



Opioid Dependence in Pregnancy: Ethical and Effective Approaches

23 May 2018
Naana Afua Jumah



Presenter: Naana Afua Jumah

Contraception and Indigenous Women

I am a peer reviewer for the Canadian Agency for Drugs and Technologies in Health for HPV primary screening for cervical cancer.

+ Objectives

- To discuss the social determinants of health in substance use and mental health
- To understand the scope of substance use in pregnancy in rural and remote communities
- To gain perspectives on community-based initiatives that address substance use in pregnancy



The Legacy of Colonialism

+ The Indian Act (1867)

- Regulates the interaction of the Canadian federal government with Aboriginal people who have recognized “status” under the Act
- Includes provisions for health care and access to a program of non-insured health benefits
- The healthcare services provided on reserve lands under the auspices of the Indian Act are basic



Residential Schools

- Mandate to systematically eliminate Aboriginal languages and cultures
- Rampant physical, sexual, and psychological abuse were tolerated practices
- Resulted in the destruction of dignity, self-identity and of traditional family and community structures
- Manifested in intergenerational trauma, high rates of substance abuse and domestic violence and the concomitant low rates of high school graduation compared with non-Aboriginal communities

Truth and Reconciliation Commission of Canada 2012 and
O'Donnell and Wallace 2011

Sask. Indigenous women file lawsuit claiming coerced sterilization

Women who were sterilized after giving birth each seek \$7M in damages

By Alex Soloducha, CBC News | Posted: Oct 10, 2017 8:21 PM CT | Last Updated: Oct 10, 2017 8:57 PM CT



The two women who have filed the lawsuit were both surgically sterilized after giving birth at the Royal University Hospital in Saskatoon. (Trevor Bothorel/CBC)

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<http://www.cbc.ca/news/canada/saskatchewan/sask-indigenous-women-file-lawsuit-claiming-coerced-sterilization-1.4348848>

Ottawa to pay for travel companion for Indigenous women giving birth away from reserve

Health Minister calls old policy of having woman travel alone 'extremely unhelpful'

The Canadian Press | Posted: Apr 09, 2017 4:14 PM ET | Last Updated: Apr 09, 2017 4:14 PM ET



Health Minister Jane Philpott says she heard a 'cry loud and clear' from Indigenous health experts who were urging the federal government to allow pregnant First Nations women to leave home with an escort. (Fred Chartrand/Canadian Press)

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<http://www.cbc.ca/news/politics/indigenous-women-pregnancy-reserve-escort-policy-change-1.4063082>

Indigenous child welfare rates creating 'humanitarian crisis' in Canada, says federal minister

Provincial governments open to meeting with Ottawa on Indigenous child welfare

By Jorge Barrera, CBC News | Posted: Nov 02, 2017 8:27 PM ET | Last Updated: Nov 02, 2017 8:46 PM ET



Feds call emergency meeting with provinces on Indigenous child welfare 5:58

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Latest Indigenous Headlines



■ Federal grant delays cause hardships and closures, Indigenous groups say November 10, 4:53 PM ET

■ How to become an Indigenous healer for \$1,111 November 10, 8:00 AM ET

■ Indigenous demonstration forces closure of the Pinery November 10, 1:17 PM ET

■ 'Right thing to do': Passamaquoddy granted special

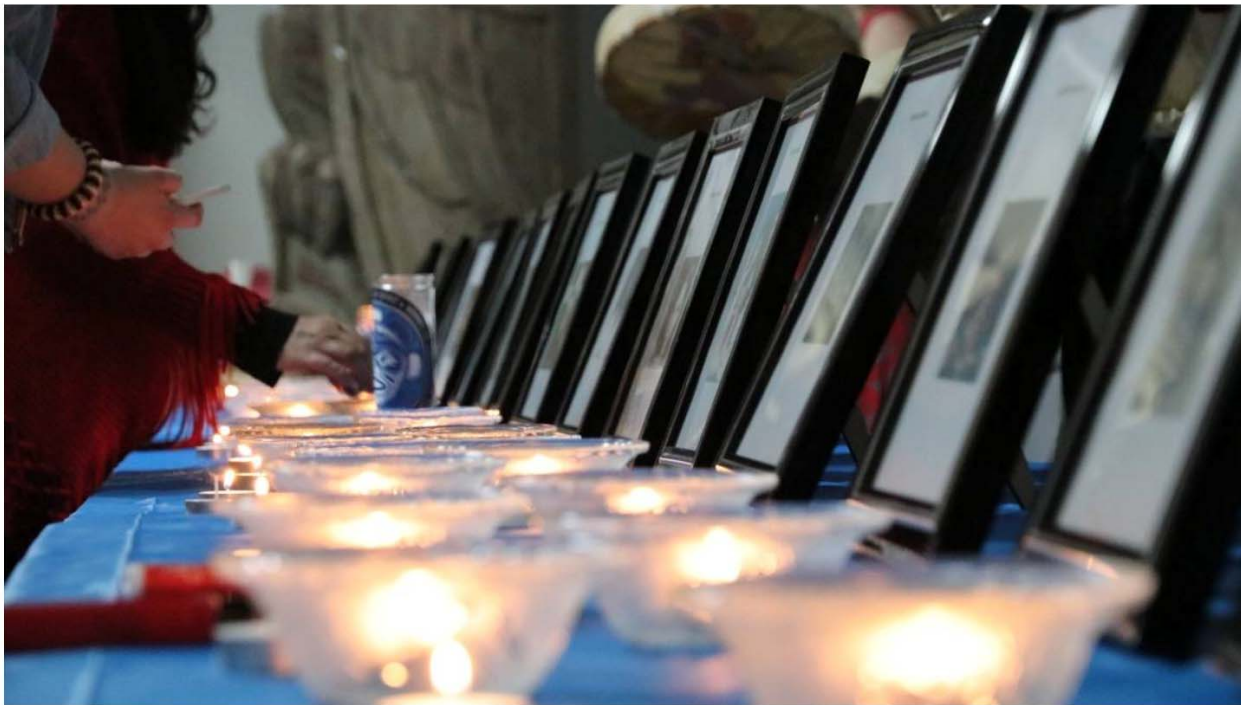
<http://www.cbc.ca/news/indigenous/crisis-philpott-child-welfare-1.4385136>

