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Antenatal Effects of Smoking - Concurrent Workshop Repeated

Friday, 21 June 2013

Start 11:00am

Duration: 55mins

Da Vinci

Start 12:05pm

Duration: 55mins

Da Vinci



 **Rotorua GP CME 2013** 

General Practice Conference & Medical Exhibition

20-23 June 2013 | Energy Events Centre | Rotorua



Smoking in pregnancy Implications for the baby (and mother)

Johan Morreanu 2013

Major Issue

- Lifelong implications
- More important than the BP – a Paediatrician's perspective
- Everyone's responsibility

Smoking in NZ 2007

- Overall smoking prevalence ,nationally 23.5%
- Consumption ~declined by half 1990-2005
- Māori (45.8%) & Pacific (36.2%) >> Others (21%)
- Most deprived (34.2%) >> least deprived (14.3%)
- Social costs of smoking \$1.685 Billion / year = A LOT

Numbers need to treat

Intervention	Outcome	NNT
Antihypertensive therapy in mild hypertension	Prevent one stroke, MI or death over 1 year	700 ¹
Screening for cervical cancer	Prevent one death over 10 years	1,140 ²
Brief advice	Prevent one premature death	120*

*25% of all smokers die prematurely, in middle age, as a direct consequence of smoking

Smoking – Lakes DHB 2013

- 27% of pregnant mothers smoke
- 13% European (decreases with older women)
- 41% Maori (consistent across age groups)

Current smoking trends – still a major issue

- Large decline in Year 10 smoking between 1999 (28.6%) and 2006 (14.2%)
 - All social and ethnic groups, but inequalities remain: Maori girls (37%) >>> European boys (8%)
 - Parental smoking a key risk factor: both (33%), one (19%), neither (8%)
- We still see an inordinate number of young women , often maori , smoking.

Even in Paris!



Quitting behaviour – asking for help !

- 69% of smokers tried to quit in last 5 years
- 44% of smokers tried to quit at least once in the last year
- Maori, Pacific and young smokers just as likely to have tried to quit
- 72% of 15 to 19 year old smokers would not smoke if they had their life again – generally starting at 12-13 years of age !!

