

# SHOW-ME ECHO

(Extension for Community Healthcare Outcomes)

## MOTHERS, INFANTS & NAS



### IMPROVING OUTCOMES FOR MOTHERS & INFANTS AFFECTED BY SUBSTANCE USE DISORDER, ESPECIALLY OPIOIDS

University of Missouri's telehealth network and the Missouri Hospital Association have created a Mothers, Infants & NAS (Neonatal Abstinence Syndrome) ECHO. The ECHO will support providers to improve outcomes for the mother-infant dyad affected by substance use disorder, especially opioids. Participants will learn about evidence-based practices, collaboration, innovation and enhanced support systems.

### HOW DOES IT WORK?

Participants will join an interactive Zoom video conference from **12 to 1 p.m. the first and third Thursdays of the month**. An interdisciplinary team of experts will help providers develop advanced skills and best practices that improve health care access, quality and efficiency.



**READY TO JOIN?**  
Visit [showmeecho.org](http://showmeecho.org)

### GOALS & OBJECTIVES

- Improve identification of mother-infant dyads affected by substance use disorder (SUD) by implementing validated screening techniques, guidelines and referrals.
- Support implementation of the Eat, Sleep, Console (ESC) non-pharmacologic care model for optimal health and psychosocial outcomes.
- Provide guidance for use of pharmacologic interventions for infants with in-utero exposure from maternal substance use.
- Identify a framework to connect hospitals with internal and external support/resources for the mother-infant dyad.
- Ensure mothers with SUD receive appropriate pain and withdrawal assessment and treatment after delivery to stabilize symptoms, promote recovery, and support optimal family function.

### WHAT DOES THIS ECHO OFFER?

- No cost CME for health care professionals
- Collaboration, support and ongoing learning with specialist physicians and other experts
- Patients get better care in their community
- No cost to participating sites or individuals



Missouri Telehealth Network

*University of Missouri*

## TOPICS FOR CASE-BASED LEARNING & DISCUSSION:

- Addiction as a Disease
- Myth Busters: Confronting Stigma and Bias
- Recognizing NAS/NOWS (Neonatal Opioid Withdrawal Syndrome)
- Promoting Environments that Facilitate Patient Care
- Maternal Screening Tools
- Functional Assessment of NAS Introducing ESC (Eat, Sleep, Console)
- Education for Moms and Families: Mom is the Treatment
- Non-Pharmacologic Bundle
- Breastfeeding/Feeding
- Treating Maternal Pain and Withdrawal Symptoms
- Pharmacologic Treatment Using ESC
- Resource Mapping
- Social Worker Bundle
- Mothers Self-Care Moving Forward: Plan for Discharge



## MEET OUR TEAM



**Kimberly Spence, MD**  
*Neonatologist*  
Saint Louis University  
School of Medicine



**Elizabeth Simpson, MD**  
*Pediatrician*  
Children's Mercy  
Kansas City



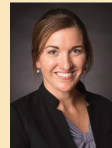
**Mary Hope, RN, BSN**  
*Neonatal Outreach Educator*  
SSM Health Cardinal Glennon  
Children's Hospital



**Alan Barnette, MD**  
*Neonatologist*  
Saint Francis Health System  
Cape Girardeau



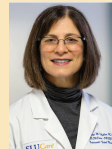
**Becky Boedeker**  
**DNP, RN, IBCLC**  
*Lactation Consultant*  
SSM St. Mary's



**Melissa Odegard**  
**PhD, LPC, NCC, CCH**  
*Licensed Professional Counselor*  
Southeast Missouri State University



**Alison Williams**  
**MBA-HCM, RN, BSN, CPHQ, LSSGB**  
*Vice President of  
Clinical Quality Improvement*  
Missouri Hospital Association



**Jaye Shyken, MD**  
*Maternal-Fetal Medicine*  
Saint Louis University  
School of Medicine



**Kelsey Hussey, RN, MSN**  
*Director of Maternal Child Health*  
Missouri Hospital Association



**Katie Althoff-Moore, BSN, RN**  
*Nurse Manager, Mother/Baby's Unit*  
SSM Health, St. Mary's Hospital



**Tara Goins, MSW**  
*Child Welfare Specialist*  
Missouri Department of Social Services, Children's Division  
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## TO LEARN MORE:

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