

INTERPROFESSIONAL EDUCATION

Interdisciplinary Strategies for Managing Maternal Opioid Use Disorder
Presented by
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Final Report

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INTERPROFESSIONAL EDUCATION

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INTERPROFESSIONAL EDUCATION

Introduction

Grant Overview

The Interprofessional Education (IPE) Interdisciplinary Education Awareness pilot (IDEA) for maternal opioid use disorders will engage students, faculty and health professionals from University of Maryland Baltimore Schools of Pharmacy, Medicine, Nursing, and Law in innovative and stimulating learning opportunities to enhance knowledge of opioid use and misuse among pregnant and parenting women. Participants will build core skills and learn interdisciplinary strategies for identifying, intervening and caring for women with opioid use disorders (OUD) and substance use. The overall aim of the interdisciplinary collaborative is to build a sustainable workforce of faculty, students, and health professionals to apply integrated skills, knowledge and targeted strategies to improve maternal and neonatal health outcomes.

Objectives

The following objectives were identified for IDEA:

1. Develop and promote adaption of a curriculum guided by practice standards, national recommendations, and applicable law/policy parameters to department heads and chairs of UMB schools
2. Conduct a workshop to teach integrative and interdisciplinary approaches for the evidence-based care of pregnant and parenting women with OUD.
3. Educate professionals about stigma, enhance strength-based communication skills, and facilitate discussions on ethical/legal considerations through patient stories, vignettes, case studies, and role plays.
4. Promote adaption of the maternal OUD curriculum modules in participating UMB schools by engaging department heads and Chairs.
5. Establish the initiative as the foundation for an interdisciplinary collaborative on maternal OUD with the UMB Schools of Pharmacy, Medicine, Nursing, and Law.

Implementation

IDEA was originally composed of 8 members from 4 UMB schools. A 9th member from the School of Social Work joined the team in May 2019 (Diagram 1). The team was assisted by 2 postdoctoral fellows from the Behavioral Health Resources and Technical Assistance Program (BHRT), School of Pharmacy; and, Graduate Teaching Assistants from the School of Nursing.

Diagram 1: IDEA Team Members

Name	UMB School/Affiliation
Doris Titus-Glover, PhD, MSN	School of Nursing



Fadia Shaya, PhD, MPH	School of Pharmacy
Chris Welsh, MD	School of Medicine (psychiatry)
Rebecca Vivrette, PhD	School of Medicine (psychology)
Kathleen Hoke, JD	Cary School of Law
Katherine Fornili, DNP, MS, RN	School of Nursing
Jamie Swietlikowski, MS	School of Medicine
Jay Unick, PhD	School of Social Work
Rebecca Wiseman, PhD	School of Nursing
Apoorva Pradhan, MD, MPH	Postdoctoral Fellow, School of Pharmacy
Michelle Taylor, PhD, MBA, MS, CPP	Postdoctoral Fellow, School of Pharmacy

Roles and responsibilities of contributing faculty

- School of Nursing (SON): IDEA was led by the SON with overall responsibility for coordination, planning, implementation, evaluation, and reporting with Dr. Titus-Glover, as the Principal Investigator. Dr. Wiseman and Dr. Fornili assisted in overall planning, implementation and evaluations.
- School of Pharmacy (SOP): Dr. Shaya provided expertise and mentoring in all aspects of planning, implementation, and evaluation.
- School of Medicine (SOM): Dr. Welsh contributed expert advice, content and case studies on perinatal addiction, as well as for overall planning and implementation; Dr. Vivrette contributed expertise in planning, implementation and evaluation of IDEA including curriculum development; and, Ms. Swietlikowski an experienced midwife, contributed content material for perinatal issues including pain management during labor and delivery and for perinatal/postpartum issues among women with OUD, as well as contributions to overall program planning and implementation.
- Law School: Professor Hoke contributed expert law and public policy advice specific to statutes and criminalization of pregnant women with OUD; and, was engaged in all aspects of planning, implementation and dissemination activities.
- School of Social Work: Dr. Jay Unick provided resources and content for topics including stigma and contributed to implementation of IDEA deliverables.

