

# Resources for High-Risk Drinking and Alcohol Use Disorder in Pregnancy

## METHODS

### Objective

The overall objective of this work was to develop summaries, resources, and tools specifically tailored for pregnant populations with high-risk drinking or alcohol use disorder (AUD). The work was intended to supplement the Canadian Clinical Guideline for High-Risk Drinking and Alcohol Use Disorder. To support this work, a national committee with members from diverse disciplines and backgrounds was convened. The committee identified gaps in knowledge and resources and prioritized those that will be most impactful or useful for the target audiences: clinicians, patients, and the supports/family members of patients.

### Funding

The Alcohol and Pregnancy resources were supported by grant funding from Health Canada's Substance Use and Addictions Program (2021-HQ-000066) and by in-kind contributions from the British Columbia Centre on Substance Use (BCCSU). This guideline was developed without support from the pharmaceutical industry or associated stakeholders.

### Committee Membership

An interdisciplinary committee of 20 individuals was assembled in March 2023, including representation from across Canada, with expertise spanning addiction medicine, obstetrics and gynaecology, family practice, nursing, midwifery, pharmacy, health care policy, research, and people with lived and living experience of alcohol use during pregnancy. It should be noted that several committee members who were initially active were unreachable at the final stages of the project. Their meaningful input and contributions have been included.

### Conflicts of Interest

Committee members were required to disclose all sources and amounts of direct remuneration received in the past five years from industry, for-profit enterprises, and other entities (i.e., direct financial conflicts) that could introduce real, potential, or perceived risk of bias. In addition, committee members were asked to report possible indirect conflicts of interest, such as academic advancement, clinical/professional revenue, and public standing that could potentially influence interpretation of evidence and formulation of the strategies contained in this guidance. Disclosures were collected from all committee members between March and May 2023.

No committee members disclosed direct monetary or non-monetary support from industry sources within the past five years. No committee members disclosed direct financial conflicts in

the form of paid consulting or advisory board participation, or paid honoraria for lectures/training. Related to sources of potential interest or bias, 9 individuals disclosed special interests related to their expertise in the areas of pregnancy or alcohol, research and academic activities, and publications. None of these individuals reported a potential for financial benefit from their involvement in this project.

## Resource Development Process

In March 2023, the project team and committee co-chairs conducted an informal environmental scan and needs assessment, in order to develop a list of potential resource topics that would help fill the gaps in current knowledge and materials for both clinicians and patients. The evidence base for the topics was determined by drawing from previous guidelines and new, targeted literature searches. Where there was insufficient evidence, the group relied on the clinical expertise of the committee to develop materials.

Between May 2023 and February 2024, the Alcohol and Pregnancy committee conferred through email and virtual meetings. At the first committee meeting in May 2023 and via a follow-up survey, the outline, scope, and topics for the resources were approved by committee consensus.

For each resource, a working group was created. Between June and August 2023, each working group conferred over email to discuss and approve draft resource contents and recommendations. The project team developed the first drafts of all resources. All drafts underwent multiple rounds of review and revisions, conducted by the working group, committee co-chairs, and project team. This occurred until the working groups achieved consensus on the contents. In February 2024, all committee members, including those not involved in working groups, reviewed all resources. In March 2024, 20 committee members provided their approval of the final versions of all resources.

## Authors and Contributors

### Project Team

Christina Chant, RN, MSN; Director, Education and Clinical Activities, BC Centre on Substance Use; Adjunct Professor, UBC School of Nursing, Vancouver, BC

Josey Ross, MA; Associate Director, Education and Clinical Activities, British Columbia Centre on Substance Use, Vancouver, BC

Nirupa Goel, PhD; Program Manager, Strategic Initiatives, British Columbia Centre on Substance Use, Vancouver, BC

Averill Hanson, BSW, MPH; Clinical Project Coordinator, British Columbia Centre on Substance Use, Vancouver, BC

