NEONATAL ABSTINENCE SYNDROME: FACT, FICTION AND CLINICAL PRACTICE IN 2016
PAC/LAC CONFERENCE
MAY 20, 2016

CHERYL A. MILFORD, ED.S.
EDUCATIONAL NEONATAL PSYCHOLOGIST
CHERYL MILFORD CONSULTING
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
• www.CherylMilford.com