Advancing IPEC Competencies

All team members were expected to promote and recruit students and faculty from their schools to participate in IDEA activities. Team members established roles and responsibilities and established interprofessional communication to advance UMB efforts to meet IPEC competencies.¹ In all interactions among members, IDEA fostered and maintained mutual respect and shared values. IDEA promoted active listening, ideas and opinions for better understanding of communication strategies that yielded positive interprofessional relationships. Team building principles and working relationships were

¹ Core competencies for interprofessional collaborative practice: Interprofessional Education Collaborative, Washington, DC: <https://www.ipecollaborative.org/core-competencies>



maintained to ensure clear delineation of roles and responsibilities to accomplish goals and objectives for promoting the delivery of care to pregnant women with OUD.

Implementation Activities

During the early planning months, IDEA applied for a human subjects study institutional review board determination for the workshop and received approval to continue the initiative as a non-human study. IDEA emphasized participation and established meeting guidelines in the early planning phase.

- IDEA's first meeting was held on March 29, 2019. Monthly meetings were conducted mostly via conference calls and the only face-to-face regular meeting scheduled, was not well attended.
- A smaller planning committee was proposed to manage IDEA, but the team ended up including all available members to participate in meetings.
- Participation in monthly meetings was robust and engaging
- IDEA held its' final meeting in October 2020.

Scheduling and other administrative tasks were coordinated by staff from the SON Shady Grove office and three graduate research assistants who were brought on board to assist with workshop and seminar activities. A skeleton team together with SOP fellows worked through the summer months focused on identifying topics, subject matter experts; sharing relevant materials and links; and, refining and identifying additional curriculum topics to be shared with the entire team. Together, members enlisted speakers, and selected themes and topics for presentations.

The team coordinated with the SON Office of Information Technology to establish the initiative as an organization accessible through Blackboard. Members also initiated curriculum discussions with Deans and Department Chairs, and Academic Directors of schools. The PI worked with the Director of Public Relations and Marketing to developing a marketing implementation plan for the upcoming workshop in October. An IDEA website was created for workshop registrants and for sharing information. Each team member was charged with promoting the workshop to their various schools.

IDEA Objectives and Outcomes

Objective 1: Develop a curriculum guided by practice standards, national recommendations, and applicable law/policy parameters

Curriculum. From March through October, IDEA team members researched, reviewed and selected content materials from practice standards, national recommendations, experts and team member presentations for the curriculum.

Outcomes: Eight modules were selected and refined as core areas (Attachment 1):

1. Introduction to maternal opioid use disorder
2. Importance of interdisciplinary provider education
3. Screening identification and testing
4. Interdisciplinary provider education



5. Pain management in women with OUD at childbirth
6. Improving strategies to engage women with OUD in treatment
7. Communicating for change
8. Care coordination and interdisciplinary care

IDEA members promoted modules to schools (Nursing, Medicine, Pharmacy and Social Work) with the initial framework of core topics developed. The team however, continued to debate the best delivery approach for the curriculum to meet the needs of diverse UMB schools. While there was interest in the curriculum, school requirements differed and where to fit the core topics into already tight schedules were often mentioned. For example, the SON was interested in case studies developed from the modules to enhance DNP programs that were geared towards adult women's health and not just on pregnant women and substance use; The SOP and SSW were interested in ready-to use content that could be incorporated into substance use courses. Although IDEA was successful in promoting the curriculum to several schools, more planning and preparation for multiple delivery modes are needed to motivate actual uptake by schools.

