment for NAS First, followed by pharmacological treatment when warranted.
- Ensure correct coding. Use the new ICD-10 diagnosis code of P96.1 or P96.2.
- Refer babies with NAS to Health Plan Care Management for assistance with coordination of care, resources, support and education of parents/guardian.
- Report according to state law.

Resources

Arizona Department of Health Services Clinicians Prescribing Site
www.azdhs.gov/audiences/clinicians/index.php

Arizona Opioid Prescribing Guidelines November 2014
www.azdhs.gov/clinicians/clinical-guidelines-recomendations/

Controlled Substance Prescription Monitoring Program (CSPMP)
<https://pharmacypmp.az.gov/>

Arizona Substance Abuse Treatment Resources
www.SubstanceAbuse.AZ.gov

Mother To Baby Arizona • www.motherobabyaz.org

Arizona Rx Misuse Information and Safe Disposal of Medications
www.RethinkRxabuse.org • www.DumpTheDrugsAZ.org

Clinical Report: Neonatal drug withdrawal, American Academy of Pediatrics
<http://pediatrics.aappublications.org/content/129/2/e540.full.html>

Neonatal Abstinence Syndrome: How states Can Help Advance the Knowledge Base for Primary Prevention and Best Practices of Care
<http://www.astho.org/Prevention/NAS-Neonatal-Abstinence-Report>

CDC Guidelines for Prescribing Opioids for Chronic Pain
www.cdc.gov/drugoverdose/prescribing/guideline

Treating for Two • www.cdc.gov/treatingfortwo

March of Dimes NAS information
[http://www.marchofdimes.org/baby/neonatal-abstinence-syndrome-\(nas\).aspx](http://www.marchofdimes.org/baby/neonatal-abstinence-syndrome-(nas).aspx)

Home Visiting Resources and Programs for Pregnant and Postpartum Women • www.strongfamiliesaz.com



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