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# Breastfeeding Among Infants with Neonatal Abstinence Syndrome and Mothers Addicted to Narcotics

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# Breastfeeding Among Infants with Neonatal Abstinence Syndrome and Mothers Addicted to Narcotics

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## PATIENT CARE ISSUE

### Background & Significance

- 50,000 infants born in the U.S yearly who receive medical treatment for maternal drug use while pregnant[2]
- Breastfeeding associated with decreased maternal use of drugs or alcohol[3]
- Breast milk lessens side effects of drug withdrawal for infant[3]
- Breastfeeding associated with decreased cases of necrotizing enter colitis [5]
- Breastfeeding associated with significant decrease in hospitalization time[3]
- Drug dependent mothers have very low rate of breastfeeding[8]

## EVIDENCE-BASED PRACTICE QUESTION

**Question:** Should mothers who are using opioids or methadone be encouraged to breastfeed?

**P:** Infants with FAS and their mothers

**I:** Care in Postnatal unit and bonding through breastfeeding

**C:** Care in NICU and administering sedatives such as methadone or morphine

**O:** Reduction of hospitalization time and risk for infection for infant as well as decrease in maternal use of harmful substances [7]

## REGISTERED NURSE INTERVIEW

- Nurse recommends breastfeeding of infant
- “Bad mother” stigma prevents nurses from encouraging breastfeeding
- Baby’s wellbeing directly correlated to mother’s
- Methadone or drug crossover to breast milk is insignificant [4]
- Opioid dependent mothers can attend free support program through MVH



<http://www.google.ca/imgres?um=1&hl=en&safe=off&sa=N&biw=782&bih=685&tbm=isch&tbnid=ZVA7ZKGHY9edZM:&imgrefurl=http://salinapost.com/2011/05/06/powerful-connection-the-mother-child-bond/&docid=qz2lugs5JFWp5M&imgurl=http://salinapost.com/wp-content/uploads/2011/05/Screen-shot-2011-05-06-at-11.38.13-AM.png&w=565&h=398&ei=hVGoUNuCK4Xl0QH4GYAw&zoom=1&iact=hc&vpx=230&vpy=155&dur=4093&hovh=188&hovw=268&tx=113&ty=105&sig=1044716081087651674&page=1&tbnh=140&tbnw=191&start=0&ndsp=15&ved=1t:429,r:1,s:0,i:72>

## METHODS

- Databases: Academic Search Premier, CINAHL, MEDLINE, PUBMED
- Key Words neonatal abstinence syndrome, breastfeeding, methadone, Inclusion: research on term infants diagnosed with FAS, research on risks and benefits of breastfeeding
- Exclusion: Articles published >5 years ago

## RESULTS

	NICU CARE	POSTNATAL CARE
Fewer Incidences of Necrotizing Enter colitis		X
Hospital Stay Mean of 22 days	X	
Hospital Stay Mean of 13 days		X
Maternal Bonding Encouraged		X

## SYNTHESIS OF EVIDENCE

- Breastfeeding health benefits outweigh risk of drug crossover
- Mothers who breastfeed more likely to resign dangerous lifestyles
- Decreased hospitalization saves money and encourages bonding
- Research indicates Postnatal care and breastfeeding over NICU

## EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- Nurses –aware of different options and drug interactions
- Parents –Encouragement and education on options
- Field – agree on definitions<sup>[2,3,6,7]</sup>
- Field –more research<sup>[4]</sup>

## LIMITATIONS

- Different drugs produce different levels of danger
- Research gathered from various countries
- Low rate of follow up studies on children born with FAS

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