

“We know during the pandemic that women are getting more prenatal care in their home village. Thank you to all the CHA/Ps for all their care and hard work.” ~ *Bethany Berry, CNM Southcentral Foundation*



# CHAP Weekly Update

January 15, 2021

## Screening for Substance Abuse in Pregnancy

### Why Screen?

We know alcohol, tobacco, marijuana, meth, cocaine, heroin, and other drugs have a bad effect on a baby's brain development and can cause many problems throughout a child's life.

Screening for substance use provides an opportunity to prevent those problems and positively affect the mother's life.

### How to Screen?

Pay attention to your relationship with the pregnant patient. Even if you already have a relationship with the patient outside the clinic (i.e. patient is a family relative, friend, or not a friend), you need to develop trust with your patient while in your role as Health Aide/Practitioner. Remember:

- Women who are pregnant and at high risk for using substances may have:
  - ◊ A history of trauma, domestic violence, or grown up in an abusive home.
  - ◊ A lack of social support and feel isolated.
  - ◊ Mental health struggles such as depression, anxiety, or have fetal alcohol syndrome themselves.
  - ◊ Shame about using substances.
  - ◊ A mistrust of health care providers.
- Talking with patients is more effective for screening than doing a urine tox screen.
- The CHAM has screening questions that are asked at every visit.



### The 4 Ps Plus Screen

Bethany shared another tool: The 4 Ps Plus Screen. Talk with your referral provider before changing the questions you ask.

#### Questions from the 4 Ps Plus Screen:

- **Begin with past medical history and parents:** Do either of your parents have high blood pressure, diabetes, or have a problem with alcohol or drugs?
- **Ask about the partner:** Does your partner have a problem with alcohol or drugs?
- **Ask about the past:** Have you ever used alcohol or drugs?
- **Ask about this pregnancy:** In the month before you got pregnant, how many cigarettes did you smoke? How many beers did you drink?



Remember, you must follow the CHAM. If you think the 4 Ps Plus Screen would work with your pregnant patients, talk to your referral doctor first.

### After Screening, Now What?

- **If screen is negative:**  
Offer words of support and screen at every visit.
- **If screen is positive:**  
You can say, “Thanks for letting me know” and then:
  - ◊ Express your concern.
  - ◊ Offer more information about the effects of substance use on fetus, baby or child and about treatment available.



Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)

Send questions for presenters and each other, and suggest topics for discussion.



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## Marijuana Use in Pregnancy

## Flu in Alaska

### Amount of Use

California data shows that marijuana use increased in pregnant women after it was legalized in 2017.

In Alaska, before legalization, 13.7 percent of Alaska Native women used marijuana during pregnancy.

### Possible Effects on Fetus

- Brain development is delayed
- Smaller babies
- Higher risk of stillbirth
- Preterm delivery, especially if mother also smokes cigarettes
- Behavioral and attention problems in school

### Possible Effects on Pregnant Mother

- Lung injury from smoking
- Increased risk of injury from falls or impaired judgement
- Lower levels of oxygen in body



