

4 P's Plus

*A substance screening
program for all pregnant
women*



Some facts about alcohol use in women

- Over 50% of women of childbearing age drink alcohol
- Only 39% of women of childbearing age know what FAS is
- Women at highest risk of drinking during pregnancy include women who smoke, are single, are in college or have a degree, and women in households with incomes over \$50,000 (Aug. 1998 OB/GYN Vol.92)

What we know about fetal alcohol exposure



Of all the substances of abuse, including heroin, cocaine, and marijuana, alcohol produces by far the most serious neurobehavioral effects in the fetus, resulting in life-long permanent disorders of memory function, impulse control and judgment

There is no safe amount of alcohol in pregnancy

PSAP originally a sub-committee of SLO-CAP 1989-2003

- Urine toxicology screens were performed on all pregnant women in Public Health Clinics of SLO Co.

- 5 substances screened:

THC/Opiates/Amphetamines/
Benzodiazepines/Cocaine

We did not test patient's for alcohol

Women w/+ tox referred to D&A /PHN

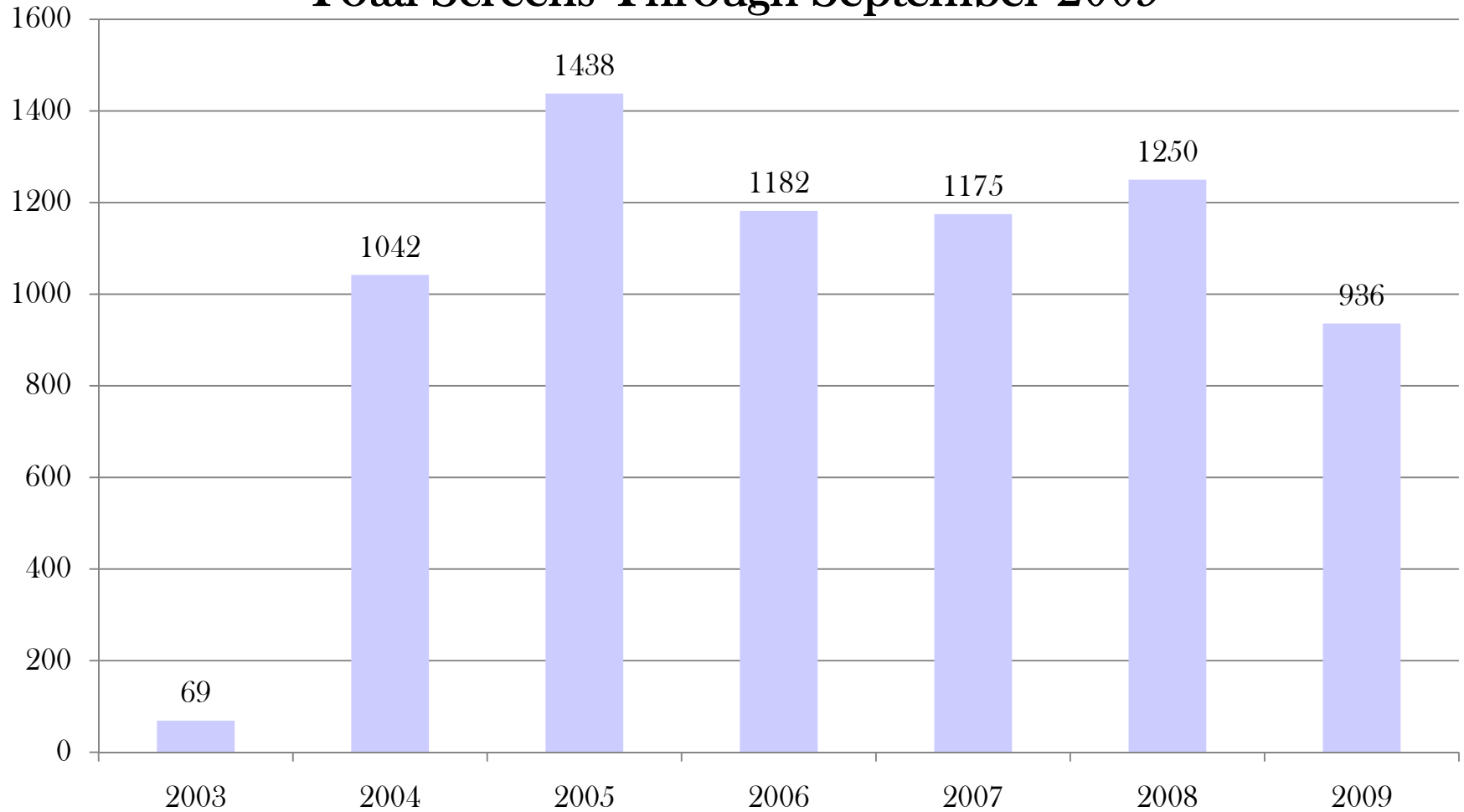
MCAH Directors of California

Dr. Ira Chasnoff- Nov. 2002

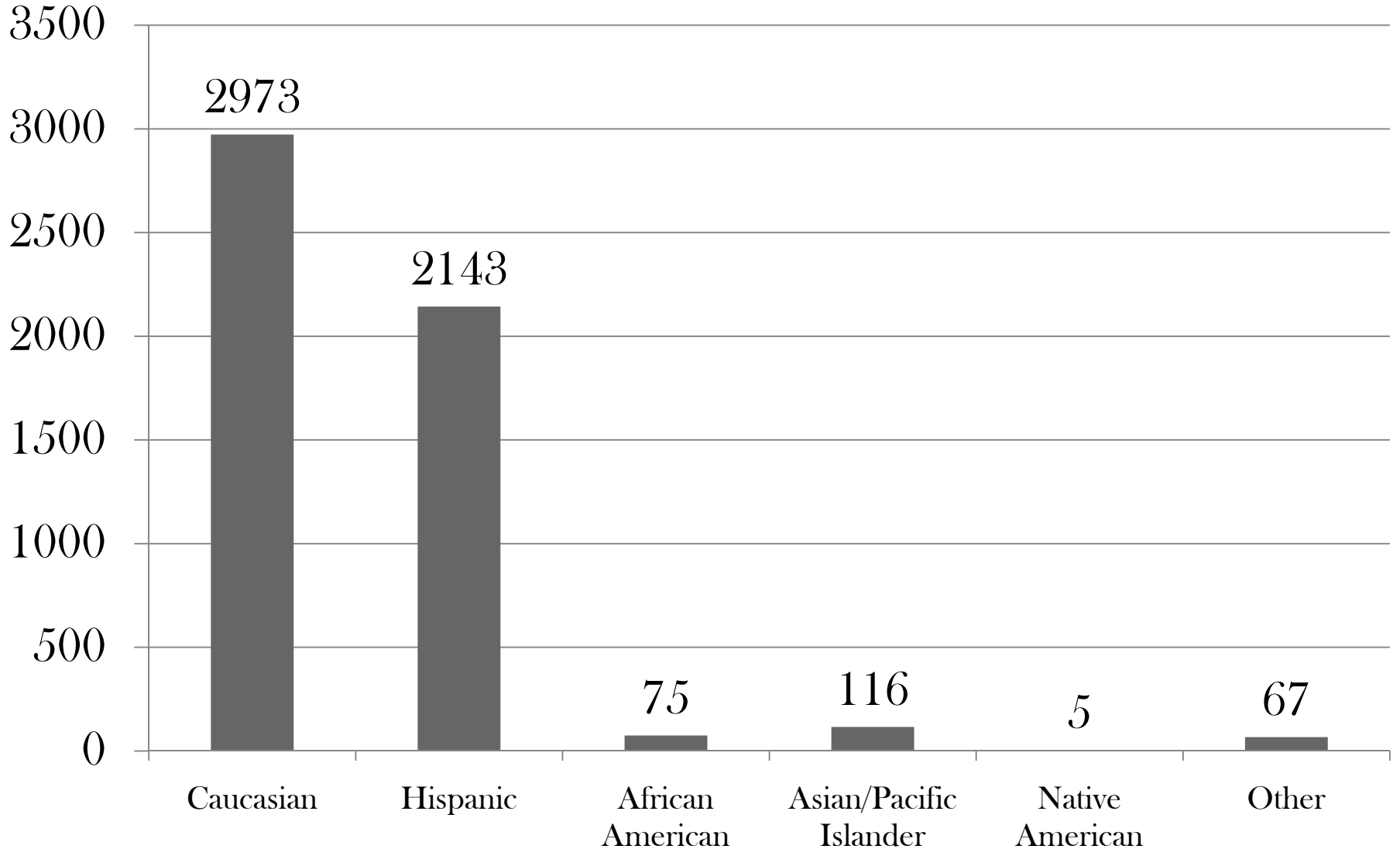
- SLO Co. begins utilizing 4 P's screening tool
- Data reveal SLO County is high for alcohol use in pregnancy- 51% of all pregnant women screened had used alcohol in pregnancy
- Goal is to screen every woman in pregnancy for substance use history both before aware of being pregnant and after learning of pregnancy

