SAPPHIRE Clinic: an innovative multidisciplinary model of pregnancy care for women who use drugs

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Introduction / Issues OR Introduction: *Pregnant women who use drugs often experience significant barriers and stigma to accessing appropriate and acceptable antenatal care. This can result in inadequate care and disengagement from care with poor maternal and foetal outcomes. This study aimed to evaluate the use of a new multidisciplinary model of hospital-based care for pregnant women who use drugs and assess its acceptability, feasibility and perceived effectiveness from the perspectives of women and clinicians.*

Method / Approach OR Methods: *An exploratory mixed-methods evaluation. A retrospective data audit of clinic usage and semi-structured interviews with women and clinicians. Descriptive statistics were used to analyse the audit data. Interview transcripts were analysed thematically.*

Key Findings OR Results: *The clinic has high rates of service utilisation and engagement. Women appreciated the opportunity to access multiple coordinated services in one location, as well as flexible scheduling with care appointments. Clinicians reported positive aspects of the clinic, such as collaboration between different professional disciplines and the ability to provide trauma-informed and responsive women-centred care, which overcomes the stigma and barriers to care often experienced by pregnant women with substance use. Expansion of the clinic to include postnatal care and peer support was recommended by women and clinicians.*

Discussions and Conclusions: *This integrated clinic demonstrates a pragmatic, patient-centred model that supports a complex and underserved population. Given that integrated services for pregnant women who use drugs remain rare in Australia, this clinic provides a framework that can inform future models of care.*

Implications on communities, practice, policy and/or First Nations communities: *The findings suggest that multidisciplinary pregnancy clinics are an effective model of care for pregnant women who use drugs. Such clinics appear to address the wide range of health and psychosocial concerns of women with substance use. They are important in increasing attendance, addressing barriers to care and women's needs, and improving birth outcomes.*

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