CLEARING THE GRAY ZONE
: SUBSTANCE USE

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Content

- Get to know with Substance Use
- Substance vs Breastfeeding
- Management
Substance Use

- Use
- Abuse
- Harmful Use
- Dependence
- Substance use disorder
SUBSTANCE ABUSE
(being "stupid")

SUBSTANCE
DEPENDENCE
(need it)
Substance Use and Breastfeeding

- Limited data
- Not Absolute Contraindication
- Depend on circumstances
- Sedative and behavioral effects
- Environmental factors
Advice: NOT to breastfeed

- Not engaged in substance abuse treatment
- No ANC
- Urine for substance – positive (except marijuana)
- Relapse within 30 days prior delivery
- Active abusers
- Chronic alcohol use
Careful evaluation and discussion

- Relapse 90 days prior to delivery
- Late ANC or substance abuse treatment (after 2nd trimester)
- Abstinence only in IPD setting
- Poor supporting systems
- Desire to breastfeed and retain custody
Opioid

- Methadone maintenance therapy (MMT)
- Neurocognitive development
- Environmental factors
- Exposure during pregnancy
Alcohol

- 2 standard drinks
- 2 hours form last drinks
- Body weight
- Quantity
1 ที่มีม้ารั้ว

เบียร์ 1 แก้ว
(285 ม.ล.)
น้ำแอลกอฮอล์ 5%

ไวน์ 1 แก้ว
(100 ม.ล.)
น้ำแอลกอฮอล์ 12%

เหล้า 1 แก้ว
(30 ม.ล.)
น้ำแอลกอฮอล์ 40%
Amphetamine and other stimulants

- Wait for 24 hours
- Depend on quantity
Cannabis

- Possible long term development effect
- No standard advice
- Discussion risk and benefit
- Decrease as much as possible
- Second hand smokers
Nicotinic

- Decrease as much as possible
- Bupropion and nicotinic replacement
- Second hand smokers
General Principle Management

- ANC
- Post-partum substance treatment
- Psychiatric care
- Pediatric care
- Close monitor
Substance use disorder

- Chronic relapsing disease
- Brain pathology: rewarding system
- Motivational Interview
- Stage of change
Stage of Change

1. Pre-contemplation
2. Action
3. Maintenance
4. Contemplation
5. Determination
6. Relapse
7. Life-long Abstinence

The cycle moves from pre-contemplation to action, then maintenance, contemplation, determination, relapse, and back to life-long abstinence.
Substance use disorder Treatment

1. Preparation
2. Detoxification
3. Rehabilitation
4. Maintenance
Thank you for your attention 😊