

Improving Neonatal Abstinence Syndrome (NAS) Outcomes: Creating a Culture of Recovery

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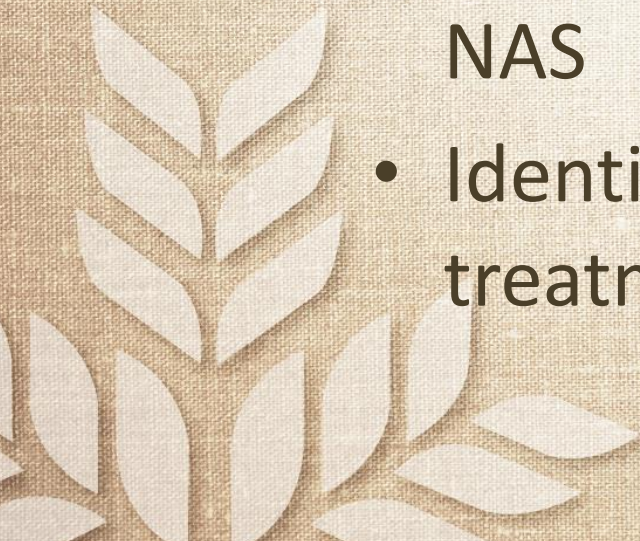
Conflict of Interest

None



Objectives

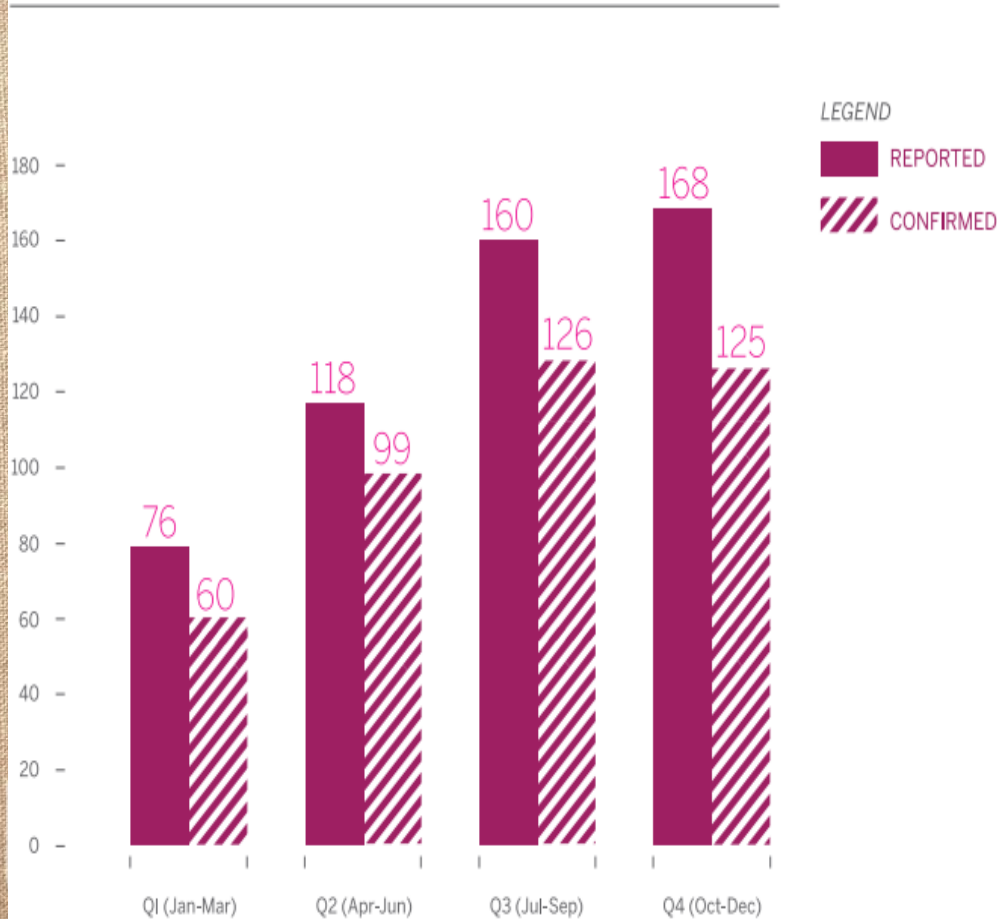
- Recognize NAS is a problem in the state of Georgia
- Assess personal perceptions regarding substance use in patient families
- Describe non-pharmacologic treatments for NAS
- Identify recovery terminology versus treatment terminology



