Neonate Abstinence Syndrome and Therapeutic Interventions

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Neonate Abstinence Syndrome and Therapeutic Interventions

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Background & Significance

The impact of drug use by mothers to fetus’ in utero, is critical not only to their growth and development but is also has huge implications for sudden withdrawal at birth.

Medication is used for neonates along with many other therapeutic techniques. With drug use for pregnant mothers rising the incidence for NAS is significant. Hospitals are faced with lengthy hospital stays for neonates as well as providing environments appropriate for these newborns.

Neonatal Abstinence Syndrome has risen in opioid dependency alone from 26.4% in 2000 to 41.7% in 2008. As national drug use is increasing, Neonatal Abstinence Syndrome (NAS) congruently is as well.

Question: What are the best non-pharmacologic therapeutic interventions for infants going through neonatal abstinence syndrome?

P: Neonates presenting after birth S&S of withdrawal
I: Interventions that come along medications and provide the best environment for infants
C: Swaddling, Quiet Environment, Rocking, Lights Down, Attention from Caregivers, Cluster Care
O: Outcome desired is complete withdrawal of infants from drugs with as little discomfort as possible.

EVIDENCE-BASED PRACTICE QUESTION

Cluster Care!
Combine medical resources

MEDICATIONS

Comfort and cluster care are key
Attention from Caregivers
Quiet Environment
Swaddling
Lights Down
Rocking

REGISTERED NURSE INTERVIEW

R.N. From Springfield Medical Center. A nursery Nurse.
Different medications are used for different neonates presenting different symptoms
They experience multiple NAS births at Springfield Medical Center and have found it best to:
Swaddle and reduce stimuli
Put in quiet room

SYNTHESIS OF EVIDENCE

Interviews with Nursery R.N.
Research Articles
Previous Tests used
Keywords: “Swaddling” “InterventionsforNAS” “Therapeutic TechniquesforNAS”
Databases: MEDLINE, PUBMED

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

Medication is best use
Provide a variety of care
Dependent on specific infant
Environment close to mom and quiet with less stimulation and swaddling is highly recommended

METHODS

Interviews with Nursery R.N.
Research Articles
Previous Tests used
Keywords: “Swaddling” “InterventionsforNAS” “Therapeutic TechniquesforNAS”
Databases: MEDLINE, PUBMED

REFERENCES


