

Stressors among parents with opioid use disorder in the first year postpartum



INTRODUCTION

- Postpartum relapse is a leading cause of maternal morbidity and mortality
- This study seeks to describe reported sources of stress among new parents with OUD

METHODS

- Secondary data analysis of a prospective observational study looking at patient reported stressors
- Inclusion: 18 years or older, patient on postpartum units at a large tertiary hospital in Western PA, met DSM-V criteria for OUD
- Completed: Perceived Stress Scale* (PSS), identified 20 possible sources of postpartum stress, reported return to use at 3, 6, 9 & 12 months postpartum

*The PSS is a validated tool to measure psychological distress. Scores range from 0 to 40 with 0-13 being low stress, 14-26 moderate/medium, 27+ high stress

RESULTS

Table 1. Characteristics of participants, n=169¹

Demographics	
Age [years; median (IQR) ²]	29.0 (26,33)
Race	
White	159 (94.1)
Non-white ³	10 (5.9)
Insurance	
Medicaid	148 (87.6)
Household income	
<\$30,000	119 (70.4)
\$31,000-\$60,000	20 (11.9)
>\$60,000	7 (4.2)
Unsure	22 (13.0)

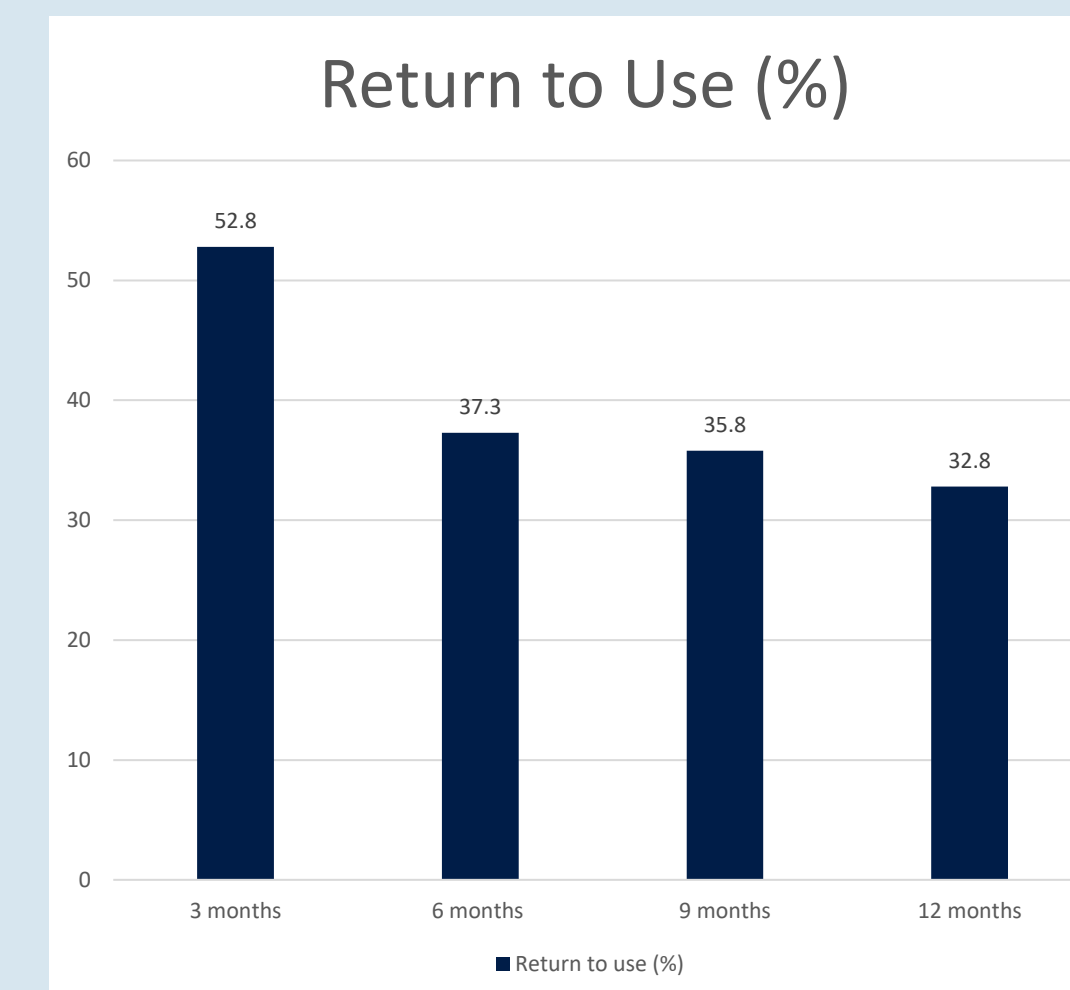


Table 2: Most Reported sources of stress among postpartum persons with OUD, n=169¹

	Total ²	3m	6m	9m	12m
Finances	146(86.4)	36(21.3)	40(23.7)	41(24.3)	40(23.7)
Partner	92(54.4)	29(14.9)	46(23.7)	49(25.3)	45(23.2)
Sleep deprivation	124(73.4)	59(30.4)	65(33.5)	71(36.6)	62(32)
Mental health	91(53.8)	37(19.1)	47(24.2)	46(23.7)	47(24.2)

¹n (%) unless otherwise indicated; ² Number and percentage of participants who reported at any time point during the study; ³Finances was chosen as the highest stress at each time point

CONCLUSION

- Finances and lack of sleep were consistently the most common stressors
- Resources for financial assistance should be a priority
- Consider screening for and addressing factors related to sleep deprivation: stress, co-morbid mood disorders, and social support
- Limitations: Lost to follow up, Homogenous population

AUTHORS & DISCLOSURES

Lauren Narbey, CNM; University of Pittsburgh, Katelyn Kasula, MS, Magee Women's Research Institute & Foundation
 Elizabeth Krans, MD, MSc; University of Pittsburgh and Magee Women's Research Institute & Foundation No disclosures

REFERENCES

1. Centers for Disease Control and Prevention. National Center for Health Statistics: Provisional Drug Overdose Death Counts. 2022. Accessed February 15, 2022.
2. Hirai AH, Ko JY, Owens PL, Stocks C, Patrick SW. Neonatal Abstinence Syndrome and Maternal Opioid-Related Diagnoses in the US, 2010-2017. JAMA. 2021;325(2):146-155.
3. Goodman DJ, Saunders EC, Wolff KB. In their own words: a qualitative study of factors promoting resilience and recovery among postpartum women with opioid use disorders. BMC pregnancy and childbirth. 2020;20(1):178-110.

ACKNOWLEDGEMENTS

Resources

- Overall Design Recommendations:
 - <https://biorender.com/blog/top-5-tips-for-designing-a-scientific-poster>
 - <https://guides.nyu.edu/posters>
 - <http://www.personal.psu.edu/drs18/postershow/>
- Specific Design Tools:
 - Icons: <https://thenounproject.com>
 - Free Stock Photos: <https://unsplash.com/>
 - Color Palette Picker (if you don't want to use ASAM's): <https://colors.co/>
 - QR Code Generator: <https://www.qr-code-generator.com/>
- Printing (ASAM has not independently verified the quality of these printers)
 - <https://www.posterpresentations.com/>
 - <https://scientificposterprinting.com/>
 - <https://www.uptime.com/large-format-posters-printing.html>
 - <https://www.makesigns.com/products/scientific-posters>
 - <https://www.megaprint.com/research-posters.php>