

Neonatal Abstinence Syndrome Prenatal Education

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Background

- Pediatric residency KU-Wichita 1997-2000
- General pediatrician 2000-2013
- Newborn hospitalist 2013-present



KU Newborn Team



Babies would stay in a post partum room with mother until medication was needed

When medication started infants transferred to special care nursery

2 years ago special care transitioned to rooming in option in rooms similar to post-partum rooms

Our Population

Case

23y/o G3P2 now 3 mother delivered term infant at Wesley

Mom was also on methadone, sertraline and tobacco

Mother and father both roomed with infant 24 hours/day for first 4 days until infant required medical management

Dad had to go back to work, mom and dad only stayed together in hospital, one car, did not trust weekday options for caregivers to take care of other children at home

Infant did well and was weaning medications when parents available but would increase when parents not rooming in

Other
frequent
problem

- Parent is staying and providing cares but falling asleep with baby in bed

Historical model

Disconnected from inpatient

No exposure to inpatient providers until delivery

Unexpected length of stay

Unprepared to accommodate stay

Feel like not important or part of care

What we changed-

- Meet monthly at Wichita Treatment Center
- 1-2 providers lead informational session
- Discuss basic information
 - ✓ Withdrawal signs
 - ✓ Interventions
 - ✓ Comfort measures
 - ✓ Medical treatment
 - ✓ Expected course/hospital stay

Our Goals-

- Exposure to providers before birth so less stressful in hospital, a known face
- Caregiver will know what withdrawal in babies look like and when it is expected
- Caregiver understands importance of their presence in treatment
- Caregiver starts thinking about and coordinating care for children at home and other responsibilities, think about support system and have it ready to put in place
- Caregiver has realistic expectations

What we have seen-

- Started end of December, 4 meetings
- Women have mostly been 3rd trimester
- 3-8 at a meeting

PLEASE RATE YOURSELF ON THE FOLLOWING SCALE:

Very-----Not at all
1 2 3 4 5

1	2	3	4	5	
					Do you have anxiety about your baby's hospital stay?
					How prepared do you feel for your baby's hospital stay?
					How informed do you feel about what to expect after delivery?
					Are you comfortable reaching out for help and with questions?

The average minimum hospital stay for babies not needing medication is 5-7 days. **True or False**

Comfort measures such as dark quiet rooms, swaddling and skin to skin are the first line of treatment for babies going through withdrawal. **True or false**

The more I can stay with my baby the quicker my baby will go home. **True or false**

Post-discussion
questionnaire has
been mixed-

- Anxiety about hospital stay--mixed
- Preparedness for hospital stay—mixed
- Informed about what to expect—
improved
- Comfortable reaching out for help—
improved

01

Rotate through rest
of providers in our
group

02

Continue to have a
consistent face at
the meetings

03

Add breastfeeding
information session

Future plans-