

Neonatal Abstinence Syndrome Family Guide Tool Kit

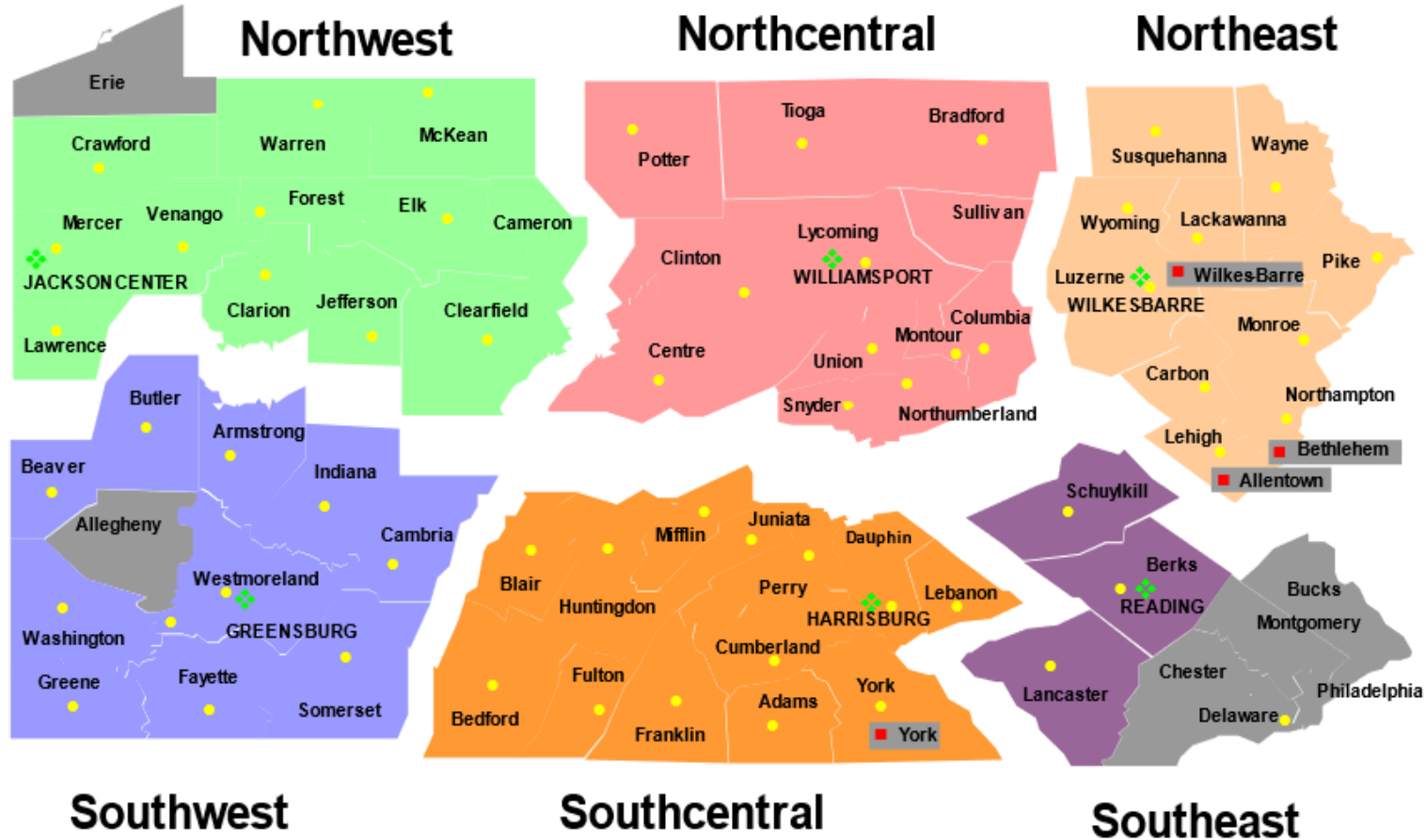


JANET ANDERSON
LISA SNYDER

POPULATION HEALTH NURSE CONSULTANTS

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District Map



County Health Departments

District Offices

Municipal Health Department

State Health Centers

Governor Wolf Signs Opioid Disaster Declaration



State and Federal Laws

- The child was born affected by substance use;
- Withdrawal symptoms resulting from prenatal drug exposure; or
- A Fetal Alcohol Spectrum Disorder



