




CLEARING THE GRAY ZONE : SUBSTANCE USE

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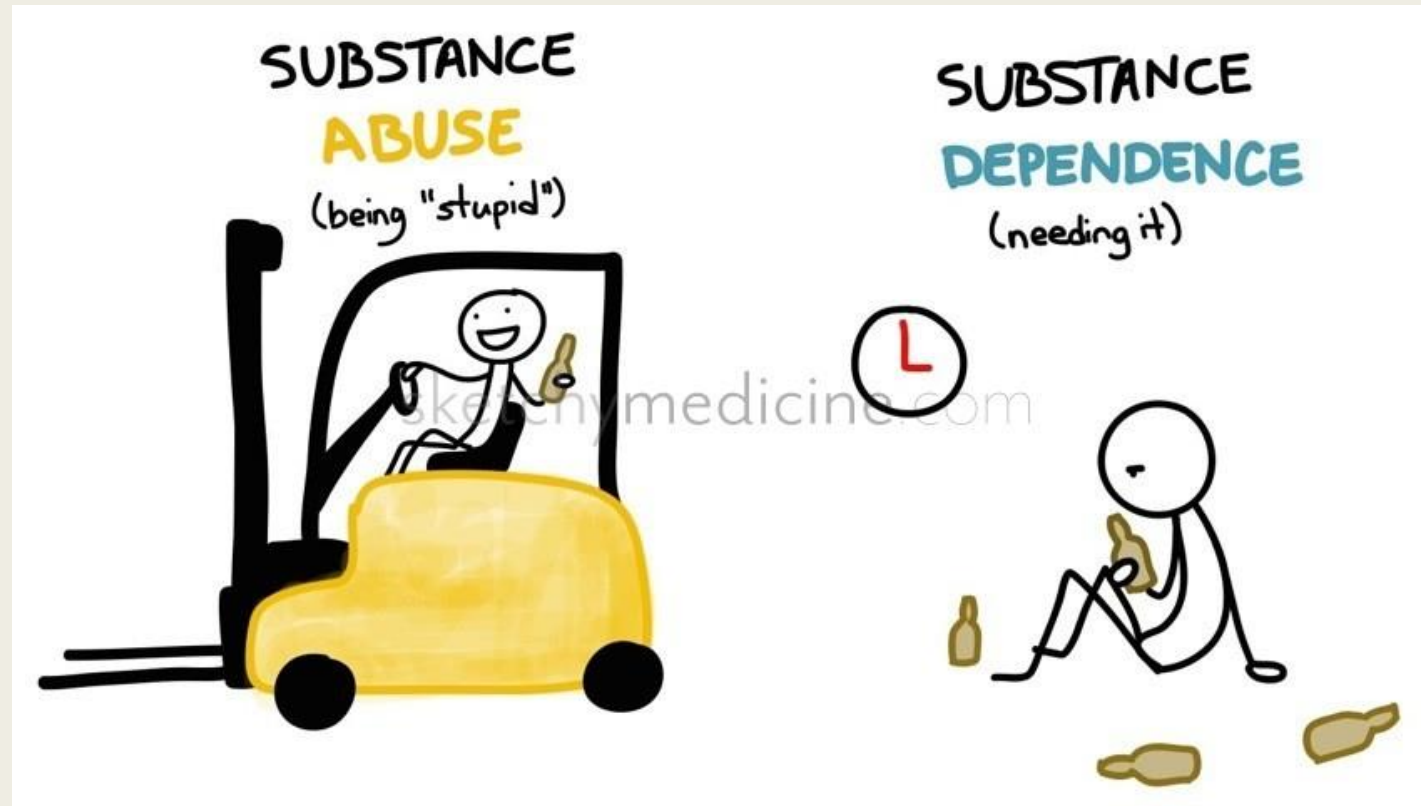


Content

- 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

(needing it)



sketchymedicine.com

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 ดัชนีมาตรฐาน



เบียร์ 1 แก้ว
[285 ม.ล.]
มีแอลกอฮอล์ 5%



ไวน์ 1 แก้ว
[100 ม.ล.]
มีแอลกอฮอล์ 12%



เหล้า 1 แก้ว
[30 ม.ล.]
มีแอลกอฮอล์ 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