Future Plans: The future of the curriculum requires additional funding and resources which IDEA is exploring through internal and external grants. The following new format ideas were proposed for curriculum uptake: Prepare videos and case studies; and, create professional development learning activities for continuing education (including topics in physiology of addiction; newborn and postpartum aspects; and, teamwork and collaboration) offered by UMB SON. A small fee can be charged for continuing education activities.

Objective 2: Conduct a workshop to teach integrative and interdisciplinary approaches for the evidence-based care of pregnant and parenting women with opioid use disorder

From July through September, the team prepared to implement the workshop. Members met frequently in person or by telephone conference to develop the agenda, confirm the speaker list, venue and other logistics; develop the content page for the website; select the project logo; and, create flyers and posters. The format was a live event that featured a keynote speaker, panel of experts, presentations, case studies, videos, and patient stories. Attendees registered through the website, along with participant details such as email addresses. IDEA provided coffee, breakfast, lunch and a healthy snack of apples. A thumb print with resources and information on maternal opioid use disorder was included in the registration packets along with UMB promotional items. Presentations, videos, agenda and other items can be accessed at: <https://www.nursing.umaryland.edu/news-events/events/moudworkshop>.

Workshop objectives:

- Teach integrative and interdisciplinary approaches for the evidence-based care of pregnant and parenting women with opioid use disorder
- Provide participant opportunities to learn through interactive teaching strategies, case studies, spotlight presentations, and patient's stories.

Outcomes and Evaluations

Summary of Workshop on Maternal Opioid Use Disorder: A one-day workshop titled, *Interdisciplinary strategies for managing maternal opioid use disorder* was held by an interdisciplinary team from University of Maryland, Baltimore on October, 1, 2019. The event was hosted in the auditorium of the R. Adams Cowley Shock Trauma Center, University of Maryland Medical Center in Baltimore. Our target audience were students, faculty, practitioners, and clinicians interested in maternal opioid use disorder. The workshop was conducted from 8:30 a.m. to 3:45 p.m.

Workshop Highlights

- The key note speaker was Carlos Diclemente, PhD. ABPP, emeritus professor of Psychology, a renowned expert with multiple publications on maternal opioid use disorder, and a Director of multiple programs for pregnant and postpartum women with behavioral/addiction diagnosis. Through PowerPoint presentations, and videos of patient stories and community programs, Dr. DiClemente shared visions of interdisciplinary collaboration and OUD management in pregnant and parenting women and effective programs.
- Dr. Lawrence Polsky, Calvert County Health Commissioner, delivered the rural health perspective, challenges, and implications, interspersed with videos of patient stories. Dr. Polsky's presentation share new insights and strategies for community engagement, integration and collaboration for comprehensive care of pregnant women and mothers with substance use histories.
- A State representative presented state-wide activities and programs to combat the opioid crisis, including impact, practices and policies.
- An expert panel discussed a challenging case study that revolved around inpatient and community care. The case offered multiple opportunities for collaboration with hospitalists, community pharmacists and social service/residential facilities professionals. The panel comprised of: a psychiatrist, neonatologist, social worker, and 2 community health clinic medical directors who were also obstetrics/gynecology practitioners and was moderated by Dr. Rebecca Vivrette.
- An IDEA member presentation short video on opioid use disorder and stigma.
- A special spotlight series featured topics on: ethical issues and regulatory reporting, pain management in labor and postpartum, neonatal abstinence syndrome, parenting and patient engagement strategies and forming therapeutic relationships. Presenters were IDEA team members: Kathleen Hoke, JD; Jamie Swietlikowski, MS; and Katherine Fornili, DNP, MPH, RN, respectively.
- Dr. Jocelyn Gainers, the Executive Director from The Family Recovery Program, a community-based organization in Baltimore and her client presented a session on community partnerships and collaboration and the recovery experiences.
- The workshop concluded after 8 hours with a round-up call to action.