Act 54 of 2018

- Pennsylvania law;
- Care of child under a year; and
- Directs provider to notify DHS.

Child Abuse Prevention and Treatment Act

- Federal law; and
- Requires Plan of Safe Care be developed

What Is Neonatal Abstinence Syndrome (NAS)?

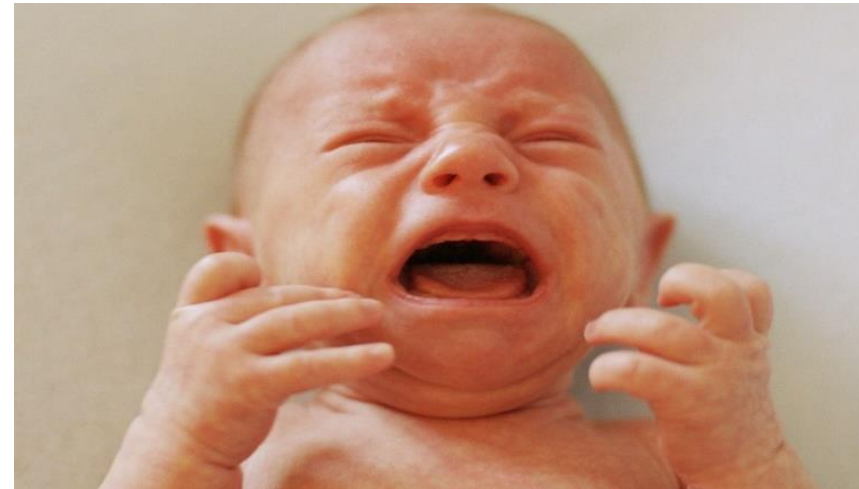
Neonatal abstinence syndrome (NAS) is a constellation of signs of withdrawal in newborns following in utero exposure to medications or illicit drugs, most commonly opioids, benzodiazepines, and barbiturates.



Signs and Symptoms of NAS

Signs and symptoms may include:

- ▀ Body shakes (tremors), seizures (convulsions), overactive reflexes (twitching) and tight muscle tone
- ▀ Fussiness, excessive crying or having a high-pitched cry
- ▀ Poor feeding or sucking or slow weight gain
- ▀ Breathing problems, including breathing really fast
- ▀ Fever, sweating or blotchy skin
- ▀ Trouble sleeping and lots of yawning
- ▀ Diarrhea or vomiting
- ▀ Stuffy nose or sneezing
- ▀ Dehydration



