

Substance Use and Misuse

Study Group Module

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Substance Use and Misuse

National Midwifery Institute, Inc.
Study Group Coursework
Syllabus

Description:

This module explores drug and alcohol use and misuse. It includes recommended reading materials in print and online, and asks students to complete short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects to deepen your hands-on direct application of key concepts.

Learning Objectives:

- Review the teratogen categories from the Embryology and Fetal Development Module.
- Identify what substance use and misuse may include; consider tobacco and caffeine.
- Identify the signs and symptoms of substance use and misuse.
- Understand who is at risk for substance misuse and that it happens outside of those risk groups.
- Identify times of potential risk for substance use and misuse within the childbearing cycle.
- Define fetal alcohol syndrome.
- Identify the presence of alcohol and nicotine in the breastmilk of clients consuming alcohol or smoking.
- Review the legal obligations care providers face when identifying substance misuse.
- Review issues around confidentiality.
- Become familiar with the 12-Step Program and smoking cessation programs.
- Understand the problems facing care providers when dealing with substance misuse, and identify community resources the midwife may introduce or initiate.
- Review your health history and client interview process to determine if you are able to screen for substance misuse.
- Identify the laws in your state regarding mandatory reporting of maternal drug use.
- Draft practice guidelines for screening and accepting clients in your own practice, with regard to drug, alcohol and tobacco use or misuse.

Learning Activities:

- Research and read appropriate study sources, seeking out additional study sources where needed
- Complete short answer questions in attached module document for assessment
- Complete long answer questions for deeper reflection in attached module document for assessment
- Complete learning activities listed in attached module document for assessment
 - Create a plan to help a client stop smoking tobacco
 - Research local chapters of Alcoholics Anonymous and Narcotics Anonymous
 - Make a list of alternatives to 12-step programs available in your community
 - Research within addiction treatment options for a pregnant woman in your community
 - Create a referral plan for your clients
 - Research the laws and regulations in your state regarding the mandatory reporting
 - Draft practice guidelines for screening and accepting clients in your own practice, with regard to drug, alcohol and tobacco use/abuse
- Submit work to Study Group Course Coordinator
- Reflect on feedback from Study Group Course Coordinator and re-submit work as needed

Study Sources (print):

Required Reading:

- Holistic Midwifery, Vol. I, Frye, p.285-290
- Holistic Midwifery, Vol II, Frye, p.565
- Varney's Midwifery, p.218-219, 724-725, 798-799, 1325-1326
- Myles Textbook for Midwives, p.187, 492, 539, 550, 696-697
- Breastfeeding: A Guide for the Medical Professional, Lawrence & Lawrence, p.937-943

Optional Reading:

- The Baby Book, Sears & Sears

Study Sources (online):

See NMI website Substance Use and Abuse module web resources section for current online study sources for this module.

Related Modules:

- Physical Assessment of the Adult
- Physical Assessment of the Newborn
- Charting and Practice Guidelines
- Embryology and Fetal Development
- General Pregnancy and Postpartum Ailments

- Uterine Size and EDD Discrepancy
- Physical, Sexual, and Other Abuse
- Postpartum Care
- Nutrition
- Breastfeeding/Chestfeeding
- Grief and Self-Care
- Perinatal Mental Health

Submitting Module for Assessment:

Study Group modules are accepted electronically in PDF format *only*. We encourage you to submit modules as you complete them throughout each quarter of enrollment.

Please e-mail your completed Study Group module to:

Study Group Course Work Instructor nmistudygroup@nationalmidwiferyinstitute.com

Once your module has been emailed to us, you will receive an email confirmation that we have received it. Study Group modules are reviewed and returned in digital format as PDF documents. Modules can take up to 1 month from submission to be reviewed and returned to you. We will return your module as an email attachment. Each module includes an Evaluation Sheet at the end of the pdf. The module's page on the student portal also includes a link to a fillable online module evaluation sheet. Please take the time to fill out the module evaluation sheet and return it to us for each module, it helps us to improve our course work.

Please follow these formatting guidelines when submitting modules:

- Your first initial and last name in title of PDF, along with name of module. Example: "ERyanFirstStage.pdf"
- Title of module on the document's front page
- Your name on the document's front page
- Provide the text of each question, followed by a blank line and then your thoughtful answer (without the question, you have commentary without context)
- Blank line between the answer for a question and the next question: question, blank line, answer, blank line, question, blank line, answer...
- Please leave margin space for our comments!
- Don't use script or cursive writing style text
- Font size not smaller than 12
- Credit sources of direct quotes

Completion Requirements and Feedback:

In order to complete this module for graduation purposes from National Midwifery Institute you must review all resources, complete the attached short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects, and submit them as detailed above. Upon return to you, your coursework may have feedback or ask for additional information or exploration on certain topics. Your work will be

evaluated in the following Rubric (pasted below). You must achieve a minimum score of **7.5** in order to move on to your next module, though we encourage all students to strive for a **10**.