Evaluations

Number/type of registrants: Over 160 participants registered to attend the event from the mental health and substance abuse communities, social services and family preservation agencies and health departments, hospitals, faculty and students from multiple UMB disciplines, and the Centers for Medicare and Medicaid. Participants completed an overall assessment and pre-and posttests, knowledge tests and overall evaluations of the workshop. Out of 96 participants who completed evaluations revealed that over half of participants came from social work and nursing disciplines and about 65% reported having an advanced degree (Diagram 2 and 3).

Diagram 2: Participant disciplines

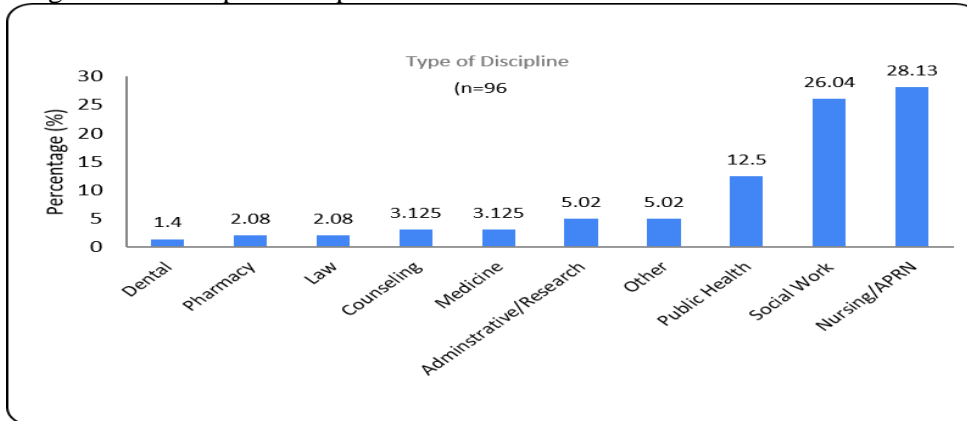
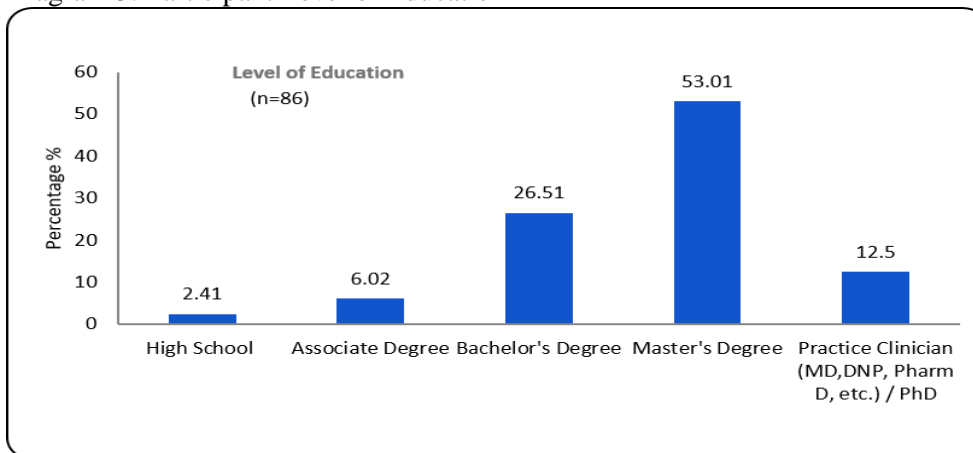


Diagram 3: Participant Level of Education



Participants responded to 4 questions for the pre and posttests. Preliminary reviews suggest participants gained knowledge from attending the workshop (Diagram 4 and 5). Overall, participants learned strategies and lessons that would be applicable to their work and were impressed by the speakers and workshop. Feedback was positive for the usefulness, importance and timeliness of the content/workshop. For example, in response to the question about the most valuable part of the workshop, participants reported:

“Being with other disciplines to begin the process of collaboration.”

“As a NICU RN, I can apply what I learned today when caring for babies and their mothers who are affected by opioid use disorder. Please continue with an interdisciplinary approach.”

