HARM REDUCTION

Pregnancy and Parenting
HARM REDUCTION

ANYTHING THAT HAS RISKS CAN BE MADE SAFER.
DRIVING A CAR
USING DRUGS
THE PREGNANCY BOX

Mishka Terplan
MD MPH FACOG FASAM
What happens when women who use drugs get pregnant?

Mishka Terplan
MD MPH FACOG FASAM

National Survey Drug Use and Health 2013/2014 Past Month Use Data
If we don't know how people use substances, how can we make it safer?

We can't. So we should.
The harm reduction information that follows is offered as a public health education.

Its purpose is not to encourage or condone the use of substances.

Its purpose is to educate patients and providers so they can make informed decisions...

... and to show people that we care about them.
PUMPING AND BREASTFEEDING

Breastfeeding Recommendations for Women Who Receive Medication Assisted Treatment for Opioid Use Disorders: AWHONN Practice Brief Number 4  Lisa M. Cleveland
Smoking

women.smokefree.gov/pregnancy-motherhood
Cannabis

www.cdc.gov/marijuana/factsheets/pregnancy.htm
Using Pipes

- Flexible plastic tubing
- Mouthpiece
- PYREX borosilicate glass
- Push stick (wood)
- Heat
- Screens vs filters
- Lip balm

Remember: a new kit for every hit.

thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod/safer-injecting/
Why people use public spaces. Why they are risky. Why we need...

Safe Consumption Sites
REDUCING RISKS
pathogens... particles... purity

what am I using?

preserve veins
keep air and particles out

viruses

bacteria

Harm Reduction is good public health policy.
NIH: U.S. National Library of Medicine
Naloxone saves lives.
This video reviews when naloxone is used, how it is administered, and the way it works.
PRENATAL CARE
CONTINUITY OF CARE
Everything We Think We Know About Addiction Is Wrong
2015 · In a Nutshell  adapted from Johann Hari's 'Chasing The Scream'

ihavenotv.com/everything-we-think-we-know-about-addiction-is-wrong-in-a-nutshell