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# Neonate Abstinence Syndrome and Therapeutic Interventions

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# Neonate Abstinence Syndrome and Therapeutic Interventions

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## PATIENT CARE ISSUE

### 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.

## EVIDENCE-BASED PRACTICE QUESTION

**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.

## 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

## METHODS

Interviews with Nursery R.N.

Research Articles

Previous Tests used

Keywords: "Swaddling" "interventions for NAS" "Therapeutic Techniques for NAS"

Databases: MEDLINE, PUBMED

## RESULTS

**Pharmacologic interventions are best paired with the following:**

**Comfort and cluster care are key**

**Attention from Caregivers**

**Quiet Environment**

**Swaddling**

**Lights Down**

**Rocking**



## SYNTHESIS OF EVIDENCE

**Cluster Care!**

Combine medical resources

## 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**

## LIMITATIONS

- Neonates have different needs and responses to interventions
- There are different levels of toxicity in their systems
- Most research focuses on pharmacological advancement rather than other therapeutic research

## REFERENCES

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