



NEONATAL ABSTINENCE SYNDROME: FACT,
FICTION AND CLINICAL PRACTICE IN 2016
PAC/LAC CONFERENCE
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NEONATAL ABSTINENCE SYNDROME IN THE 21ST CENTURY

- Prescription drug national health crisis
- Heroin
- Statistics: Scary numbers, families in crisis



FACTS



- Increase in disease in pregnant women
- Methadone Treatment
- Buprenorphine Treatment

FACTS

- Psychotherapy
- Trauma-informed care
- Long-term treatment



FICTION



- Willpower
- Not a disease
- Can stop any time they want
- Care about drugs more than their family

NAS CLINICAL PRACTICE 2016

- Assessment
- Finnegan
- MOTHER NAS Scale
- Research



NAS CLINICAL PRACTICE 2016



- Non-pharmacologic Treatment
- Skin-to-skin
- Environmental
- Feeding
- Music therapy

NAS CLINICAL PRACTICE 2016

- Pharmacologic Treatment
- Morphine
- Buprenorphine
- Phenobarbital



NAS CLINICAL PRACTICE 2016



- Rooming-in with Mother: a new approach and current research
- Discharge Planning

SUMMARY

- Substance use is a disease and needs to be addressed as a public health issue.
- Assessing and treating NAS requires training, compassion and dedication.
- Ongoing research continues to develop more effective assessment and treatment protocols



FOR FURTHER INFORMATION

- National Perinatal Association

Perinatal Substance Use Workgroup

NPA materials from 2015 Perinatal
Substance Use Symposium

www.nationalperinatalassociation.org

- PAC/LAC

• Prenatal and Intrapartum Guidelines

• Neonatal Guidelines

• Regional educational activities

THANK YOU

- Cheryl A. Milford, Ed.S. Educational Neonatal Psychologist
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