Smoking: Before, During & After Pregnancy

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Harmful Effects of Prenatal Smoking on Mom:

- Problems conceiving
- Ectopic (tubal) pregnancy
- Miscarriage
- Placenta Previa
- Placental Abruption
- Stillbirth
- PROM

Harmful Effects to Mom (cont.)

- Pre-eclampsia

- Chronic health conditions like gum disease, respiratory conditions
Harmful Effects of Prenatal Smoking on Fetus:

- Toxins pass from Mom to fetus
- Risk of birth defects like cleft palate/lip
- > risk of prematurity
- > risk of LBW
- > risk of SGA and IUGR

Second Hand Smoke

The smoke you breathe in from someone else’s cigarette, cigar, pipe, etc..
Second Hand Smoke Effects on Baby:

- 3 x’s more likely to die from SIDS
- > risk for upper/lower respiratory infections
- > risk of ear infections
- < rate of lung growth in infancy and childhood
- Later behavioral problem:
- Learning disorders

Third Hand Smoke

- Toxic gases, particles, residue left behind from smoking
- Toxins include: lead; arsenic; carbon monoxide
- Particles cling to everything

Electronic Cigarettes:

- Look like regular cigarettes
- Battery operated
- Contain liquid that includes nicotine, flavors, and other chemicals
- Puff on mouthpiece to heat up liquid into a vapor for inhalation
- Liquid may cause poisoning if drank, sniffed, or touched
Electronic Cigarettes (cont.)

- Flavors used may be harmful to baby
- Can be addicting
- NEVER leave devices where infant/toddler can pick them up!!

Marijuana Smoking & Pregnancy:

- Passes placental barrier
- Use in 1st month of pregnancy can lead to anencephaly
- 2x's > risk of stillbirth
- > risk of prematurity and LBW
- Infant jittery and > fussiness
- Child more likely to use marijuana, have learning difficulties, behavioral problems
The Fagerstrom Test for Nicotine Dependence:
• How soon after you wake up do you smoke your first cigarette?
• Do you have difficulty refraining from smoking in places where it is forbidden?
• Which cigarette would you hate most to give up?
• How many cigarettes per day do you smoke?

Fagerstrom Test (cont.)
• Do you smoke more frequently in the first hours after waking than in the rest of the day?
• Do you smoke if you are so ill that you are in bed most of the day?

Stages of Change Model:
• Pre-contemplation
• Contemplation
• Action
• Maintenance
Pre-contemplation:

• “Have you thought about quitting?”
• “Do you ever picture yourself being tobacco free?”
• Provide feedback on benefit’s of cessation-whiter teeth, healthier gums, $ saved, fewer facial skin wrinkles as you age, > energy, < likelihood of heart disease, stroke, lung cancer
• Baby gets more oxygen, less likely to be premature

Contemplation:

• Recognition of benefits; moving toward planning for behavior change
• “What is holding you back?”
• Open the door and provide support in decision making

Action Stage:

• Have a plan
• Choose a quit date
• Recognize that few people are able to quit on 1st attempt
Maintenance Phase:

• Make your home and car smoke-free
• Talk to your partner about kind of support needed
• Avoid smoking places/people
• Know your triggers for smoking
Motivational Interviewing Interventions: The 5 R’s

1. Relevance of quitting
2. Risks of continued smoking
3. Rewards of quitting
4. Roadblocks to quitting
5. Repetition

The 5 R’s are recommended for patients who are presently unwilling to quit.

The 5 A’s:

• Use with clients who are presently willing to quit
1. ASK about tobacco use
2. ADVISE to quit
3. ASSESS willingness to quit
4. ASSIST in attempting to quit
5. ARRANGE for follow-up

Impact of Brief Intervention:

• About 40% of pregnant smokers will quit on their own during pregnancy without any intervention

• A brief 5 minute intervention can produce an additional 30% quit rate
Client Resources for Smoking Cessation:

- Medical provider
- 1-800-Quit-Now
- Health insurance provider
- Workplace Smoking Cessation programs
- www.smokefree.gov
- www.betobaccofree.hhs.gov
- Smokefree TXT (adults); Smokefree Espanol TXT
- Smokefree Teens TXT (13-19 year olds)

Staff Resources on Smoking Cessation:

- www.cdc.gov/reproductivehealth/TobaccoUsePregnancy
- www.smokingcessationandpregnancy.org
- www.smokefree.gov
- www.cdc.gov/ncbddd/birthdefects
- www.cdc.gov/SIDS
- www.cdc.gov/tobacco/campaign/tips