



# The Evaluation of Nonpharmacological Interventions With Neonatal Abstinence Syndrome (NAS)

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Introduction
<ul style="list-style-type: none"> <li>• <b>Problem:</b> The prevalence of NAS is increasing along with the need for evidence-based practice (EBP) interventions to treat NAS.</li> <li>• <b>NAS:</b> Infants exposed to opioids and other drugs in utero and experiencing withdrawal symptoms shortly after birth.</li> <li>• <b>Purpose:</b> To determine if nonpharmacological interventions included in UTMC's NAS treatment policy reflect EBP.</li> </ul>

Review of Literature	
Swaddling / Kangaroo Care	<ul style="list-style-type: none"> <li>• Decreases pain</li> <li>• Decreases excessive crying</li> <li>• Increases sleep time</li> <li>• Promotes bonding between mother/baby</li> </ul>
Rooming-In	<ul style="list-style-type: none"> <li>• Decreases length of stay</li> <li>• Decreases pharmacological treatment</li> </ul>
Decreased Stimulation	<ul style="list-style-type: none"> <li>• No research studies found</li> </ul>
Breastfeeding	<ul style="list-style-type: none"> <li>• Decreases length of stay</li> <li>• Decreases pharmacological treatment</li> <li>• Evidence shows drug exposure via breast milk is too low to be harmful.</li> </ul>

Current Policy
<p>Includes:</p> <ul style="list-style-type: none"> <li>• Swaddling</li> <li>• Decreased stimulation – noise level reduced, lights dimmed, speak softly</li> <li>• Rooming-in</li> </ul>



Recommendations
<ul style="list-style-type: none"> <li>• Continue to use swaddling &amp; rooming-in.</li> <li>• Add breastfeeding &amp; kangaroo care to policy.</li> <li>• Conduct studies to examine the effects of decreased stimulation.</li> </ul>