Pregnancy and use of harmful substances

Author name

Affiliations

Cigarette smoking, marijuana usage, spree alcohol consumption as well astoo much caffeine intake can have a negative effect on Nikki's pregnancy. Tobacco smoke contains nearly 5000 chemicals that cause harm to the baby(Banderali et al., 2015). Cigarettes have different harmful substances such as tar, carbon monoxide, and nicotine. Nicotine and carbon monoxide are especially harmful to developing baby (El–Ardat, Izetbegovic, & El-Ardat, 2014). Baby is receiving these substances from the mother through blood–flow as it is the single source of oxygen and nutrients for the baby. Nikki’s consumption of these substances can result in early miscarriage, premature birth, restricted growth in the womb, stillbirth, fetal alcohol syndrome (FAS)(Rangmar et al., 2015). This can also affect the brain development of the baby.Moreover, there is also an increased risk for Sudden Infant Death Syndrome (SIDS) (Fifer, Fingers, Youngman, Gomez-Gribben, & Myers, 2009).

Marijuana contains THC, which is a developmental neurotoxin. This can affect baby memory and attention. In addition, alcohol consumption also has adverse effects. Alcohol from mother blood quickly passes through the placenta and the umbilical cord of a baby. This then affects the baby’s developing brain and other organs. Heavy drinking can result in a serious condition is known as fetal alcohol syndrome (FAS)(May et al., 2018). Children with FAS may have poor growth, facial irregularities as well as different learning and behavioral hitches. These children are also hyperactive, along with many health problems.

The use of smoking during pregnancy by Nikki can badly affect the health of her developing baby. Nicotine present in the smoke constricts blood vessels such as in the umbilical cord and forces the baby to respire through a thin stubble. This reduces her level of oxygen and causes different abnormalities in the baby.

Moreover, nicotine also damages the DNA of the fetus resulting in genetic abnormalities. The baby can have different heredity diseases as a result of these alternations. Likewise, the red blood cells, which carry oxygen, collect the carbon monoxide, and spread it in the whole body. This carbon monoxide is extremely dangerous to the baby. The chances of miscarriage and stillbirth increases. There can be preterm birth, low birth weight, as well as sudden infant death syndrome (SIDS). Smoking decreases the amount of oxygen accessible to baby and increases the baby's heart rate.

Similarly, marijuana use during pregnancy arises different health concerns such as developmental problems in the baby.THC is the chemical compound that is present in marijuana that crosses the placenta speedily. Due to marijuana, the baby may have low oxygen levels and breathing problems that cause further complications(Benevenuto et al., 2017).In addition, Nikki should also not take alcohol in any amount. If it is taken during the first three months of pregnancy, there is more risk of miscarriage and premature birth.Alcohol is a teratogen and results in different physical and central nervous system deformities in the developing embryo.Alcoholfrom the mother's blood passes through the placenta to the unborn baby. It hurts the development of the baby's brain, spinal cord, as well as other organs.

Nikki is using different harmful substances during pregnancy, such as consuming alcohol and cigarettes and need nursing interventions to stop these. As a nurse, I can provide her two types of support; pharmacological such as the use of nicotine replacement therapy (NRT) and different behavioral support interventions.Firstly, it is important to provide her complete information about the risks of having cigarettes and alcohol during pregnancy. Moreover, I will provide her information about different services that can avail for cessation. She can get NRT to get rid of addiction to nicotine and smoking. She must deliberate the dangers of ongoing smoking and the benefits of leaving it. If she takes nicotine, then there can be different developmental issues to her baby. The result of the use of these substances is distress and life problems. She must have proper knowledge of these issues. She will then in a position to have informed decisions. I can also recommend her short-term treatment for alcohol dependence and monitor her pharmacologic treatment.

Additionally, she can have behavioral support interventions. Here, my goal will be to provide her counseling to reduce drug use. I will also encourage her to involve in relationship building and take part in different intellectually rewarding activities. Moreover, there can be relaxation training and other homework assignments for having the attention to possible disadvantages.Shewill be provided with a menu of choice to stop future drinking behaviors. I will support her self-efficacy todiscoverpossibilities for change. She can also be provided the services of addiction specialist for counseling. Likewise, she can be recommended to community-based self-help groups to leave her habits.

Moreover, I can go for 5 A's Intervention recommended by the Agency for Healthcare Research and Quality. These 5 A's are asking, advise, assess, assist, and arrange(Mattoo, Prasad, & Ghosh, 2018). Ask involves the identification and documentation of tobacco. Advice refers to impaling patient to resignthe use of harmful substances in a strong bespokeway.Similarly, assess refers to the willingness quit of the use of harmful substances by the user. Then during assist, she can be referred to individual or group counseling and pharmacotherapy to quit the use of harmful substances. Finally, arrange refers to the agencies and self-help groups. Finally, there will be follow-up monitoring for a decrease in the use of harmful substances by Nikki. If she does not successfully leave the consumption, these interventions will be repeated.

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