State of Awareness¹⁵

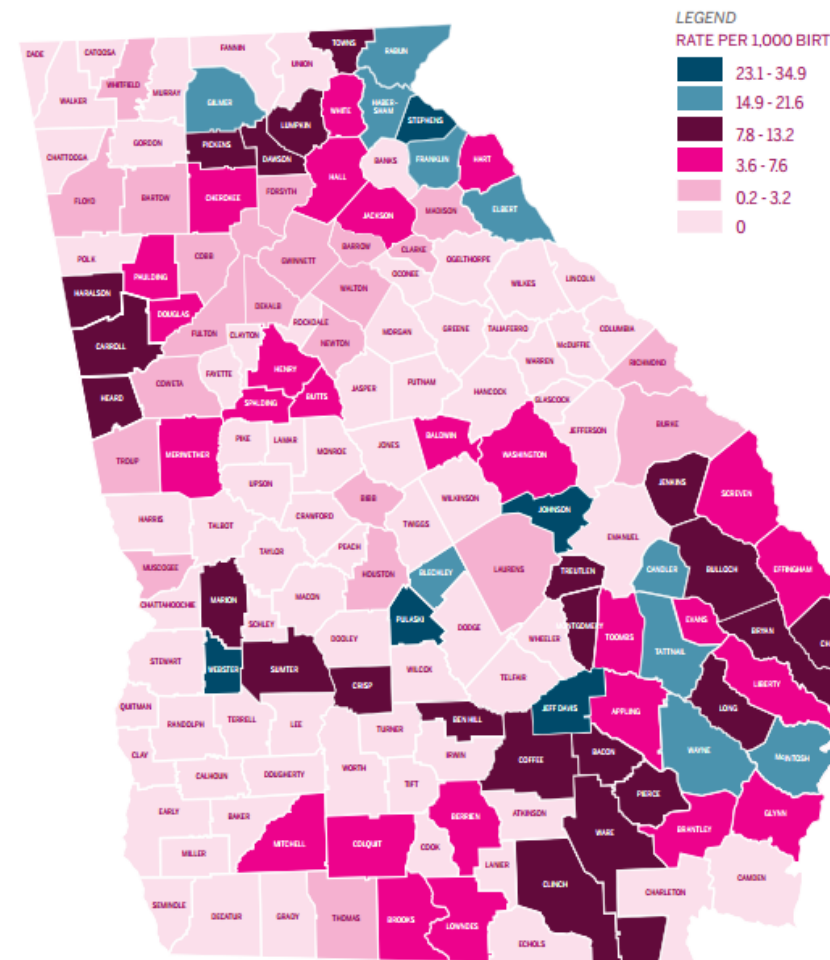
STATEWIDE DATA SUMMARY

NAS REPORTS BY QUARTER, GEORGIA, 2016



NAS DISTRIBUTION IN GEORGIA

NAS RATES BY COUNTY, GEORGIA, 2016



Know Who You Are

Activity



Perceptions

- Video-Patient Mother



Initiation of Taskforce

- Team created
 - Multidisciplinary¹⁶
 - Neonatal Nurse Practitioner
 - Registered Nurses
 - Physical Therapists
 - Pastoral Care
 - Chief Neonatologist



Initiation of Taskforce

- Voluntary reporting to state: State Electronic Notifiable Disease Surveillance System (SendSS)³
 - Results of mother's and infant's drug screens
 - Urine
 - Meconium for infant
 - Treatment required or not
 - Infant's clinical symptoms
 - Department of Family and Children Services (DFCS) referral
 - Head Start Program referral
- Hospital data collection
 - Length of stay
 - Length of treatment

Literature Review

- Evidence based practice
 - Methadone treatment versus morphine treatment
9,12,13
 - Non-pharmacologic treatment 5,7,16