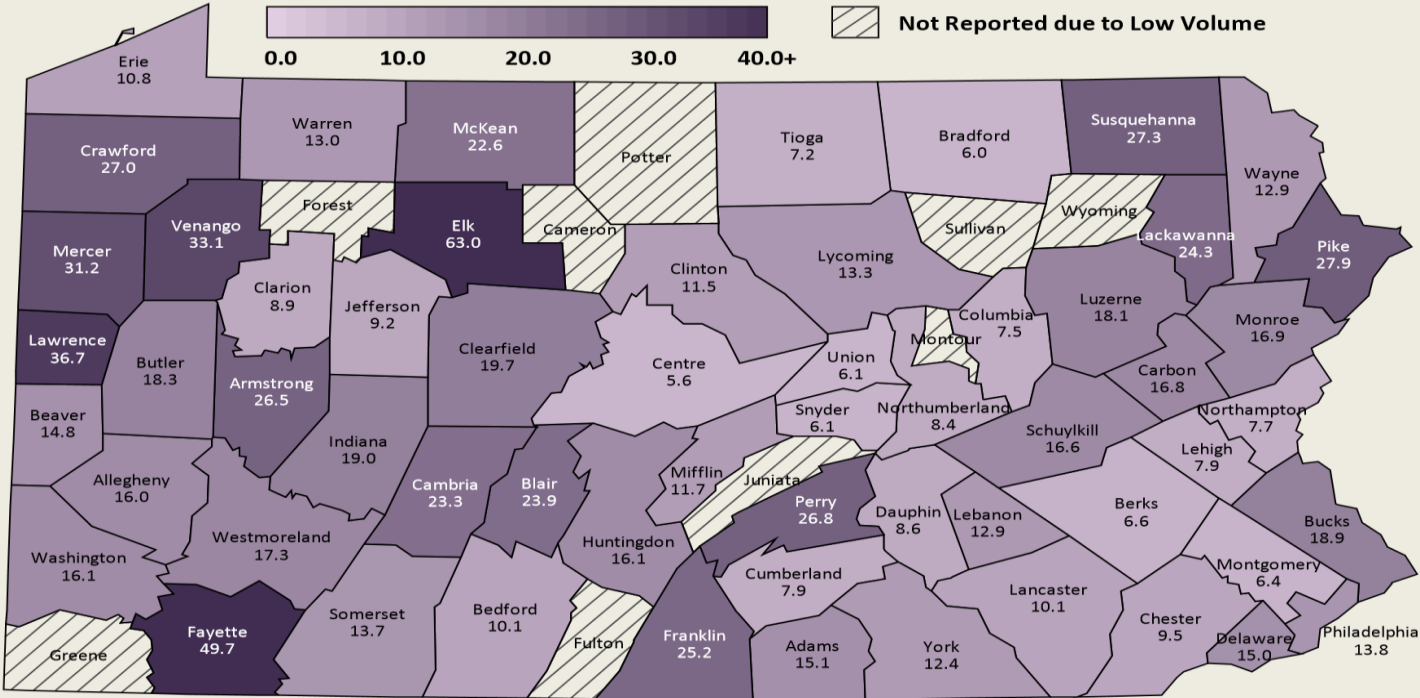
NAS Baby Video



NAS Baby provided by Dr. Robert Cicco, a retired Neonatologist from Pittsburgh

Counties Above State Rate

Rate of Neonatal Abstinence Syndrome per 1,000 Newborn Stays by County of Residence, FFY 2018



Statewide NAS Rate: 14.4 per 1,000 newborn stays



Rate of Neonatal Abstinence Syndrome per 1,000 Newborn Stays by County of Residence, FFY 2018 and 2021

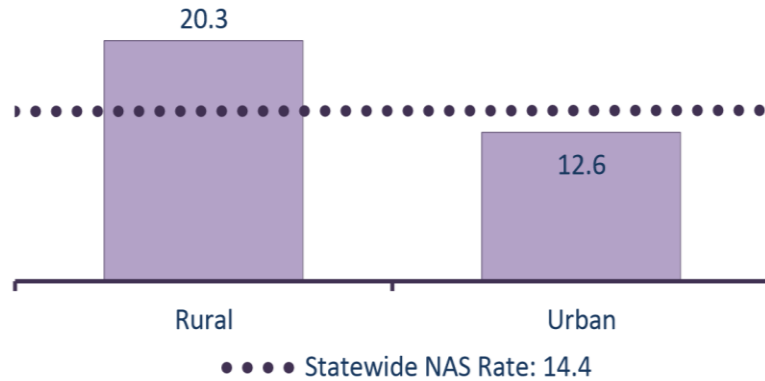
2018		
County Name	Number of NAS Stays	Rate per 1,000 Newborn Stays
Statewide	1,833	14.4
Cameron	NR	NR
Clarion	NR	8.9
Clearfield	13	19.7
Crawford	22	27.0
Elk	17	63.0
Erie	30	10.8
Forest	NR	NR
Jefferson	NR	9.2
Lawrence	32	36.7
McKean	NR	22.6
Mercer	31	31.2
Venango	14	33.1
Warren	NR	13.0

