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Evaluating the Prevalence of Postpartum Substance Use in South Jersey

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Background

- 10-20% of women experience postpartum depression symptoms within the first year after delivery
- Stigma may result in patients not seeking treatment or not disclosing their concerns with primary care providers
 - Some women can turn to substance use to cope
- Previous work investigated postpartum depression and substance use
 - Focus has been limited to factors such as race and ethnicity
- Past research determined the incidence of drug use was highest among first time white mothers²
 - Followed by black and Hispanic women²
- Aside from race and ethnicity, it is imperative to study other factors that may precipitate postpartum substance use
 - Financial security
 - Geographic location

Significance

- Prior studies looked at risk factors that result in postpartum depression (PPD) but have not examined how PPD or undiagnosed PPD may result in drug use³
- Research on substance use in postpartum women conducted in southern and Midwest states
 - Not investigated in South Jersey
 - Niche location blending influence of urban outskirts of Philadelphia with a suburban and rural influence of coastal NJ
- Considering healthcare coverage women receive, such as Medicaid versus private insurance, can further evaluate factors that contribute to women using drugs postpartum

Methods

- Retrospective Chart Review
- Data requested from IT included de-identified data of the women meeting criteria from Rowan Family Medicine and OB-GYN offices
- Search terms included DSM-10 Codes and instructions of which data points to look for (see Table 1)

IT Instructions: search in the following order	Details
Pregnancy female code AND mental health codes	a) Pregnancy diagnosis code: Z39.2 between May 1,2022-May 1,2023 AND b) Mental health codes (F05.-F09, F20-F69, F99)
Substance Use Disorders	a) Mental and behavioral disorders due to psychoactive substance use (F10-F19.)
Include the type of Insurance Coverage	a) Medicaid b) other (ie: private insurance)

Table 1

- Once relevant charts accessed, the following data points would have been obtained to be included in analysis (see Figure 1)

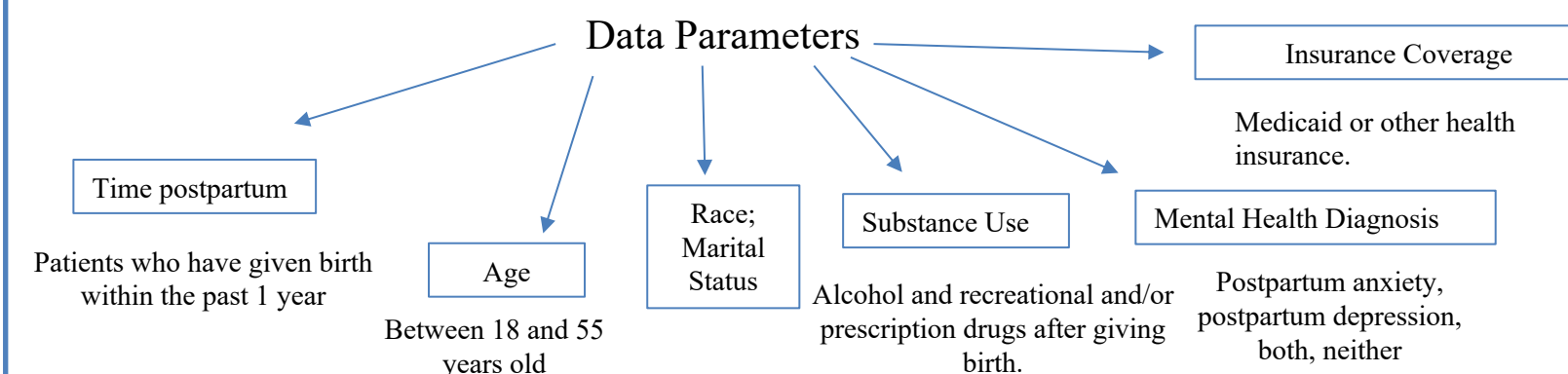


Figure 1

Results

- The sample size that fit the criteria yielded an n=1
- Conducting data analysis with this sample size would have been futile

Limitations

- The small sample size may be due to patients' reluctance to disclose if any substances used in the postpartum period
- Patients more likely to engage in substance use postpartum may not have sought appropriate postpartum follow-up and care

Discussion

- The topic of postpartum substance use is multifaceted and based on previous work
 - There is an association between first time white mothers and substance use
- Future work on this topic necessary due to significant stigma surrounding postpartum care
- Future work can focus on bridging the gap between patients and providers to foster:
 - An environment where patients have adequate resources to healthcare
 - Feel comfortable disclosing any substance use to their physicians

References

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3. Ross LE, Dennis CL. The prevalence of postpartum depression among women with substance use, an abuse history, or chronic illness: a systematic review. J Womens Health (Larchmt). 2009 Apr;18(4):475-86. doi: 10.1089/jwh.2008.0953. PMID: 19361314.