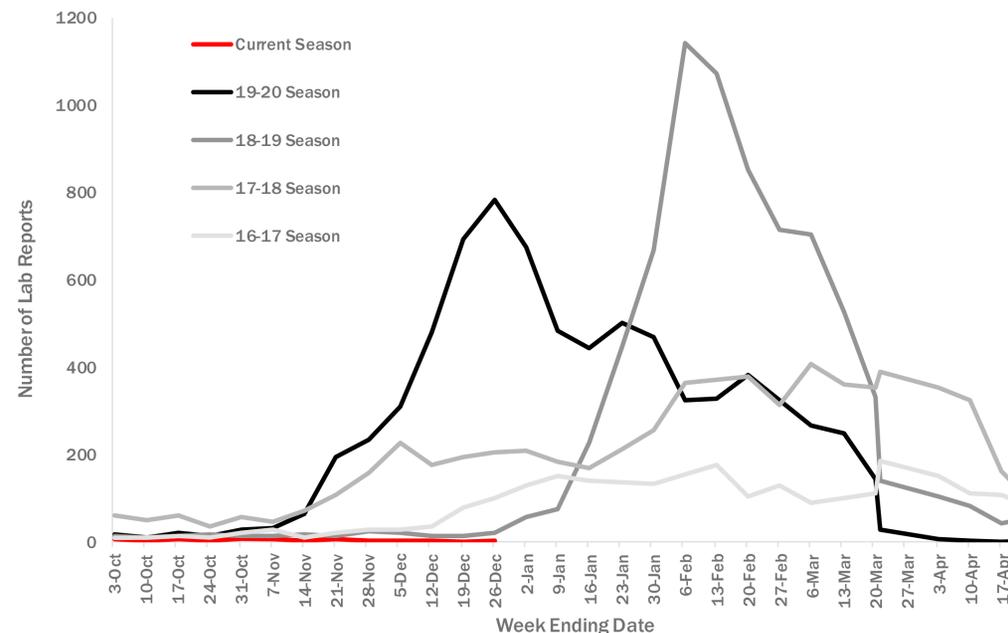
Influenza season is here. There is good news! All the handwashing, mask wearing, and social distancing is keeping the number of cases very low. Check out the graph below from the Alaska Department of Health and Social Services from January 1, 2021.

**Caution:** Notice in the 17-18 flu season (grey line) the peak did not hit until February.

Let's keep up the handwashing, mask wearing and social distancing through April and until everyone is vaccinated against COVID-19.



### 2020-2021 Flu Season Compared with previous seasons:



## Covid by the Numbers

- Alaska cases as of January 12, 2020: **48,797**
- Alaska average daily case rate: **40.41 cases per day, per 100,000 people**. This is a decrease from several weeks ago but numbers in some regions are still much higher
- More stats at [Coronavirus.dhss.alaska.gov](https://www.coronavirus.dhss.alaska.gov)



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## Vaccine Update

## Covid-19 Update

Beginning January 11, 2021 all people over age 65 are eligible for vaccine in Alaska.

Vaccination is a great way to prevent both COVID and post COVID syndromes and to provide less opportunity for the virus to mutate.

For information on how these vaccines work and on vaccine safety, see last week's bulletin dated Jan 8, 2021.



Several new strains of Covid-19 have been identified: One from the United Kingdom, one from South Africa, and one from Brazil. These new strains appear to be more contagious, but they do not cause more serious disease.



The current COVID vaccines appear to work well against the UK strain. More information is needed about the vaccine and the other two strains.

- **New Resource from CDC:** [What to expect after Getting a COVID Vaccine](#) Includes a handout for patients. Ask your THO before using any new materials in your clinic.
- **ANTHC Remote learner:** COVID-19 Vaccine CE This course is updated every other week.

## CHA/Ps: Earn CE Credit

You can earn CE credit for attending the COVID-19 CHAP Weekly Update zoom meetings every Tuesday, 12pm to 1pm.

Each week has a corresponding CE certificate found online at: <https://anthc.remote-learner.net>

Also, check out these available Covid-19 CE courses:

COVID-19 Vaccines - 1 CE

BinaxNOW™ COVID-19 Ag Card - 1 CE

COVID-19 (Coronavirus) General Information and Testing - 2 CE

## CHA/P on Facebook



Community Health Aide/Practitioner Facebook page:

[www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners](http://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners)

## Thanks to:

Thanks to Bethany Berry CNM for her presentation, Screening for Substance Abuse in Pregnancy and Marijuana use in Pregnancy.

Contact Bethany Berry at: [Bberry@scf.cc](mailto:Bberry@scf.cc)

Thanks also to the Alaska Department of Health and Social Services Coronavirus Response Team who participated in the call and educated us about COVID-19 Vaccination.



## SAVE THE DATE



### January 19, 2021

COVID-19 Update on Vaccines and their use in people with immune problems as well as a brief talk on how medical studies are done and how they might be different than what you read on the internet.

### January 26, 2021

Marcia Anderson from ANTHC CHS will talk about food security in rural Alaska and community gardening.

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