



Background

Substance abuse by pregnant women is a public health crisis. In, 2019, the U.S. was in the grips of an epidemic, with >70,000 opioid drug overdoses. In 2020 ED visits for opioid abuse went up 45% and studies have estimated an almost 30% increase in opioid overdoses. This has resulted in an ever-increasing number of babies born struggling with highly traumatic abstinence. National Institute on Drug Abuse (NIDA)

40 percent of pregnant women use substances like alcohol, cigarettes, opiates, meth, and/or marijuana. Illicit drug use is also a staggering statistic. At least 15 percent of women use illicit substances during pregnancy. Medical care costs for infants with NAS is 9 times higher. NAS effects vital functions that permit growth and normalcy; sleep, eating, elimination. The impact of long-term outcomes of NAS on neurodevelopment is strongly related to the caregiving environment. NIDA

NEONATAL ABSTNENGE SYNDROME (NAS): WHAT IS IT?

Neonatal abstinence syndrome (NAS) is a generalized disorder of four human systems (central nervous system, gastrointestinal, respiratory and the autonomic nervous system) in a newborn baby exposed primarily to opioids during pregnancy resulting in a behavioral pattern with a clinical picture of:

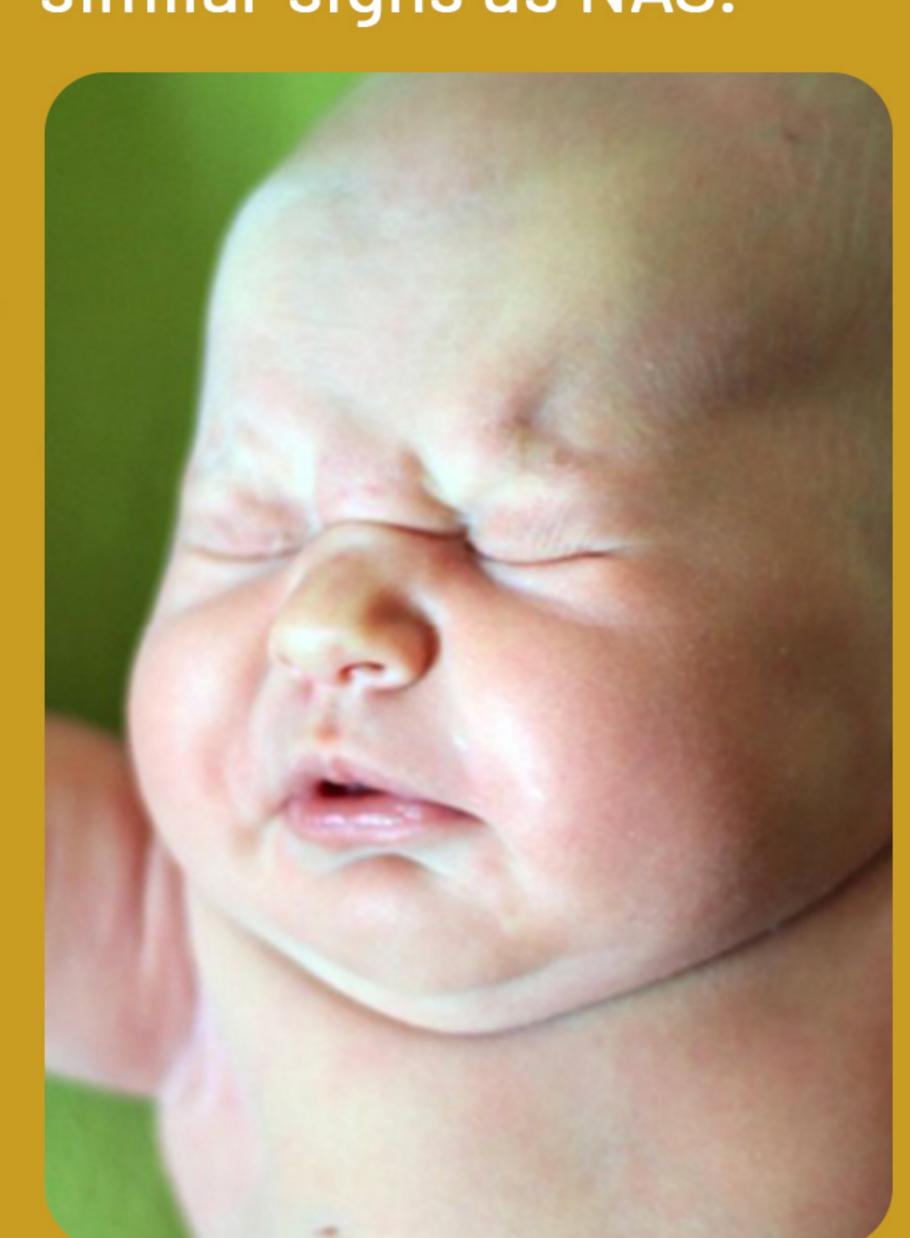
Central Nervous System (irritability, high pitched cry, tremors, stiff muscles, increased reflexes, uncoordinated and ineffectual sucking and swallowing reflexes, and sleep disturbances)