Still no way to tell how many Indigenous women and girls go missing in Canada each year

StatsCan and some major police forces do not track missing Indigenous women



Margo McDiarmid · CBC News · Posted: Dec 20, 2017 5:00 AM ET | Last Updated: December 21, 2017



<http://www.cbc.ca/news/politics/indigenous-missing-women-police-data-1.4449073>



“ . . . It isn't really high on our radar, to be honest.”

Prime Minister Harper on conducting an inquiry into missing and murdered Aboriginal women.

+ Racialized misogyny

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National Collaborating Centre for Aboriginal Health

- Colonization led to a destruction of traditional gender roles that eroded the social, economic and political power of Aboriginal women
- ‘Racialized misogyny’ . . . “fosters and legitimizes physical and social violence perpetrated against them by virtue of their exponentially diminished social status (i.e. being a woman and being Aboriginal).”

Loppie, Reading and de Leeuw 2014

+ Truth & Reconciliation

- The Truth and Reconciliation Commission bared witness to the lives of thousands of Indigenous people who had attended residential school or whose lives had been impacted by residential schools.
- Ninety-four calls to action were offered to the Canadian people to begin the process of reconciliation between Canada and First Nations, Inuit and Métis people.



Call to Action No. 22

- We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.



Call to Action No. 24

- We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the *United Nations Declaration on the Rights of Indigenous Peoples*, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.



+ Opioids in Northwestern Ontario

+ Beginnings of a crisis

Long acting oxycodone was added to the Ontario Drug Formulary in 2000

- Indicated for chronic, non-cancer pain
- 850% increase in opioid prescriptions between 1991 and 2007
- Oxycodone-related mortality increased five times
- Opioid-related mortality increased forty times

Dhalla et al 2009

+ Backtracking on oxycodone

Minister won't interfere with generic OxyContin approval

Letter says no basis to withhold approval, but new licensing rules will apply

CBC News Posted: Nov 19, 2012 10:28 AM ET | Last Updated: Nov 19, 2012 7:03 PM ET

Generic OxyContin to proceed



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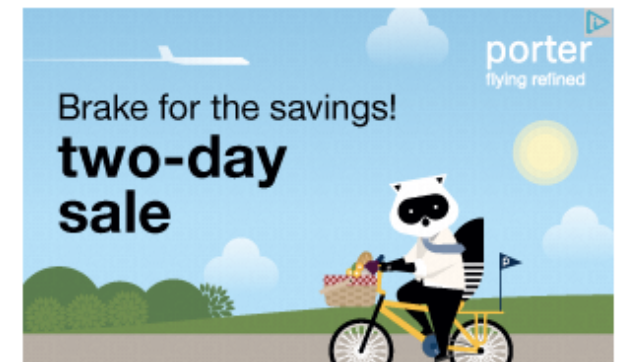


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+ Local response to generic oxycodone

Ontario Exceptional Access Program

- Enacted in 2012
- Decrease in long-acting oxycodone dispensing by 44%
- Reduction in mortality by 30% between 2010 and 2013

Matthews 2012, Fischer et al 2015

+ From crisis to epidemic

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- Overall opioid mortality increased by 24%
- Long-acting oxycodone replaced by hydromorphone and fentanyl



Opium Use and First Nations in NWO

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In November 2009, the Nishnawbe Aski Nation Chiefs-in-Assembly declared a state of emergency for prescription drug abuse in all of its 49 communities

- Rates of prescription opioid misuse in communities ranged between 50% to 80%

Nishnawbe Aski Nation 2015b and Uddin 2013



Community-based suboxone programs

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- Methadone is available in 11 communities in Northwestern Ontario
- Many remote communities administer Suboxone treatment programs
 - Overseen by a physician
 - Stored and dispensed by lay community health workers