2021		
County Name	Number of NAS Stays	Rate per 1,000 Newborn Stays
Statewide	1,323	11.0
Cameron	NR	NR
Clarion	NR	26.0
Clearfield	12	19.8
Crawford	13	17.2
Elk	11	43.0
Erie	33	12.0
Forest	NR	NR
Jefferson	NR	15.3
Lawrence	17	22.5
McKean	NR	NR
Mercer	21	23.0
Venango	10	23.5
Warren	NR	19.2

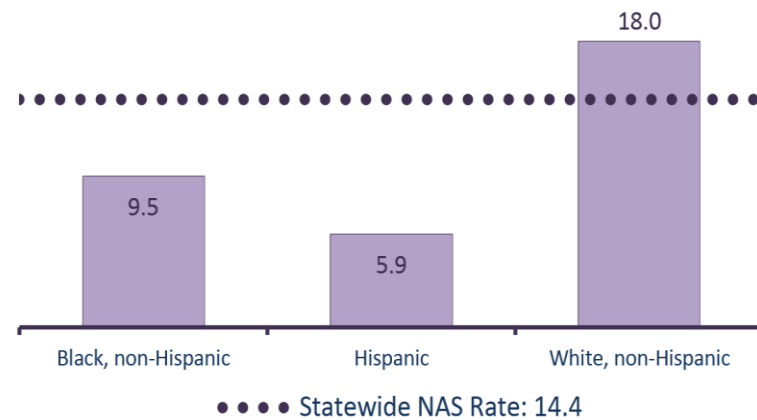
NR: Not reported due to low volume of NAS cases and/or newborn stays.
 Pennsylvania Health Care Cost Containment Council:
 Hospitalizations for Newborns with Neonatal Abstinence Syndrome-2018.
 Rates calculated using Pennsylvania Health Care Cost Containment Data for 2021.

Demographic Differences- Newborn Stays With NAS

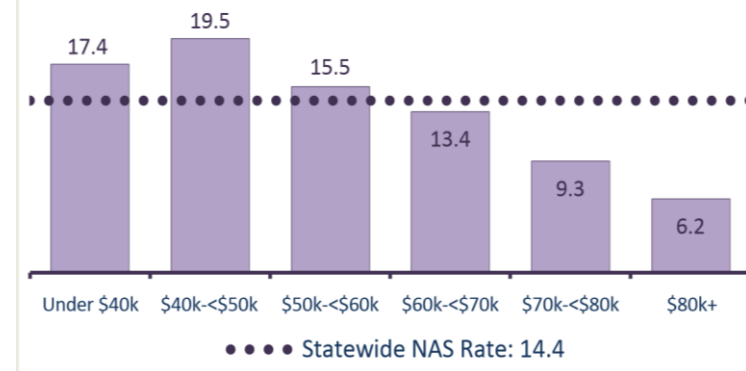
NAS Rate per 1,000 Newborn Stays
by Rural versus Urban Counties, FFY 2018



NAS Rate per 1,000 Newborn Stays
by Race and Ethnicity, FFY 2018



NAS Rate per 1,000 Newborn Stays
by Household Income, FFY 2018



Pennsylvania Health Care Cost Containment Council:
Hospitalizations for Newborns with Neonatal Abstinence Syndrome-2018

Partnerships



NAS Partnerships

Hospitals

- Meadville Medical Center
- UPMC Northwest
- Penn Highland DuBois
- Saint Vincent
- Hamot of UPMC
- Warren General Hospital