Katrina Hsu, MSc; Medical Writer, British Columbia Centre on Substance Use, Vancouver, BC

Delaney Lewis; Project Coordinator, British Columbia Centre on Substance Use, Vancouver, BC

#### Committee Co-Chairs

Eric Cattoni, MD, CCFP; Medical Director, Perinatal Addiction Services, Fir Square, BC Women's Hospital & Health Centre; Consultant Physician, Sheway Medical Clinic, Vancouver Coastal Health Authority; Clinical Assistant Professor, University of British Columbia, Vancouver, BC

Janine Hutson, MD, PHD; Maternal Fetal Medicine Specialist, Western University; Assistant Professor, Western University, London, ON

#### Committee Members

George Carson, MD, FRCSC, CCPE; Obstetrician, Regina General Hospital, Regina, SK

Lee Allison Clark, Hon BHSc, BSocSc, MSc, MBA(c); Director of Health, Native Women's Association of Canada, Gatineau, QB

Dana Clifford, BA, RPN; Manager, Sheway Medical Clinic, Vancouver Coastal Health Authority, Vancouver, BC

Lori Vitale Cox, PhD; Director, Eastern Door Center, Elsipogtog First Nation, Elsipogtog, NB; Adjunct Professor, Department of Pediatrics, Faculty of Medicine, University of British Columbia;

Kevin Desmarais, MD, CCFP; Family Physician, St. Albert; Maternity & Newborn Care Provider, Sturgeon Community Hospital, St. Albert, AB; Addictions Medicine Consultant, Royal Alexandra Hospital

Kate Elliott, BSN, MPH, MD, CCFP; Minister of Mental Health and Harm Reduction, Métis Nation British Columbia; Family Physician, Victoria Native Friendship Center Medical Center; Family Physician, Cool Aid Community Health Center, Victoria, BC

Jana Encinger, RN, MSN; Provincial Health Services Authority, Vancouver, BC

Janine Hardial, MD, CCFP, FCFP; Family Physician, Vancouver, BC

Erin Lurie, MSc, MD, CCFP(AM); Family Physician, St. Michael's Hospital; Program Director of Enhanced Skills in Addictions Medicine, University of Toronto; Perinatal Addictions Physician, St. Michael's Hospital, Toronto, ON

Erika Maaskant, BScA, RM; Registered Midwife, T.I.M.E. Program, London Health Sciences Victoria Campus, London, ON

Maya Nader, MD, CCFP(AM), MPH; Medical Director, Programme Rond Point; Physician, STMU (Service de toxicomanie et médecine urbaine) and GMF-U des Faubourgs, CIUSSS Centre-Sud de l'Île-de-Montréal; Clinical Assistant Professor, Université de Montréal, Montréal, QB

Melody E. Morton Ninomiya, PhD; Assistant Professor, Canada Research Chair in Community-Driven Knowledge Mobilization and Pathways to Wellness, Wilfrid Laurier University, Waterloo, ON

Vanessa Paquette, BSc(Pharm), PharmD; Clinical Pharmacy Specialist, BC Women's Hospital; Clinical Instructor, Faculty of Pharmaceutical Sciences, The University of British Columbia, Vancouver, BC

Hayley Ross, RM, BSM; Midwife, Thames Valley Midwives, London Health Sciences Centre and Woodstock Hospital; Practice Partner, Thames Valley Midwives, London, ON

Raya Semeniuk, BA, MSc; Sr. Project Coordinator – Health, Native Women's Association of Canada; Public Health Consultant, Healthwise Advocacy Consultancy, Gatineau, QB

Mahvash Shere, MD, PhD; Obstetrics and Gynecology Resident, London Health Sciences Center, London, ON

Pamela Spurvey, PSW/Cultural Support; Indigenous Wellness Coordinator, Alberta Health Services, Edmonton, AB

Suzanne Turner, MD, CCFP(AM), DABAM; Associate Professor, Department of Family Medicine, McMaster University, Hamilton, ON

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