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 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.

METHODS

Interviews with Nursery R.N.
Research Articles
Previous Tests used
Keywords: “Swaddling” “interventions for NAS” “Therapeutic Techniques for NAS”
Databases: MEDLINE, PUBMED

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

RESULTS

Pharmacologic interventions are best paired with the following:
Comfort and cluster care are key
Attention from Caregivers
Quiet Environment
Swaddling
Lights Down
Rocking

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

Medication is best used
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 pharmacologic advancement rather than other therapeutic research

REFERENCES