County Municipals

- Erie County Health Department
- Public Health Consultant-Emerging Threats, Allegheny County Health Department, contracted to CDC

Emergency and Law Enforcement

- PA State Police
- Local Police
- Sheriff's Office
- Fire Department
- Emergency Management Services
- Ambulance Services

Safe Kids

- Mercer Safe Kids
- Crawford Safe Kids
- Clarion-Venango Safe Kids Coalition

Single County Authority

- Crawford County Drug and Alcohol Executive Commission
- Mercer County Behavioral Health Commission
- Venango County Drug and Alcohol

Child Development

- Head Starts
- Early Head Starts
- Early Intervention

Providers

- Social Workers
- Nurses
- Physicians
- Physical Therapist

Overdose Prevention Coalitions

- Crawford County Overdose Prevention Coalition
- Mercer County Overdose Prevention Coalition
- Venango County Overdose Prevention Coalition
- Clearfield-Jefferson Overdose Prevention Coalition
- Warren County Overdose Prevention Coalition

Human Services

- Women's Services
- Center for Family Services
- Family Centers

Kinship/Adoption/Counseling

- Bethany Christian Services

State Agencies

- PA DOH Bureau of Community Health Systems (BCHS)
- PA DOH Bureau of Epidemiology (BOE)
- Women Infants and Children (WIC)
- Children and Youth Service (CYS)

Treatment Facilities

- Glenbeigh
- Gaundenzia
- Beacon Health
- White Deer Run

Other

- PA Traffic Injury Prevention Project
- Insurance Companies
- Not One More
- Churches
- Community member-Mary Ann McCreight
- NW PA Tobacco Control Program
- Ohio Perinatal Quality Collaborative



Neonatal Abstinence Syndrome Family Guide Tool kit



NEONATAL ABSTINENCE SYNDROME FAMILY GUIDE TOOL KIT



Developed in partnership with the
Northwestern Pennsylvania Neonatal Abstinence Syndrome Coalition and
the Ohio Perinatal Quality Collaborative.

Date Updated: April 2020



CONGRATULATIONS ON THE BIRTH OF YOUR NEW BABY!

This is a happy time for you! However, it is important to know that all parents face challenges in their baby's first year. Your family and friends who support you can help you be successful.

Some babies need extra loving, including those born with Neonatal Abstinence Syndrome (NAS).

It doesn't matter why your baby is going through withdrawal; you need to help your baby now.

This guide was written to:

- Help you learn about [NAS](#);
- Encourage you to share your drug or medication history with your doctor and [nurse](#);
- Answer your questions about NAS so you can take good care of your baby; and
- Help you help your baby be healthy and safe.



The information in this guide should not take the place of medical care and advice from your healthcare provider.

- Please do not stop taking any medications or drugs suddenly.
- Always check with your doctor before you start or stop taking any drug or medication.
- It is very important to tell your nurse and your baby's doctor about all medicines used during your pregnancy; this will help the doctor treat your baby properly. This is also the best way for you to help your baby.

If you have a question that is not answered in this guide, ask your doctor or nurse. They are there to answer your questions. Many other parents probably have had the same question as you do.

Disclaimer: The images of people in this booklet are visual representations only.

Date Updated: April 2020



Cultural Competence



NAS Toolkit Guide for Families



- Facilitates warm hand off for mother
- Empowerment of parent and guardian
- Embeds concepts and initiatives
- Provides immediate resources to caregiver (Kinship)
- Introduces concept of referrals from providers to supporting agencies for parents and caregiver

What to Expect and Empowerment



- What to expect
 - Defining NAS
 - Understanding treatment
 - Developing the Plan of Safe Care
 - Accepting referrals
- Empowerment for Care
 - Ways to support self
 - Ways to support baby
 - Notes for baby and self
 - Resources