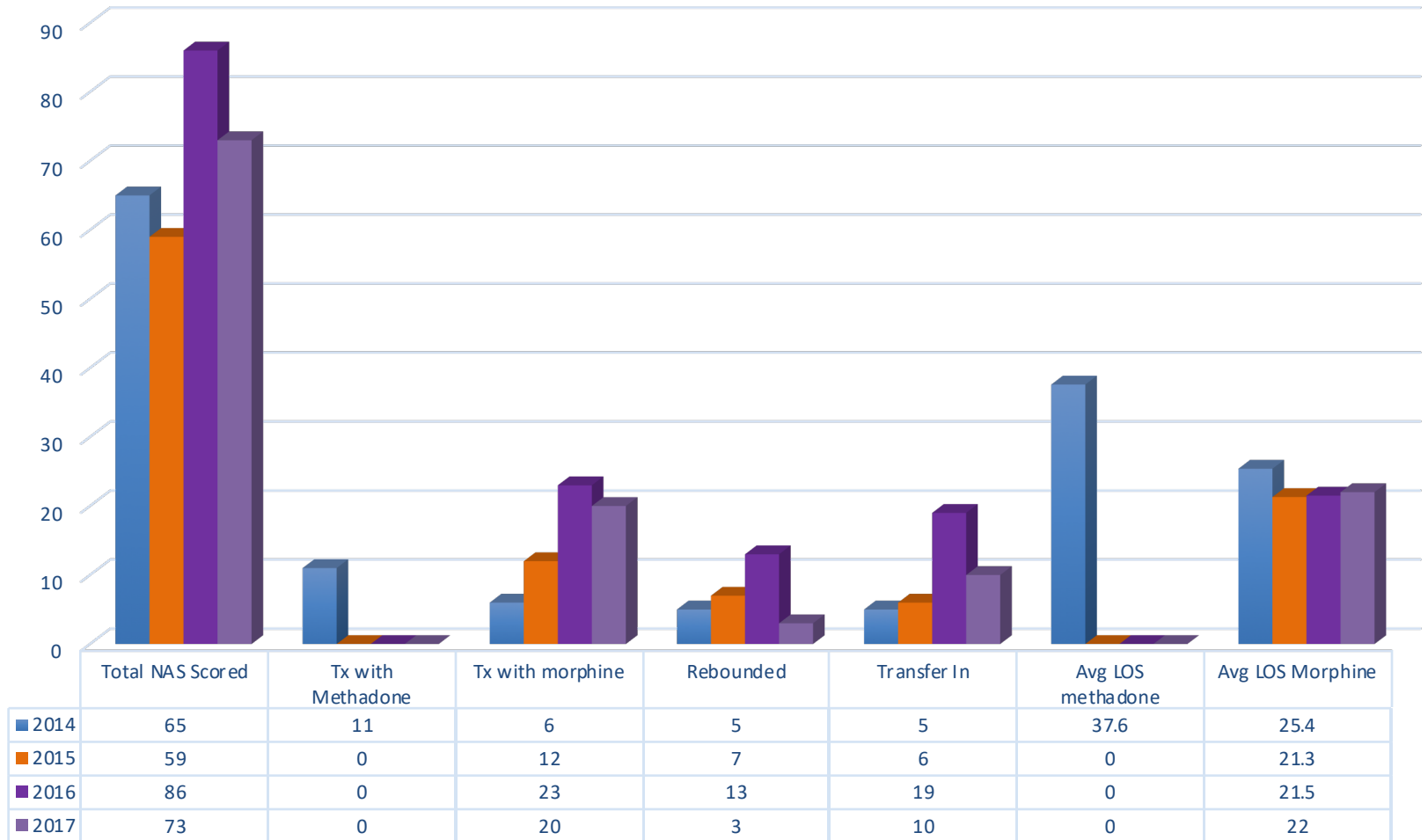


Education and Standardization

- Education
 - Vermont Oxford Network: Universal NAS Training²⁶
 - Requirement for all Neonatal Intensive Care Unit (NICU) staff
 - Voluntary for Labor and Delivery, Mother/Baby, and Pediatrics staff
 - Non-pharmacologic treatment technique
 - Minimal stimulation
- Standardization
 - Initiation of medication and treatment¹²
 - Medication weaning guidelines among all providers
 - Policy created regarding which infant's to receive NAS scoring (Finnegan), drug screens, and screening method



Statistics



Evolution of Taskforce

- Grown to include:
 - Avita Community Partners representative
 - Georgia Council on Substance Abuse representatives
 - Partners for a Drug Free Hall representatives
 - DFCS representatives
 - Family Treatment Court representative



Evolution of Data Collection

- State
 - SendSS³ form revised
 - Report specific substances or medications mother admitted to using
 - If mother of infant is undergoing treatment for addiction or psychiatric disorder
- Hospital
 - Expanded data collection sheet
 - Now includes all information reported to state, infant disposition at discharge, whether the infant roomed in with mother, and transfers to our facility

Evolution of Literature Review

- Smoking & E-Cigarettes
- Kratom/Herbal Substances ^{4,6}
- Using breast milk from mother's on methadone ^{2,18}



Smoking, E-Cigarettes & Herbal Mixtures

- E-cigarettes and Herbal mixtures are now included in L&D admission assessments
- NAS of smokers have a longer LOS
 - Nicotine crosses the placenta, effects neurodevelopment, and causes withdrawal.
 - E-cigarettes have a higher nicotine level than regular cigarettes

- **Kratom**

Herbal mixture sold at gas stations and vape shops. Taken as a tea, chewed, smoked or capsules ingested

Low doses = stimulant effects of increased alertness and energy

High doses = sedative and euphoric effects

When combined with alcohol or other drugs it is associated with psychosis, seizures, and death.