Gastrointestinal System ** (vomiting, loose stools, and poor intake with weight loss)

Respiratory System (excessive secretions, nasal stuffiness, and rapid respirations)

Autonomic Nervous System (sweating, sneezing, yawning, and increased temperature) **(Hyperactivity, vomiting, diarrhea, increased insensible water loss usually leads to excessive weight loss, suboptimal weight gain)

*Neonatal Neurotoxic Effects (NNE) occur as a result of exposure to other substances and may present with similar signs as NAS.



NASRESOURGE WIEWHY?

Goal: The NAS CARE Resource Kit is in development to provide a tool to support attuned caregiving and to ameliorate infant outcomes & reduce medical and social welfare cost.

Outcome Objective: To bring awareness, education, and skills to providers and caregivers of substance affected newborns. To decrease the pain/suffering of these infants and promote stability in their caregiving environment, thus increasing the likelihood that they will have a better outcome in life (developmentally and socially).

AWULT-OSCPLINAY APPROACH TO INFANT CARE FOR CAREGNERS: HOW?

A think tank with a multidisciplinary team of experts in prenatal drug exposure, encompassing professionals in the Medical, Nursing, Occupational Therapy, Speech Pathology, Neuropsychology and Mental Health fields, came together to develop strategies to address NAS in a whole care manner. This information is being integrated into a virtual kit for providers and caregivers at www.timeindrkiti.com. The NAS Care Resource Kit will provide insight, tools and skills to caregivers of infants (0-6 months) who are impacted by NAS or other toxic substances. This project, led by Dr. Kiti Freier Randall is sponsored by International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA) and Timein Programs.

NOAH, ONE OF MANY INFANTS WHOSE

- 6 months old
- Prenatally exposed to opioids and other substances
- Many abstinence symptoms and concerns that are significantly impacting his life
- AND the lives of his caregivers
- Feeding is difficult (diagnosed FTT)
- Constantly irritable (ED visits for distress/respiratory concerns)
- Sleeps for only 10-15 minutes at a time
- Placed in foster care at time of discharge from the NICU
- His symptoms have made it very hard to care for him
- After being moved 4 times, his current foster parents have given their 7-day notice
- If Noah survives infancy, it is likely that these adverse childhood experiences and extreme dysregulation are setting him up for a very negative trajectory
- With attuned caregiving we were able to stabilize his home placement

Coming fall of 2022, the NAS Care Resource Kit will be available at www.timeindrkiti.com. For further information contact the developers.

COMING FALL OF 2022!

Neonatal Abstinence

Care Resource Kit

Signs and Responses—a comprehensive list of NAS signs and corresponding interventions given by each multidisciplinary expert.

Parenting Tips from Specialists—videos with specialists providing advice/interventions on a variety of relevant caregiving topics.

The Ollie Swaddle—demonstration and discussion of the benefits of swaddling, what is safe swaddling, and what to look for in a swaddle.

Therapeutic Infant Music—a selection of musical pieces offered by TimeIn Programs, which were composed under music therapy guidelines specifically for high risk infants, to soothe, calm, and help them sleep

THE STORY OF THE NAS CARE TOOLKIT



THERAPEUTIC INFANT MUSIC SAMPLE