NAS Toolkit Guide Table of Contents



- Defines Neonatal Abstinence Syndrome
- Treatment
- What to expect
- Ways to support you and your baby
- Other substances baby maybe exposed to during pregnancy
- Resources for you and your baby
- Notes for you and your baby

▶ NAS Family Guide Tool Kit – Ways to Support You and Your Baby



WAYS TO SUPPORT YOU AND YOUR BABY KEEPING YOU AND YOUR BABY HAPPY

LEARN YOUR BABY'S "I'M UPSET" CUES

Your baby will tell you "I'm upset" by:

- Yawning;
- Sneezing;
- Having tremors or shaking;
- Putting his or her hand up like a stop sign;
- Showing color changes (pale) in skin;
- Frowning; and
- Looking away or closing his or her eyes.



If you see the above cues, stop what you are doing. Your baby is telling you "I'm upset."

SPECIAL WAYS TO HELP YOUR BABY IF THEY ARE UPSET

- Stop what you are doing;
- Check for signs of illness and call the doctor if you are concerned;
- Hold your baby:
- Allow him or her to calm down and rest;
- Carefully swaddle and rock gently or sway; and
- Make skin to skin contact (his or her bare chest to your bare chest);
- Remember to let your baby sleep as long as needed and wake your baby gently;

Let your baby calm down completely before trying anything new;

- Change the diaper or clothing if wet from sweat;
- Take the baby for a walk in the stroller or a car ride;
- Settle into a quiet, low-light room to feed your baby;
- Do not walk or sway your baby while feeding;
- Feed or offer a pacifier (over feeding can cause fussiness); and
- Play soothing music softly or introduce another soft sound like white noise or quiet shushing, singing or talking.



Referrals



- Introduces the concept of Plan of Safe Care
- Encourages referrals from providers
- Promotes concept of supporting agencies to parent and caregiver

Kinship and Foster Care



- Kinship and foster care
 - Increased cases
 - Barriers
 - Limited income
 - Don't utilize internet
 - Need resources and information in one location
 - Money
 - Housing
 - Safety
 - Services
 - Supplies
 - Strategies for care
 - Transportation

Embeds Concepts of Maternal Child Health, Injury Prevention, Immunizations and Emergency Preparedness



- Maternal and Child Health
 - ▾ Breastfeeding
 - ▾ Back to sleep
 - ▾ Shaken baby
 - ▾ Happiest Baby on the Block
- Injury Prevention
 - ▾ Safe sleep
 - ▾ Car seat safety
 - ▾ Drug and alcohol resources
- Immunization
 - ▾ CDC birth to 6 yrs. immunization schedule
 - ▾ Well baby check up schedule
- Emergency Preparedness
 - ▾ Designate emergency contacts
 - ▾ Promote emergency plans
 - ▾ Identifies items for emergency kit

NAS Family Guide Tool Kit - Emergency Preparedness



NOTES FOR YOU AND YOUR BABY Emergency Preparedness

BACKGROUND

Emergencies happen when we least expect it. Being prepared, having an emergency plan and including an emergency kit are the most important things you can do for your baby and your family. To help you and your family be safe, it's important to have a plan of action before an emergency occurs.



Please fill in the emergency contact information provided below.

SUPPORT PEOPLE			
Name	Relationship	Telephone Number	Email

EMERGENCY CONTACT NUMBERS

Title	Name	Address	Telephone Number
Doctor for baby			
Doctor for you			
Ambulance			
Hospital			
Pharmacist			
Medical insurance for you			
Medical insurance for baby			
Drug & Alcohol agency			
Mental health support			
Medical equipment supplier			
Other			

Resources



- Resources, referrals and links to interactive maps
 - ▣ Area on Aging
 - ▣ Child Development and Early Learning
 - ▣ Drug and Alcohol
 - ▣ Financial
 - ▣ Health and Human Services
 - ▣ Insurance
 - ▣ Kinship
 - ▣ Legal
 - ▣ Social Security
 - ▣ Transportation

NAS Family Guide Tool Kit – Resources For You and Your Family



RESOURCES FOR YOU AND YOUR FAMILY RESOURCES FOR MORE INFORMATION

PENNSYLVANIA DEPARTMENT OF HEALTH COUNTY RESOURCE GUIDES

www.health.pa.gov

Each guide contains resources for children with special needs, health insurance, housing and more.

