



WASHINGTON STATE PERINATAL COLLABORATIVE~ OCTOBER 2023

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Washington State Perinatal Collaborative –Oct 2023

Time	Topic	Presenter
11:00-11:10	Introductions	Dr. Rita Hsu
11:15-12:00	Vaccines During Pregnancy	Alisa Kachikis, MD, MSc-Assistant Professor, Maternal-Fetal Medicine Department of Obstetrics and Gynecology UW Medicine
12:00-12:15	Birth equity	Stephanie Courtney, Shades of Motherhood
12:15-12:25	Lactation and Substance Use guidance	Caroline Sedano MPH
12:25- 12:35	State QI~ Safe Haven new phone number.	Bat-Sheva Stein DNP, M.Sc., RN Bat-Sheva.stein@doh.wa.gov
12:35-12:45	State QI~ Blue Band project	Rebecca Penders PhD, RN Rebecca.Penders@providence.org
12:45-13:00	MMRP updates	Deborah Gardner MPH Deborah.Gardner@doh.wa.gov
13:00- 13:10	State QI~ Human Milk Banking – survey results	Krystle Perez MD Rachel LaFontain MD
13:10- 13:25	Newborn and Eat-Sleep-Console policies	Anika Larson MD
13:25-13:40	State QI~ Smooth Transitions	Melissa Denmark LM
13:40-13:50	HealthCare Authority Updates	Beth Tinker, PhD, RN
13:50-14:00	Updates	New WSPC website

Vaccines During Pregnancy

ALISA KACHIKIS, MD, MSC-
ASSISTANT PROFESSOR, MATERNAL-FETAL MEDICINE

Birth Equity



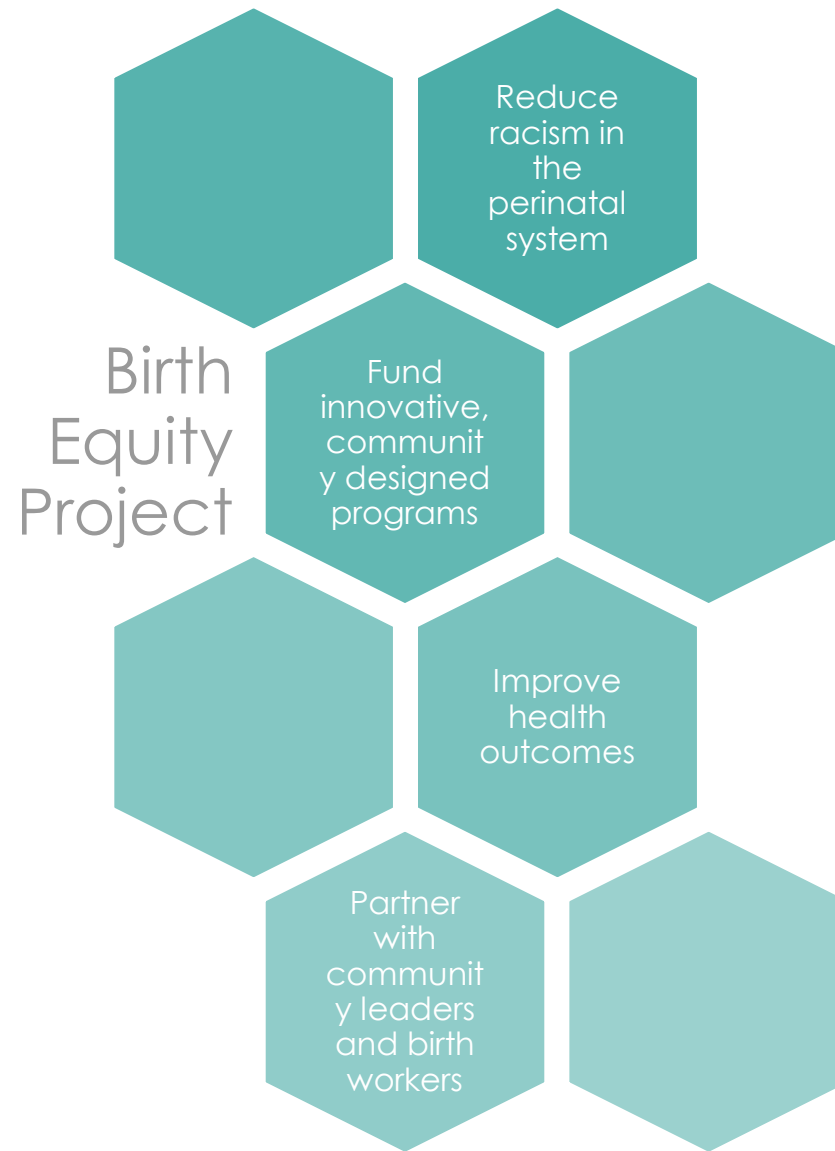
STEPHANIE COURTNEY,
SHADES OF MOTHERHOOD



Birth Equity Project

Partner Spotlight: Shades of
Motherhood





Birth Equity Advisory Committee: Grantee selection process



Birth Equity Project: 2023 Grantees



Nisqually Indian Tribe

- American Indian/Alaska Natives and Nisqually Tribal Members
- Perinatal health services, parenting classes, behavioral health, dental care



