

Dear Postpartum Provider,

This letter is regarding Patient \_\_\_\_\_ DOB \_\_\_\_\_.

- During her hospitalization, your patient was identified being high risk for substance use.
- During her hospitalization, your patient was identified as someone who uses substances of abuse.

Substances of concern include:

Tobacco      Marijuana      Alcohol      Opioids      Cocaine      Other \_\_\_\_\_

- During her hospitalization, your patient was identified as someone who has a substance use disorder.
- Substances of concern include:

Tobacco      Marijuana      Alcohol      Opioids      Cocaine      Other \_\_\_\_\_

- Your patient was informed about the risks of substance use and the benefits to her and her baby of not using substances.
- During her hospitalization, a social work consult was completed.

Social worker: \_\_\_\_\_ Contact: \_\_\_\_\_

- Your patient should be seen for an early postpartum visit 1-2 week after delivery.
- Your patient should be encouraged to breastfeed so long as she is abstinent from substances of abuse (Breastfeeding with tobacco, Buprenorphine and Methadone is permitted).
- If your patient does not desire more children at this time, Long Acting Reversible Contraception is recommended due to low likelihood of failure and high patient satisfaction.
- Patients who use substances are at a higher risk of perinatal mood and anxiety disorder (postpartum depression) and should be screened. The Edinburgh postpartum depression scale can be used.
- Your patient would benefit from follow up or further evaluation for domestic violence/food insecurity/problems with transportation/getting connected to a mental health professional.

Recommended discussion:

- Your patient is currently using substances of abuse or at high risk of using substances of abuse. It is recommended that the postpartum provider let the patient know that he/she is concerned about how her substance use can affect her health and well-being. Let her know that you want to help her and believe that getting help for her substance use will help her and give her the best chance for success in parenting her children.
- Your patient is currently at some stage of recovery from substance use.

- It is recommended that the postpartum provider ask your patient how treatment is working for her.
- Ask about her personal goals regarding substance use and what aspects of treatment help her.
- The postpartum provider should applaud her effort and success with recovery and ask how the patient is coping to elicit whether she is at risk of relapse or needs additional support or evaluation by a mental health professional.
- Asking about patient's recovery should be part of every future routine checkup.

**Optimal care of women with substance use disorders in the peripartum period requires a multidisciplinary approach that emphasizes respect, compassion, and flexibility. While pregnancy and a new baby are often a significant source of stress, at the same time, this serves as an extraordinary opportunity for women to engage in healthy change. Although there are many challenges, successful identification and treatment of substance use offers a chance to improve the lives of generations to come by helping women deliver and parent healthier children.**

Hospital Contact: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

DCS Contact: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_