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“The patient words matter, stigma, everyone is equal, will know how to meet each patient at their need.”

“Understanding that substance use is an actual chronic disease that can be treated. It is also affecting far more people than I thought, I will now understand patients with pain better than I did before.”

Diagram 4: Response to pretests

Questions (n=63)	Somewhat poor/ Very Poor(%)	Neutral (%)	Somewhat good/ Very Good/Excellent (%)
Please rate your KNOWLEDGE of the <u>care of women</u> with maternal opioid use disorder (MOUD)	29	27	44
Please rate your KNOWLEDGE of the <u>care of infants</u> with neonatal abstinence syndrome (NAS)	40	19	41
Please rate your KNOWLEDGE of the <u>specialized services</u> available locally for pregnant or parenting women with opioid use disorder (OUD) or other alcohol/drug problems	40	16	44
Questions	Somewhat Confident/Not Confident (%)	Neutral (%)	Somewhat Confident/Very confident (%)
How CONFIDENT are you about your own skills for providing evidence-based care to substance-using pregnant women?	38	32	30
How CONFIDENT are you about your own skills for providing evidence-based care to infants experiencing neonatal abstinence syndrome?	49	23	28
Please rate your OWN WILLINGNESS AND/OR INTEREST in working collaboratively on INTERDISCIPLINARY TEAMS (teams of health professionals from 2 or more disciplines, including your discipline) to provide comprehensive care to SUBSTANCE USE WOMEN OR INFANTS WITH NAS	3	7	90

Diagram 5: Response to Posttest

Questions (n=63)	Somewhat poor/ Very Poor(%)	Neutral (%)	Somewhat good/Very Good/Excellent (%)
Please rate your KNOWLEDGE of the <u>care of women</u> with maternal opioid use disorder (MOUD)	0	9	81
Please rate your KNOWLEDGE of the <u>care of infants</u> with neonatal abstinence syndrome (NAS)	2	9	89
Please rate your KNOWLEDGE of the <u>specialized services</u> available locally for pregnant or parenting women with opioid use disorder (OUD) or other alcohol/drug problems	5	9	85
Questions	Somewhat not Confident at all/Somewhat not confident (%)	Neutral (%)	Somewhat confident/Very confident (%)
How CONFIDENT are you about your own skills for providing evidence-based care to substance-using pregnant women?	8	23	69
How CONFIDENT are you about your own skills for providing evidence-based care to infants experiencing neonatal abstinence syndrome?	9	36	55
Following today’s workshop, please rate your OWN WILLINGNESS AND/OR INTEREST in working collaboratively on INTERDISCIPLINARY TEAMS (teams of health professionals from 2 or more disciplines, including your discipline) to provide comprehensive care to WOMEN WITH MOUD OR INFANTS WITH NEONATAL ABSTINENCE SYNDROME.	0	3	97
I gained useful information about comprehensive care for substance using women or infants with NAS at today’s workshop	0	8	92
I will be able TO INCORPORATE information about SUBSTANCE USING WOMEN OR INFANTS WITH NAS from today’s workshop into my professional practice.	10	15	85



Spin off from workshop. Presentations, highlights and resources from the workshop have been reported in a white paper (currently under review for publication), facilitated by the SON Office of Public Relations and Marketing. The workshop gained visibility from mainstream media. Dr. Titus-Glover and Jamie Swietzilowski were interviewed on FOX 45 and Straight Talk, a local Television program. Dr. Titus-Glover gave several interviews to Washington Post Women’s magazine, The Lily;² and Supermajority News, a newspaper that chronicles stories that impact women’s lives.³

Objective 3: Educate professionals about stigma, enhance strength-based communication skills, and facilitate discussions on ethical/legal considerations through patient stories, vignettes and case studies.

IDEA team met on two occasions after the workshop to select topics that address stigma, time of presentation and location for brown bag seminars. Participants completed an evaluation of the presentation.

