

Safe and Effective Medication Assisted Therapy for Opioid Use Disorders in Pregnancy

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Results

Authors	Level	Findings
Nguyen et al., 2018 (BUP – NX vs. BUP alone)	III	BUP-NX was associated with: <ul style="list-style-type: none"> Fewer days of treatment needed for Neonatal Opiate Withdrawal Syndrome (NOWS). Shorter neonatal hospital stays than BUP alone. Positive correlation between BUP-NX dosage and gestational age and neonatal length.
Kanervo et al., 2020; Goshgarian et al., 2022 and Petrich et al., 2022 (BUP – NX, BUP and methadone)	II, III, III	BUP-NX and BUP had a lower incidence of NOWS and fetal growth restriction than methadone.
Perry et al., 2022 (BUP – NX and BUP)	III	No increased risk of maternal return to opioid use in the BUP – NX group when compared to the BUP group.
Lappen et al., 2020 (BUP – NX vs. Methadone)	III	Higher methadone doses during pregnancy correlated with more NOWS and longer neonatal hospital stays, while higher BUP-NX doses did not.
Link et al., 2020 (BUP – NX vs other MAT treatments)	II	BUP – NX did not pose a higher risk of pregnancy or neonatal complications when compared to other regimens.

Background

- The opioid epidemic has intensified in recent years and was exacerbated by COVID - 19. Overdose and death rates associated with opioid use disorders (OUD) have risen significantly since 2010 (NIDA, 2023).
- OUD during pregnancy is also rising, leading to negative outcomes for both mothers and neonates, including neonatal opioid withdrawal syndrome (NOWS) due to lack of proper prenatal care and inadequate treatment for substance use disorder for the mother.
- Pregnant persons with OUD face stigma and limited treatment options.
- Comprehensive care, including medication-assisted treatment (MAT), prenatal care, and mental health support, is necessary, involving healthcare providers, social workers, and community organizations

Objectives

Population	Pregnant persons with opioid use disorders (OUD)
Intervention	Buprenorphine-naloxone (BUP – NX), Buprenorphine (BUP) alone, or Methadone
Comparison	Maternal and neonate outcomes and the use of BUP – NX, BUP alone or Methadone.
Outcomes	Improved pregnancy outcomes and Neonatal Outcomes
Timeline	During and after pregnancy
PICOT Question	How does treatment with either BUP - NX, BUP or methadone compare regarding NOWS and maternal cessation rates in pregnancy?

Methods

Databases Searched	MEDLINE, ScienceDirect, and CINAHL
Search Terms	<ul style="list-style-type: none"> “Opiate Use disorders” , “Pregnancy”, “Buprenorphine”, “Naloxone”, “Methadone”, “Outcomes”.
Parameters	<ul style="list-style-type: none"> Peer Reviewed English language Published no later than 2017

CNL Role

- CNL’s can apply evidence-based practices for safe and effective treatment options for pregnant persons with OUD and advocate for implementation in their clinical setting.
- Nurses can provide education and support to pregnant persons with OUD to reduce stigma and increase willingness to seek care.
- Collaboration with interdisciplinary teams is crucial to provide comprehensive care for pregnant persons with OUD.
- Participation in ongoing research and quality improvement initiatives can help address gaps in knowledge and improve outcomes for this patient population.
- CNL’s can advocate for medication-assisted treatment with BUP-NX and ensure appropriate support services are available.
- It is necessary to continue researching MAT options for pregnant persons with OUD.
- Incorporating evidence-based practices and working collaboratively can improve outcomes for pregnant persons with OUD and their neonates.



Conclusions

- Could guide better prescribing practices for pregnant patients at risk of buprenorphine misuse/diversion.
- A regimen containing BUP may be safer and more effective than the use of methadone in pregnancy.
- Evidence supports safety in using BUP – NX during pregnancy
- Evidence may support using BUP – NX over methadone, especially with persons who may need a more aggressive treatment plan.
- Can provide healthcare providers with further support of the use of BUP - NX, especially when other options have failed.

References