Associations

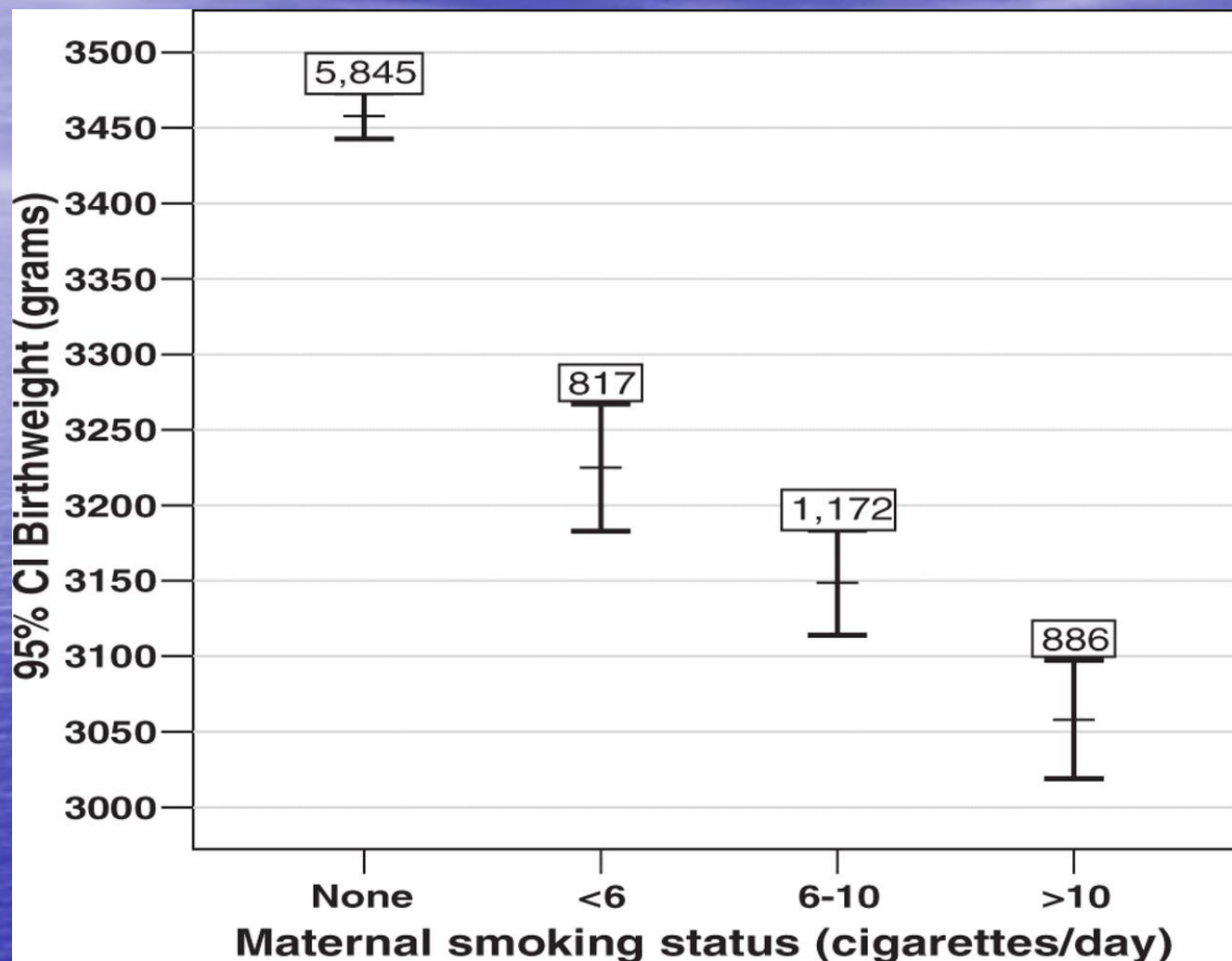
- Alcohol
- Drugs
- Poor Nutrition

ASK !

Implications for a baby – of poor placental function

- Growth retardation / small for dates
- Prematurity – complications ++
- Birth Asphyxia
- Hypoglycaemia
- Separation of baby from mother – attachment , breast feeding issues

Mean birthweight (95% CI) and the number of cigarettes smoked daily by adolescents.



Delpisheh A et al. Eur J Public Health 2006;16:168-172

Implications for a baby and child

- Neurodevelopmental delays +++++
severe – mild eg cerebral palsy , intellectual delay , epilepsy
- Attention Deficit Disorder
- Conduct Disorder – education issues ,justice issues (? more complex than just attachment)
- Cot death / SUDI – reduction in hypoxic arousal

Implications for a baby and child cont'd

- Increased severity of respiratory issues (smaller medium sized airways) results in hospital admission ? ventilation eg bronchiolitis, asthma
- Lack of breast milk protection re infectious diseases , SUDI etc
- Small stature
- Risk of becoming addicted to cigarette smoking
 - average age that young smokers became daily smokers is 14.6

Risks in adulthood

Late effect of antenatal smoking and IUGR

- Obesity
- Diabetes
- Cardiovascular Disease – CVA , Ischemic Heart Disease
- Premature death

Direct effects of being a smoker – well known

Time for Clinicians to fully engage and stop the cycles

- Despite our efforts NZ has smokers +++ - prospective mothers are the most important of these !
- Young mums are the most amenable to change (and likely to have more babies)
- Most likely to stop in first trimester – keep trying!, less is better !
- The damage is too great

Use of NRT in pregnancy

- Nicotine gum rather than patches – low dose at usual time of cigarette
- 2 or 3 chews then “park” for ? 15 ? 30 minutes , don’t swallow saliva (nausea)
- 8 weeks
- safer in pregnancy than smoking !

www.smokingcessationabc.org.
nz

- www.smokingcessationabc.org.nz

Ask

Ask **all** people if they smoke and document their smoking status in the clinical record. Use the following descriptions (or similar).

- **Current smoker**
- **Long-term ex-smoker** (greater than 12 months)
- **Recent ex-smoker** (12 months or less)
- **Never smoked**

For anyone who smokes or has recently stopped smoking, check and update their smoking status on a regular basis.

Brief Advice

- Personalize Advice – make it meaningful to them
- Acknowledge difficulty
- Practical advice re ? How to achieve it , what's entailed

Discussion