Pre-
contemplation



No;
Denial

Contemplation



Fence

Maybe;
Ambivalence

Determination/
Preparation



0-3 Months

Yes, Let's Go;
Motivated

Action



3-6 Months

Doing It;
Go

Maintenance



Over 6 months

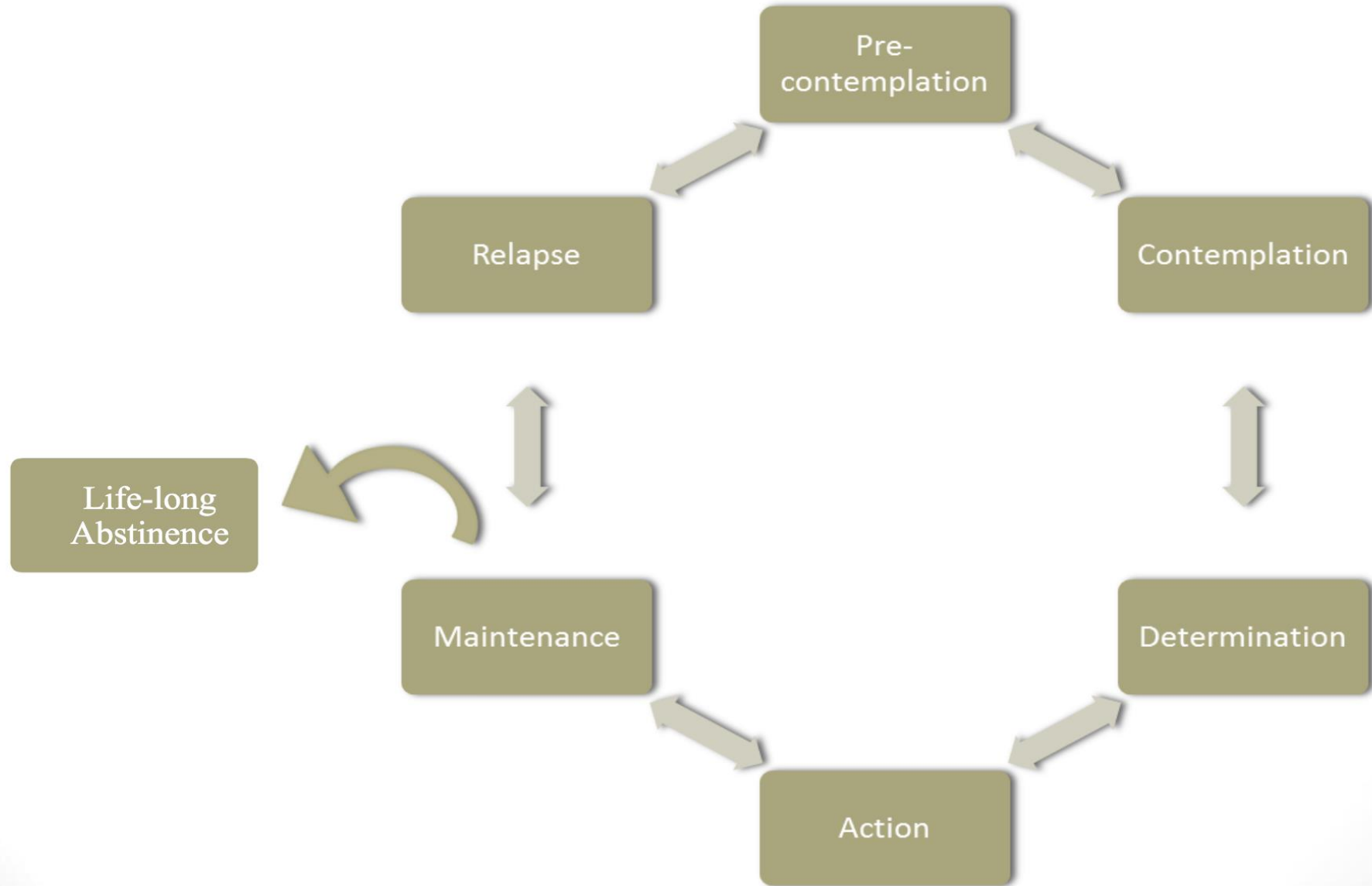
Living It

Relapse/
Recycle



Start Over;
Ugh!!

Stage of Change



Substance use disorder Treatment

1. Preparation
2. Detoxification
3. Rehabilitation
4. Maintenance

Thank you for you attention 😊