Background: The theme of the position and experiences of pregnant women in the context of methadone maintenance treatment has not yet been thoroughly examined, the aim was to contribute to break the taboo concerning this topic and help to destigmatize these women.
Goals: To map the situation of pregnant women in MMT and to alert to therapeutic specificity of these women.
Methods: Semi-structured interview and analysis of the medical documentation were used to obtain the data, observation method, qualified estimate and clinical case reports. Data were processed through content analysis.
File: The research group consists of 7 patients who were treated in the Department of Adictology 1st Faculty of Medicine, Charles University and General University Hospital in Prague, who gave birth to at least one child between 2004 and 2014.
Results: The analysis shows that during their pregnancy women reduce the use of illicit drugs and tobacco. Despite these pregnancies are usually not planned, it was observed that in these women the pregnancy occurred in a situation when the respondents were stabilized in both the treatment and in their social situation. The experience of pregnancy played a stimulating role for dose reduction or direction to abstinence. The reasons are usually the confrontation with the NAS of their child but also the experience of judgemental approach of the medical staff. In most cases women have been stopped and prevented from lactation to breastfeed their children.
Conclusions: The study confirms the great potential for a change caused by the state of pregnancy for addicted women. This potential should be used during the treatment and furthermore, way to break down the prejudices of healthcare professionals should be sought for them. The key could be greater cooperation of addiction services with medical facilities and education of healthcare professionals. Another recommendation is the creation of the guidelines for breastfeeding women during MMT.