	Level 1 (0 Points) Not Adequate	Level 2 (1 Point) Developing Adequacy	Level 3 (1.5 points) Meets Basic Expectations	Level 3 (2 points) Exceeds Expectations	Student Score
Completion of module prompts and elements	-Module not completed	-Major Elements of module are missing	-All aspects of module elements present, with some minor questions unanswered or missing	-All aspects of module elements present and answered completely	
Demonstrates Comprehension of module content and concepts	- Lack of comprehension	- Responses are unclear and do not reflect basic comprehension of module concepts	- Responses are clear and reflect basic comprehension of module content and concepts	- Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity.	
Analysis	- Key terms not defined	-Inaccurate definitions of key items -Limited connections made between evidence, subtopics and clinical experience	-Accurate definitions of key items -Connections made between evidence, subtopics and clinical experience -Incorporation of original ideas and incorporates some clinical experience in responses where possible	- Accurate definitions of key items -Strong connections made between evidence, subtopics and clinical experience	
Evidence	- No research evidence used	-Research not used -Research not clearly connected to questions asked in module	-Research is present but limited -Research presented is weak or not relevant to communities	-Research is abundant -Research is compelling and relevant to communities served by midwives	

			served by midwives		
Engagement with Learning Resources	-Evident study sources were not utilized	-Evident study sources were partially utilized	-Evident that study sources were fully utilized	-Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible	

Skills

Following are Skills Logs which meet MEAC and NARM requirements for assessment of clinical readiness for entry-level practice upon graduation. Review the skills in each of the skills logs and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI Complete Skills Logs: [Prenatal Skills Log](#), [Labor & Birth Skills Log](#), [Newborn Exam Skills Log](#), [Postpartum Skills Log](#), and the [Additional Skills Log](#).

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Study Group Coursework
Short Answer Questions

Short Answer Questions:

1. What kinds of things may alert you to a client's (or potential client's) drug or alcohol use/misuse?
2. What things may increase the risk of substance use or misuse?
3. How do midwives differentiate between use and misuse?
4. What kinds of questions might you ask a client in order to subtly and overtly inquire about substance use?
5. How do you feel about caffeine use? During pregnancy?
6. What effect does pregnancy have on the body's ability to clear caffeine?

7. What are some effects of caffeine?
8. What would you recommend to a person who uses caffeine daily, in what you determine to be large quantities?
9. List three sources of caffeine.
10. How do you feel about tobacco use? During pregnancy?
11. What effects does nicotine have on the circulatory system?
12. What toxin is detected in the breastmilk of a person who smokes tobacco?
13. How does the baby's body clear this toxic substance?
14. What hormone does smoking suppress?
15. What is the increased risk of SIDS for babies exposed to secondhand smoke?
16. How do you feel about marijuana use? During pregnancy? Do you feel differently if a client is smoking vs ingesting? Consider how the method of intake of marijuana/THC might produce different effects for parents and babies?
17. What common prescription drugs are used/misused in your community? In pregnancy?
18. What is the concern with newborns' contact with second hand marijuana smoke or breastfeeding from a mother who smokes marijuana?
19. How much alcohol may be safely consumed during pregnancy? At what point does fetal-alcohol syndrome become a risk?
20. What is fetal alcohol syndrome?
21. How common is fetal alcohol syndrome?
22. What biases do you bring to conversations with clients about substance use? What are your personal beliefs?
23. Can infants be tested for substances in their systems (prenatal exposure)? Which substances? How?
24. List the symptoms of infant withdrawal from opioids? Heroin? Cocaine? What might alert you to prenatal exposure?

25. Why might families with substance use particularly seek a homebirth?
26. How does the criminalization of substance use, compounded with fetal protection laws, impact pregnant individuals? In your community? Consider also how this may impact different populations in society and in your community more (different races, abilities, socioeconomic classes, ages, etc.).
27. Cannabis is now legal in many states. Are hospitals testing for labor/ birth patients for THC? If so, what is the follow up if a patient is positive?
28. What are in-patient rehabilitation centers? In what context might they be appropriate? In what context might they be inappropriate?
29. How does the blood alcohol level compare to the simultaneous level of alcohol in breastmilk?
30. What are the risks of cocaine use in pregnancy?
31. What risks are particular to heroin use in pregnancy?
32. Are clients recovering from addiction at higher risk for depression?
33. List some resources for clients who may be concerned about substance use in pregnancy and the involvement of Child Protective Services
34. Discuss the use of Narcan as an antidote to drug overdose. Is its use appropriate in pregnancy as needed? How and when may it be used in newborns?
35. Discuss the Harm Reduction model. How may this apply to substance use and misuse in pregnancy?

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Projects/Learning Activities

Projects(send completed projects with the rest of your course work for this module)

36. Create a plan to help a client stop smoking tobacco. Include local resources.

37. Research local chapters of Alcoholics Anonymous and Narcotics Anonymous and put together a list of local meetings. Familiarize yourself with the concepts in the 12-Step programs.
38. Make a list of alternatives to 12-step programs that are available in your community.
39. Research within your local area the options for a pregnant woman to receive treatment for a drug or alcohol problem. Are there any residence programs? What sort of prenatal care is provided? Also research the resources for non-pregnant adults and teens, as there may be a need for referrals to help with a client's family member.
40. Create a referral plan for your clients, should you decide out-of-hospital birth is inappropriate.