- Black families in King County and around the state
- Parenting classes, full spectrum doula care, resource pantry, lactation support



- East African immigrants and refugees in King County
- Parenting classes, wrap around doula care, lactation support, childbirth education classes, professional development for birth workers

Birth Equity Project: 2023 Grantees



- Black families in Spokane
- Peer support, childbirth education, lactation support, mental health, birthing supplies, doula training

SPOKANE TRIBAL NETWORK

- American Indian/Alaska Natives, Spokane tribal community
- Building indigenous reproductive justice center, doula services, traditional ceremonial training, culture-based group care



- Black birthing families in King County.
- Childbirth education classes, pre-and postnatal lactation education, doula services, and parent support groups.

Early Successes from 2023



871 pregnant persons and their families served



50+ doulas trained



20+ languages used to support clients

From our partners – what are you most proud of?

“We are proud of our ability to teach important information in 7 different languages from 3 different continents.”

“I am most proud of the connections we are making in the community. We hope that through our work and advocacy we are able to make system level change.”

“We are proud that we have a full cohort of doulas who are very active in the work we are doing.”

“This experience has brought us back to our original purpose. It's provided us with opportunities to meet new folks and people in the birth worker community.”



Lactation and Substance Use Guidance

CAROLINE SEDANO MPH- WA STATE DOH

DOH Lactation Guidance

Available now!



Lactation and Substance Use

Guidance for Health Care Professionals



Available now!

- Health care provider guideline
 - Resources
 - References
- Published and available on the PPCF WAPortal site!

<https://waportal.org/partners/home/pregnant-parenting-children-families-and-substance-use-workgroup>

<https://waportal.org/partners/home/pregnant-parenting-children-families-and-substance-use/lactation-guidance-and-patient-education>



Parent Handouts

Cannabis and Lactation



It's safest not to take cannabis while nursing your baby. If you use the harm reduction suggestions in this document with light cannabis use, the benefits of chest/breastfeeding probably outweigh the negative effects of cannabis in your milk.

What is cannabis?

Cannabis (marijuana, weed, pot) is a plant that can be smoked and vaped, eaten, or applied to the skin. Cannabis comes in different forms, including flower, joints, THC concentrates, and edibles. Most of the effects of cannabis come from THC.

Can cannabis or THC enter breast/chest milk?

Yes. If you use cannabis, your milk will contain THC. The fat in milk and the brain attracts THC. Your milk will contain THC whether you smoke, take edibles, or use other methods.

May 24, 2023

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Patient education: Cannabis and Lactation

What to do before, during, and after taking cannabis

Before taking cannabis:

- Plan for feeding your baby. Pump and store your milk, buy infant formula, or buy donor milk.

While taking cannabis:

- Don't smoke or vape cannabis in your baby's presence, where your baby lives, or in closed spaces like cars.

After taking cannabis:

- You can feed your baby infant formula, donor milk, or milk you pumped before taking cannabis.
- You can pump for comfort and discard your milk until your milk is free of THC.
- Pumping as often as you usually feed your baby is a good way to maintain your milk supply.
- Wait more than 1 hour after taking cannabis before feeding your baby. The longer you wait to nurse after taking cannabis, the safer it is for your baby.

Keeping you and your baby healthy and safe

- Take a multivitamin with iodine and eating brightly colored fruits and vegetables to increase the nutrition in your milk.
- Talk to your baby's health care provider if your baby is more sleepy than usual, has difficulty eating or is constipated.
- Get a babysitter for the time you are intoxicated.
- Don't drive while you're under the influence of cannabis.
- Avoid sleeping with your baby after taking cannabis. You are at a higher risk of accidentally suffocating your baby. The safest sleep arrangement is to share the same room with your baby in their own crib.
- You can reduce the negative effects of THC on your baby by reducing your cannabis use. Take cannabis less often, take THC products with lower concentrations (look for the % THC on the label) and take less at a time.
- Protect yourself and your baby from secondhand smoke by not smoking/vaping cannabis near your baby or in your home. Ask other people not to smoke/vape cannabis near your baby or in your home.
- Use edibles instead of smoking or vaping cannabis; you'll protect your baby from secondhand smoke.
- Store cannabis and substances securely. This is especially important if toddlers or other children are in the house.
- If you think your baby has swallowed cannabis, call Poison Control at 800-222-1222.
- Call 911 if your baby has slow breathing, stops breathing, is difficult to wake, has skin or lips that look blue, is lethargic, too sleepy, or has vomiting and/or diarrhea that won't stop.



