Contributing Factors in the Successful Cessation of Drug and Alcohol Abuse in Dependent Pregnant Mothers

Indiana University School of Nursing, Columbus, Indiana

Natalie Harper, Primary Investigator
Emily Duke, Co-Investigator
Angela Opsahl, DNP, RN, CPHQ
Deborah Judge, DNP, RN

GOALS

Long-Term Goals

- Using the original study as a springboard, we intend to launch a wider study involving the community which dives deeper into the contributing factors of drug and alcohol dependency for pregnant mothers
- Seeking to find ways to help the mothers avoid becoming addicted to drugs prior to becoming pregnant
- Expanding upon this study to accomplish an additional goal of researching the drug issues affecting many in the population
- Understanding the long-term effects
- We also desire to further understanding of the long-term effects of NAS on the affected child as well as the possible differences/similarities between prescribed versus illicit drug use.

Study

Purpose or Significance:

- Identify the numbers and any increase in these dependent mothers
- Understand the barriers pregnant women face when continuing abuse of drugs and alcohol
- Discover factors that influence women to cease substance abuse while pregnant

Study Design and Timeline:

- Permission to conduct the study at regional south central Indiana acute care facility March 2017
- University Institutional Review Board (IRB) approval March 23, 2017
- Approval through the hospital IRB August 7, 2017
- Study launch meeting with unit manager of August 25, 2017
- Screen participants based on inclusion/exclusion criteria August-September 2017
- Invited participants the option to complete the survey
- Research will be compiled and null hypothesis will be either rejected or fail to be rejected based on study results
- Meeting with unit staff to disseminate study results in December of 2017
- Poster presentation at the Sigma Theta Tau International Conference October 28-29, 2017
- Continue data collection with possible expansion to another facility

Setting:

- The study will focus primarily on participants in rural regions of Indiana due to the increased prevalence of NAS
- The hospital involved in this study is Columbus Regional Health
- The surveys will be filled out with patients in their individual rooms

Participants (Inclusion Criteria):

- Women who are within 72 hours postpartum
- Participant must screen positive for drugs or alcohol upon admission to the Labor and Delivery Unit at CRH
- Participant must be 18 years of age or older
- Participant must be a resident of Indiana
- Participant must be able to read, write, and speak English
- Participant must be capable of filling out the survey

Confidentiality:

- Participants will be given an information sheet as well as a consent form prior to filling out the survey
- Participants will have the opportunity to ask questions before participating in the survey
- Surveys will be kept in a locked box in the manager’s office
- Surveys will be identified
- Survey administrator will stress that no information given will be turned over to authorities

References: