

Harm Reduction Practices* to Support Birthing People

- **Respectful maternal communication utilizing harm reduction principles:**
 - respecting autonomy of choice
 - asking permission
 - collaboration on patient care plan
 - informed consent
 - work actively to address stigma and biases in this space and create a culture of open communication where pregnant individuals feel safe and supported
- **Initiation of HIV prevention medications:**
 - **PrEP:** HIV testing is negative and there are clinical indications (injection drug use or risk of contracting through sex)
 - **PEP:** must be started within 72 hours of a possible HIV exposure
- **Engaging in overdose prevention strategies:**
 - Fentanyl test strips
 - Xylazine test strips
 - Access to Narcan for support people
- **Review and counsel on safer use strategies:**
 - reduced use
 - safer methods of use
 - wound prevention, treatment, and supplies
 - safety measures to take while using drugs (SAP/SPPs)
 - Fentanyl test strips
 - Xylazine test strips
- **Support around reproductive choices:**
 - access to birth control
 - pregnancy termination options
 - offer long-acting contraceptive methods
 - education and screening on reproductive coercion
- **Pain management and prevention strategies:**
 - alternatives to opioids to manage pain
 - extra precaution for those with substance use history
 - asking about family history with substance use and preferences for medications

*This list is not exhaustive of all harm reduction practices; rather, it is intended to provide some examples.