The Data Reveals

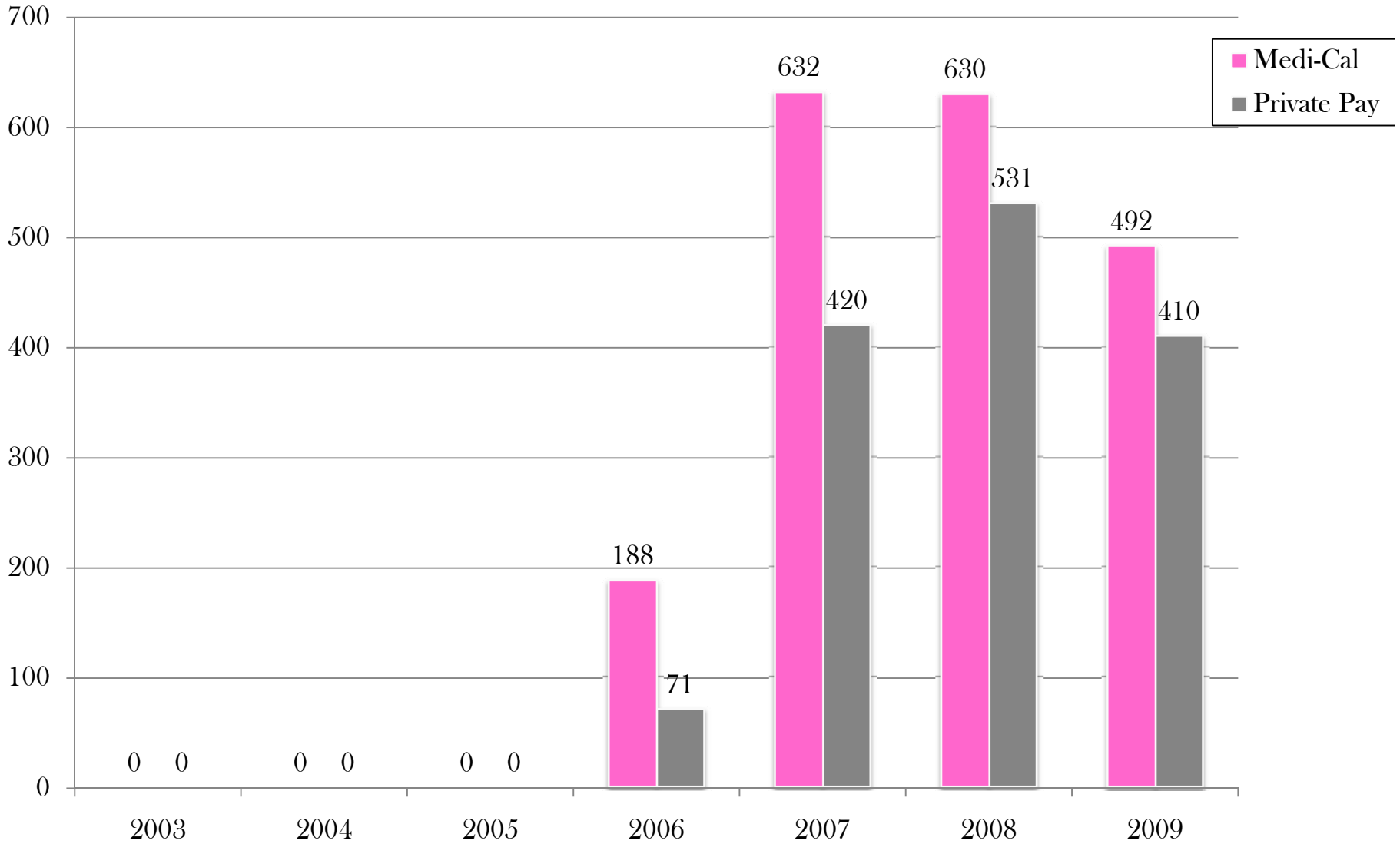
Total Screens Through September 2009



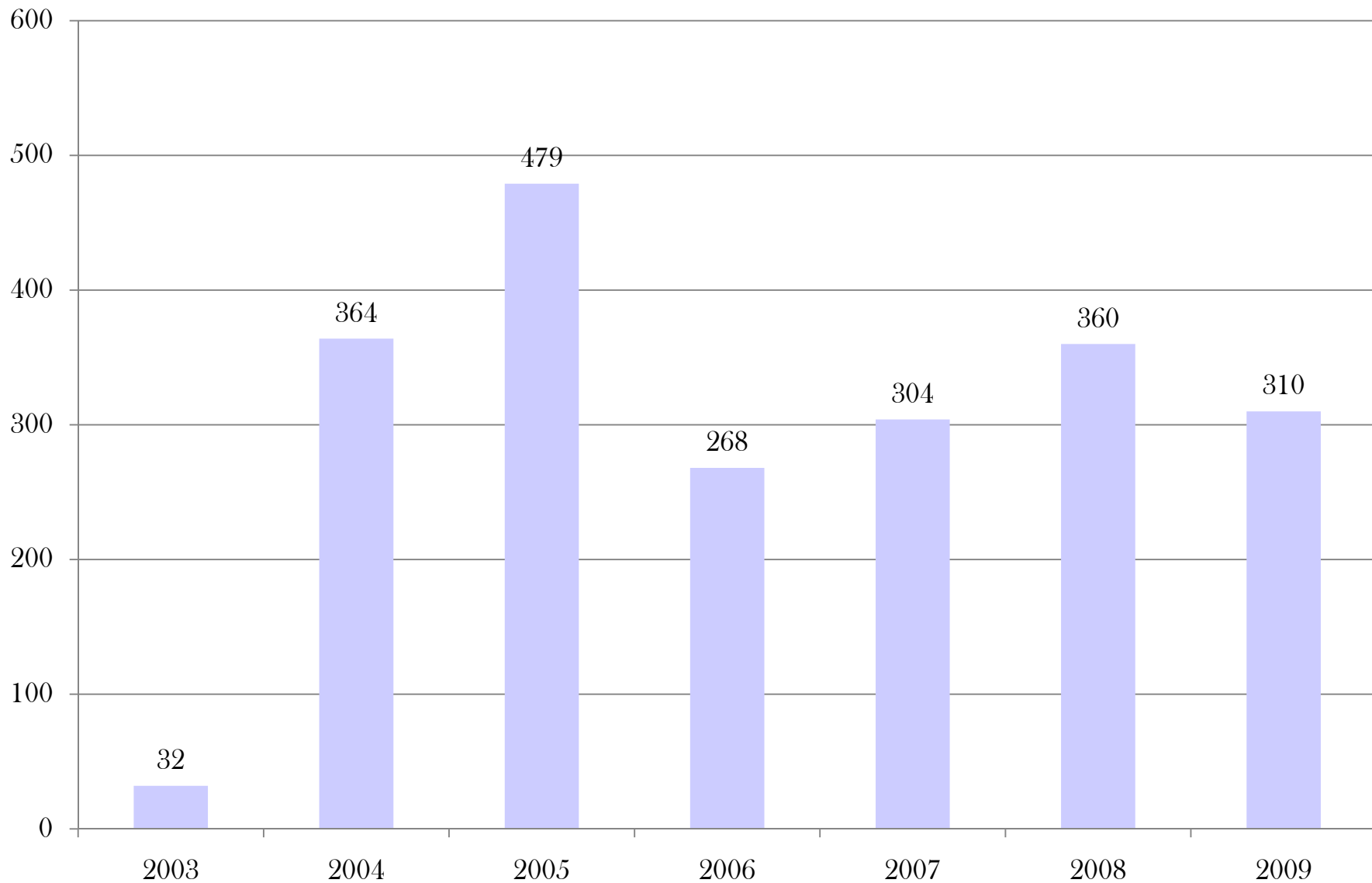
Total Screens by Ethnicity



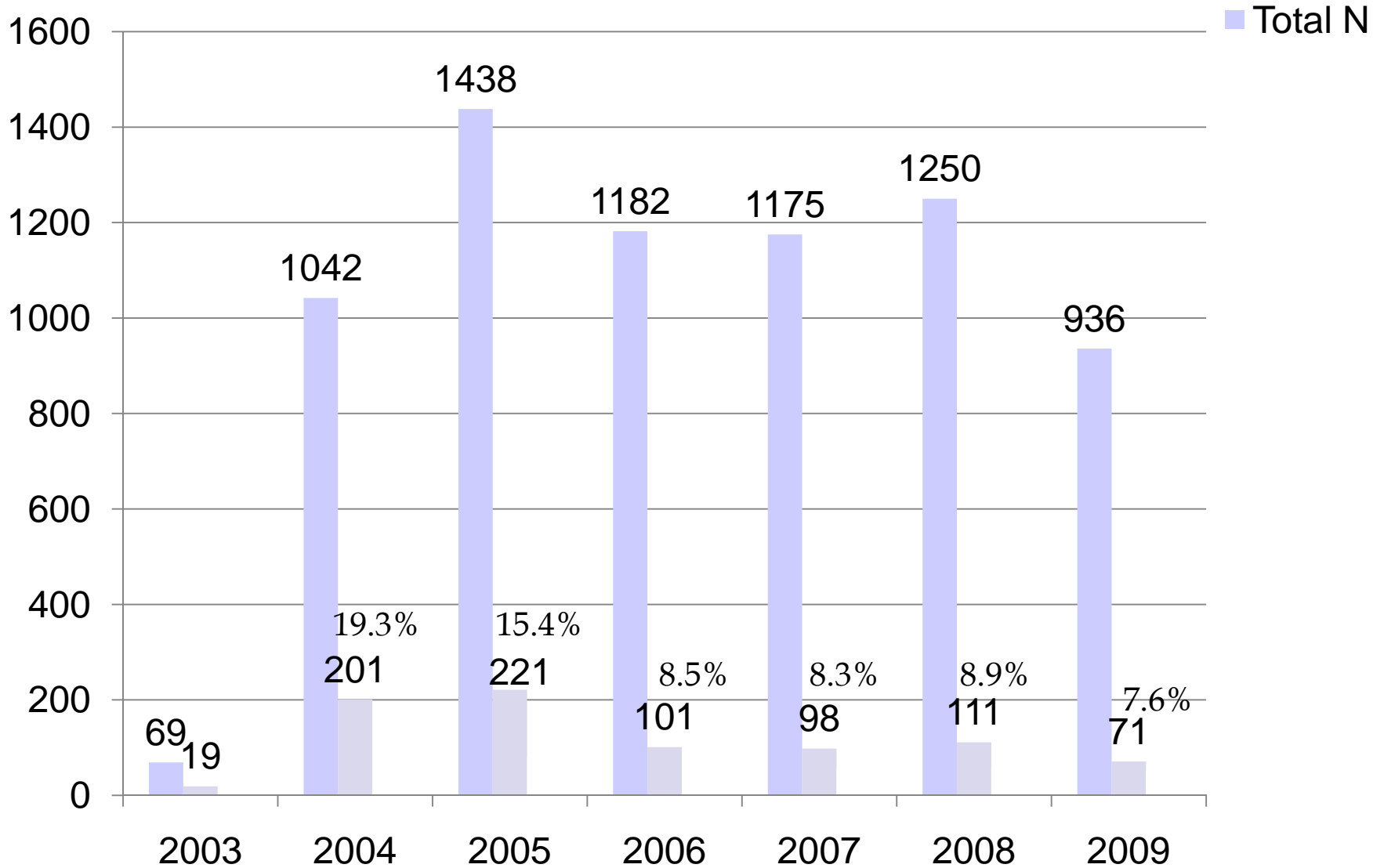
Payor Source



Screens Positive for Alcohol



Alcohol Use Since Known Pregnant





Every Step of the Way

- A 3 month pilot program for pregnant women to educate them on the benefits of a healthy pregnancy-focusing on the benefits of an alcohol free pregnancy
- Encourages pregnant women to be mindful of the opportunities she has to protect and nurture her unborn baby-Bonding relationships
- Began October 2009 -2 OB offices piloting with positive feedback from both mothers and fathers who are participating

How do we change a culturally accepted behavior?

- Continue to screen and educate every patient who is pregnant in our county
- Continue the work of the Beginnings Collaborative
- Involve the entire community in educating and supporting every woman for an alcohol free pregnancy
- Encourage every OB provider to educate and screen every woman w/the 4 P's +

OB Physicians in SLO Co. & 4 P's usage

- SLO has 7 OB offices 3 do 4 P's on all women-2 offices only on M-Cal-1 office to begin in January 2010-1 office declines
- AG has 1 OB office and utilizes the 4 P's on all women
- Templeton has 3 OB offices- 2 utilize 4 P's on all women and 1 does not participate but asks the questions
- Atascadero-1 OB who does not do the 4 P's