PENNSYLVANIA DEPARTMENT OF HUMAN SERVICES

www.dhs.pa.gov/citizens/childwelfareservices/

Phone: 1-800-932-0313

Pennsylvania's Child Welfare services include information and contact info for county Children and Youth offices, local family centers, and resources for preventing child abuse and neglect.



PENNSYLVANIA LEGAL AID NETWORK

www.palegalaid.net

Phone: 1-800-322-7572

The Pennsylvania Legal Aid Network connects individuals and families who meet income requirements to local Legal Aid programs that can assist them with legal matters.

PENNSYLVANIA'S PROMISE FOR CHILDREN

www.papromiseforchildren.org

Phone: 1-877-472-5437

For information about finding, paying for and other concerns related to childcare.

Pennsylvania's Promise for Children, known as PA Promise, is a campaign to help families make good choices about their child's early learning and choose quality early learning programs that are right for their family.

Phone: 1-800-692-7288

For Information about your child's development and connecting to Early Intervention services in Pennsylvania.



Outreach and Distribution



- Type
 - ▾ Electronic
 - ▾ Print Copy
- How
 - ▾ Partner and utilize Plan of Safe Care Multidisciplinary Team
 - ▾ Hyperlink to all state agency websites
 - ▾ Distribution to Community Partners
 - ▾ OB/GYN offices
 - ▾ Pediatrician offices
 - ▾ Drug and Alcohol agencies
 - ▾ Human Service agencies
 - ▾ Head Start, Early Head Start and Early Intervention
 - ▾ Women, Infants and Children
 - ▾ Mental Health agencies

NAS Family Guide Tool Kit Revision

- Opioids
- Hepatitis C
- Transportation
- Medical insurance
- Naloxone or narcan
- Medication Assisted Treatment
- Fentanyl and fentanyl test strips
- Marijuana and medical marijuana
- Other substances baby maybe exposed to
- Domestic violence, human trafficking and suicide
- Guidelines to make informed decisions about breastfeeding



Closing



Resources

- Pennsylvania Department of Health Data Dash Board
 - <https://data.pa.gov/stories/s/Pennsylvania-Opioids/9q45-nckt/>
- Pennsylvania Department of Health Annual Neonatal Abstinence Report
 - <https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/2018%20NAS%20REPORT.pdf>
- Council of State and Territorial Epidemiologist (CSTE): NAS Case Definition
 - https://cdn.ymaws.com/www.cste.org/resource/resmgr/2019ps/final/19-MCH-01_NAS_final_7.31.19.pdf
- Pennsylvania Health Care Cost Containment Council (PHC4)
 - <http://www.phc4.org/>
 - Research Briefs (March 2018 and June 2019)
 - <http://www.phc4.org/reports/researchbriefs/opioids.htm>
- Ohio Perinatal Quality Collaborative
 - www.opqc.net
- National Institute for Children’s Health Quality (NICHQ) and Association of State and Territorial Health Officials (Astho) documents
 - The Neonatal Abstinence Syndrome Framework
 - <https://www.nichq.org/resource/neonatal-abstinence-syndrome-framework>
 - Neonatal Abstinence Syndrome: How states can advance the knowledge base for primary prevention and best practices of care
 - <http://www.astho.org/Prevention/NAS-Neonatal-Abstinence-Report/>

Contact Information

Janet Anderson

Jananderso@pa.gov

724-269-5931

Lisa Snyder

Lisnyder@pa.gov

724-269-5935

Pennsylvania Department of Health
Northwest District

Questions