Outcomes: Two brown bag seminars were conducted in early 2019. Pizza and soft drinks were offered for lunch.

- Brown bag 1: This seminar was hosted at the UMB School of Nursing, presented by Jamie Swietlikowski and Kathleen Hoke. The topic was: *Neonatal abstinence syndrome, coordinated care and the role of social determinants in treating maternal opioid use disorder*. Participants (n=28), included clinicians, faculty and students from schools of medicine, social work, nursing, pharmacy and law.
- Brown bag #2: This brown bag was also hosted at the UMB school of Nursing and was presented by Fadia, Shaya, Jay Unick and Doris Titus-Glover. The topic was, *Interdisciplinary care models to address the stigma of opioid use disorder*. A video was utilized as part of the presentation. Participants (n=20) were clinicians, faculty and students (representing about half of attendees) from medicine, social work, nursing and pharmacy.

Objective 4: Establish the foundations for an interdisciplinary collaborative on maternal OUD with the UMB Schools of Pharmacy, Medicine, Nursing, and Law.

The foundations for an interdisciplinary collaborative on maternal opioid use disorder were established by meeting objectives 1 through 3.


Overall Program Outcomes and Sustainability Plans

IPE IDEA provided a forum for interdisciplinary cross-sector learning, created opportunities for sharing best practices and identified proven strategies for collaboration. IDEA fostered professional relationships and collaboration building. Team members are

² Opioid overdoses among women have increased dramatically. But treatment centers are still designed for men. The Lily. <https://www.thelily.com/opioid-overdoses-among-women-have-increased-dramatically-but-treatment-centers-are-still-designed-for-men/>

³ Women with opioid use disorders face specific obstacles to getting treatment. Supermajority News. <https://supermajority.com/2020/01/women-with-opioid-use-disorders-face-specific-obstacles-to-getting-treatment/>





collaborating on potential studies. Two IDEA team members have forged partnerships with a community partner for future studies and programming. Opportunities for community emersion of students through the Family Recovery Project, Inc., partnership has been proposed to reduce Stigma through community engagement and brief emersion activities.

In the long term, IDEA hopes to sustain the project beyond the initial platform and disseminate workshop outcomes through the White Paper report currently with publishers. Secondly, the IDEA curriculum can be disseminated through an educational format such as a series of video productions to educate healthcare providers on core topics. Finally, for UMB faculty, students and other interested parties, the curriculum can be further choreographed into a continuing education learning activity with minimal charges for participants. Learning activities can be activated and managed from the IDEA website: <https://www.nursing.umaryland.edu/news-events/events/moudworkshop> Additional funding from internal/external sources will be needed to advance this proposal.

Budgetary Report

IDEA complied with all spending requirements listed in the budget (Attachment B). A few notables were: IDEA saved costs (\$2000) by using a free venue, the Shock Trauma Auditorium for the workshop; less travel costs in the form of parking vouchers were utilized (less \$170), and, only one honorarium was paid because of restrictions on government workers and faculty who presented at the workshop (less \$250). Included in the receivables is a New Faculty Award offered to the Principal Investigator, Dr. Titus-Glover in November 2019, which she received to defray personnel costs for preparing and writing the white paper. Overall, there is an outstanding balance of \$5,095 to cover the cost of professional editorial services, publishing and dissemination of the white paper. A final invoice will be tendered in January 2021,

Conclusion

IDEA increased knowledge of evidence-based practices through this IPE initiative and drew on combined experiences across schools within the UMB campus to promote interdisciplinary collaboration among professionals who treat OUD in pregnant and parenting women. UMB's intellectual and thriving academic center creates multiple opportunities for interprofessional education. UMB's vibrant multi-disciplinary community provides the best option for teaching an integrated approach to OUD in pregnant women. IDEA acknowledges the IPEC for supporting interprofessional education and for the opportunity to utilize this seed grant.