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Patient education: Cannabis and Lactation

How cannabis may affect an infant

There isn't much research on the safety of cannabis during lactation. Cannabis exposure might lead to:

- Subtle, negative effects on physical and brain development.
- Toddlers that experience a reduced ability to regulate their emotions.
- Toddlers that experience sleep and attention problems.
- Increased risk of Sudden Infant Death Syndrome (SIDS).

Negative Impacts More Likely Negative Impacts Less Likely Safest

Negative Impacts More Likely	Negative Impacts Less Likely	Safest
Using larger amounts of cannabis	Using smaller amounts of cannabis	Not using cannabis
Using stronger (greater THC %) cannabis	Using less strong (lower THC %) cannabis	
Using cannabis more often	Using cannabis less often	
Using synthetic drugs like K2 or Spice	Pumping and discarding around 1 hour after smoking cannabis	

Reducing your cannabis use

Cannabis use can have a negative impact on your health. Inhaling smoke of any kind is bad for your lungs. Cannabis use can worsen certain mental health conditions like bipolar disorder or schizophrenia.

Talk to your health care provider or call the [Washington Recovery Help Line](#) at 866-789-1511 for support to reduce or stop cannabis use.

Do you use cannabis to manage symptoms of an illness? Talk with your health care provider about your symptoms and safer alternatives during lactation.

People use different terms to describe their body parts. Some transgender and non-binary birth parents use "chest" instead of "breasts." In this document, we use breastfeeding and chestfeeding as interchangeable terms. Lactation is a biological process where your body makes milk to feed babies.

Washington State Department of HEALTH
 DOH 340-054 May 2023
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Patient Handouts

- Published in English, Arabic, Chinese (simplified), Chinese (traditional), Korean, Marshallese, Russian, Somali, Spanish, Tagalog, Ukrainian, Vietnamese
 - Each handout has a QR code
- [Alcohol and Lactation](#)
- [Benzodiazepines and Lactation](#)
- [Cannabis and Lactation](#)
- [Cigarettes, Tobacco, Nicotine and Lactation](#)
- [Medications for Opioid Use Disorder and Lactation](#)
- [Opioids and Lactation](#)
- [Stimulants and Lactation](#)

Questions?

If you have questions or would like to schedule a training in 2024 for your organization or group, please contact:

Natalie.franz@doh.wa.gov

State QI~ Safe Haven

BAT-SHEVA STEIN DNP, M.SC., RN



WASHINGTON STATE SAFE HAVEN LAW



Phone number: 1-888-510-2229

Safe Haven Law For Newborns

WHAT IS THE LAW?

Safe Haven Law For Newborns

Also known as “Safety of Newborn Children”

In Washington, a parent may anonymously hand over their newborn within 72 hours of birth. Parents can leave an infant at a designated location without fear of prosecution.

- Protects infants from abandonment.
- If the newborn is brought in unharmed from abuse or neglect, guarantees anonymity and immunity from prosecution for parent.



Existing Signs: incorrect phone number

Correct phone number is **1-888-510-2229**. Calling the hotline helps parents create a safe plan for the baby.

- **Drop-off locations must post signs (with phone number)**
 - Emergency department of any hospital
 - Staffed fire stations
 - Federally designated rural health clinics

Safe Haven 24/7 Hotline Signs



Safe Babies • Safe Place
Safe Haven

ONLY WHEN STAFF ARE PRESENT

Refugio Seguro

SOLO CUANDO EL PERSONAL ESTÁ PRESENTE

1-888-510-2229

- **24-hr Hotline Number (call or text):** 1-888-510-2229; order signs through [National Safe Haven Alliance](#).
- **Free signs for locations with financial need:** Locations with financial need can request signs through an [online form](#).
- **Share information with partners:** Share this critical change with your community partners.

Resources

- **Washington State Department of Children, Youth, and Families:** [Safety of Newborn Children Law](#)
- **Transfer of newborn to qualified person:** [Revised Code of Washington 13.34.360](#)
- **Order new Safe Haven signs** (order signs with phone number): [Order Signs | Nsha \(nationalsafehavenalliance.org\)](#)
- DOH will provide financial assistance to drop-off locations with a financial need. Link to [request-https://fortress.wa.gov/doh/opinio/s?s=SafeHaven](#)
- **Questions?** Please email: Bat-Sheva.Stein@doh.wa.gov



Washington State Department of

Health

State QI~ Blue Band project

REBECCA PENDERS PHD, RN

MMRP updates

DEBORAH GARDNER MPH

State QI~ Human Milk Banking – survey results

KRYSTLE PEREZ MD
RACHEL LAFONTAIN MD

Newborn and Eat-Sleep-Console policies

ANIKA LARSON MD

State QI~ Smooth Transitions

MELISSA DENMARK LM

HealthCare Authority Updates

BETH TINKER, PHD, RN

Updates~ All Participants