Substance Use in Pregnancy

+ Opioid Use in Pregnancy

- Prevalence of opioid use in pregnancy has risen from 8% in 2009 to 18% in 2011 to 28% in 2014
- Early epidemic
 - Initially non-daily, binge use
 - Oral and intranasal use
- Since 2014
 - Half of women use opioids daily
 - One-third of women are injection drug users

Kelly et al 2011, 8, Kelly et al. 2014

+ IV Drug Use and Pregnancy

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Public Health Agency of Canada statistics document that almost a third of new HIV and hepatitis C infections in women were attributed to injection drug use

Public Health Agency of Canada 2010

+ Neonatal abstinence syndrome

Monitoring for neonatal abstinence syndrome requires extended lengths of stay after delivery

- Increased admissions to the NICU for treatment
- Increased separation of mother and infant
- Prolonged absence from home, family and community

Kelly et al 2012



Safety of Suboxone in pregnancy

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Open Access

Research

BMJ Open Observational study of the safety of buprenorphine+naloxone in pregnancy in a rural and remote population

Naana Afua Jumah,¹ Craig Edwards,² Jazmyn Balfour-Boehm,¹
Kassandra Loewen,³ Joseph Dooley,⁴ Lianne Gerber Finn,⁴ Len Kelly³

BMJ Open 2016;6:e011774. doi:10.1136/bmjopen-2016-011774



Intersections



“At no other time in a woman’s life is her identity more obviously socially supervised and regulated than during pregnancy.”

Sutherland 2007

+ Pregnancy as a physical stigma

The “good mother” mystique

- External pressure to place the interests of the fetus above the interests of the woman
- Justification to exclude women from activities including residential drug treatment

Taylor and Langer 1977 and Queniart 1992



+ Stigma and treatment

Stigma is a recognized barrier to treatment

- Fear of judgement makes women reluctant to seek care
- More likely to receive inadequate care out of suspicion of drug-seeking
- Treatment with methadone has become stigmatized as a result of diversion of take home doses and subsequent misuse and risk of overdose

Carter and MacPherson 2013 and
Canadian Broadcasting Corporation 2012

INNOVATIONS IN POLICY AND PRACTICE – COMMENTARY

Opioid use in pregnancy and parenting: An Indigenous-based, collaborative framework for Northwestern Ontario

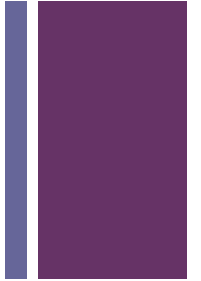
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Can J Public Health 2017; 108(5-6):e616-e620



Critical Self Reflection

+ Hearing Our Voices: An Indigenous Women's Reproductive Health Curriculum



Naana Jumah, Lisa Bishop, Tina Armstrong, Yolanda Wanakamik, Michelle Marie Spadoni, Lisa Richardson

The purpose of this study is to develop and assess a curriculum on social determinants of Indigenous women's reproductive health

NOAMA



Foundational work

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EDUCATION

A Canadian Survey of Postgraduate Education in Aboriginal Women's Health in Obstetrics and Gynaecology

Naana Afua Jumah, MD, BAsC, DPhil,¹ Don Wilson, MD, FRCSC,² Rajiv Shah, MD, MSc, FRCSC^{1,3}

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J Obstet Gynaecol Can 2013 35:647-653

+ As a child, was your home and community safe, stable, and nurturing?





In the city you live in now, could you rent an apartment in your ideal neighbourhood and feel comfortable there?



Can you wear vintage or second hand clothes downtown without people questioning if you are homeless?

+ Do you expect to be treated politely when you go to a restaurant?





If you asked to speak to the manager would you expect to talk to someone of the same ethnic or cultural background as you?







If the comments in the video were directed at your cultural or ethnic group, do you think that you would respond back and address those comments?



- + How would you respond if you witnessed a person making those types of comments to an Indigenous woman in your place of work?



+ Which experiences in your life would make you more or less likely to act in that situation?





Trauma Informed Practice

+ Trauma as a Public Health Issue

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+ Changing Ideas about Trauma

Assumption	Positive Belief System
She should be over it already	Recovery from a trauma is a process and takes time, perhaps a lifetime
She wants attention	This is hard to hear and harder to talk about
Don't ask her about it or she will get upset	Talking about the trauma gives her permission to heal
She has poor coping methods	She has survival skills that have gotten her to where she is now
She is permanently damaged	She can change, learn and recover



Community-based Solutions

+ Maternal Addictions Continuum of Care

Shibogama First Nations Council Health Authority



- Development of an integrated care pathway for substance using women travelling off reserve for antenatal care and delivery

+ Maternal Infant Support Worker

- Confederation College, Sioux Lookout Meno Ya Win Health Centre and the Sioux Lookout Area Aboriginal Management Board



+ Understanding gender roles in youth

- Dennis Franklin Cromarty High School





Conclusions



Conclusions

- Awareness of the social determinants of Indigenous women's reproductive health
- Engage in critical self-reflection
- Practice with a trauma-informed lens
- Provide non-judgemental maternity care
- Meet a woman where she's at



Thank you