NEONATAL ABSTINENCE SYNDROME (NAS)

NAS occurs when there is sudden withdrawal of maternal opioid or non-opioid drug use in the postnatal period.

1 Hour

1 infant born per hour shows signs of withdrawal.

Understanding the Issue 24-72 Hours

Heroin withdrawal is seen within 24 hours.

Methadone withdrawal is seen within 72 hours.

90%

90% of babies with NAS require some treatment.

Effects of NAS



Give them Quiet Time and Attention

Non-pharmacological treatment methods need to be the focus for management. Minimal handling, encourage breastfeeding with nursing in quiet areas, frequent high caloric feeds, non-nutritive suckling, swaddling, kangaroo care and use of music is advocated. Eat, Sleep, Console

Monitoring and Treatment

The Finnegan score is currently the standard for monitoring and need for pharmacotherapy. It is started if the neonate has 2 consecutive scores is >12 or 3 scores >8.

Follow Up

Multi-disciplinary team follow up with neonatologists, dieticians and physiotherapists. Focus on neuro-development assessments, nutritional review, and safeguarding concerns