DEA alert list



Encourage Breastfeeding for Moms taking Methadone^{2,18}

- Research supports breastfeeding while on methadone and prescription meds, as long as there are no illicit substances involved and it's not medically contraindicated
 - Evidence shows decreased NAS symptoms
 - Less medication is required
 - Shorter length of stay
 - Able to wean with less rebounding
 - Aids with better bonding to mother



Evolution of Education

- Staff
 - Swaddle bathing²¹
 - Improves temperature stability
 - Maintains flexed, midline position
 - Conserves energy
 - Decreases physiological and motor stress
 - Neonatal Touch and Massage⁸
 - Primary Care Nursing²³
 - Care delivery system – hospital adopted
 - Speakers/Lunch and Learns
 - Director of Emory Maternal Substance Abuse and Child Development Program
 - PhD Candidate, Infant Mental Health Specialist
 - Executive Director of Georgia Council on Substance Abuse
 - NICU Ethics Council

Evolution of Education

- Parents/Care Givers
 - Neonatologist consults
 - Guide for NAS Families ²²
 - From Ohio Collaborative
 - WARM Line
 - Certified Addiction Recovery Empowerment Specialist (CARES) peer recovery coaches
 - Vermont Oxford Network NAS Training ²⁶



Evolution of Education

- Online resources
 - An evidence based information website for medication use in pregnancy and breastfeeding
 - <https://mothertobaby.org/>
 - Centers for Disease Control and Prevention
 - [Pregnancy and Meds Treating for Two](#)
 - Georgia Council on Substance Abuse
 - <https://www.gasubstanceabuse.org/>
 - Department of Behavioral Health and Developmental Disabilities
 - <https://dbhdd.georgia.gov/additional-resources>



Evolution of Standardization

- Change in staffing assignments
 - Higher Finnegan scores = lower patient to nurse ratio
- Created NAS order set in electronic health system
- Parent/Infant rooming together ^{10,20}
 - In NICU, if meets certain criteria
 - Possible transfer to pediatric floor
 - Once infant is stable in weaning process
- Family Partnership Agreement ¹¹
- Hospital volunteer program: Cuddlers



Perinatal Work Group

- Established 2018
 - Managers:
 - NICU, Mother/Baby, Labor and Delivery, Pediatrics, and Braselton LDRP
 - Doctors:
 - Chief of Obstetrics, Chief of Neonatology, Perinatologist, Chief of Pediatrics
 - Director:
 - Director of Women's and Children's Services



Future of Standardization

- Trialing Eat, Sleep, Console method of treatment ⁷
- Creating a culture of recovery ^{14,17, 18,24}
 - NICU/Women's services specific CARES peer recovery coaches



Can I have a few minutes of your
time?

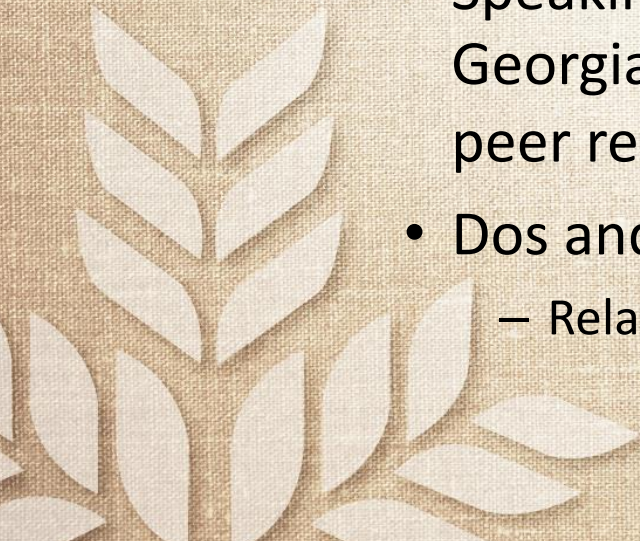
Person A: Share

Person B: Listen (without
interjecting)



Future of Education

- Staff
 - Mind set change ^{17,19,24}
 - Recovery language versus treatment language
 - Disease versus moral failure
 - Recovery Language Training
 - Speaking engagements from Executive Director of Georgia Council on Substance Abuse and CARES peer recovery coaches
 - Dos and Don'ts of recovery speak
 - Relapse is not a part of recovery



Future of Education

- Community
 - Obstetric offices
 - Pain clinics
 - Health departments



People support what they
help to create...

Questions?



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