

Caring For Drug Exposed Infants



EXPOSURE TO HOPE

**THE CHILDREN'S HOSPITAL AT BRONSON
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What am I doing here?



- **Wake up call**
 - “I’ve written more methadone scripts in the last 3 months than since arrival”
- **The numbers were actually worse than I imagined**

Bronson NICU: NAS



<u>Year</u>	<u>Dx: NAS/Withdrawal & Tx</u>
• 2009	8
• 2010	16
• 2011	29
• 2012	36
2013 Jan-Mar	12

The Big Picture



- **Drug Exposed Infants**
 - Short Term: Ideal treatment of NAS?
 - Long Term: Neurodevelopment effects?
 - ✦ No regional follow-up for exposed infants
- **For each NAS infant, there's an addicted mom**
 - Often d/c'd to where she came from, now with a fragile baby
 - Ill prepared foster parents

Exposure to Hope



- **In-Patient Initiative:**
 - **3 Changes to Management**
 - ✦ Pharmacologic treatment
 - ✦ Scoring NAS
 - ✦ Better enable the care-giver to be the baby's solution
- **VON Webinar: Cultural Overhaul**

In-Patient



- **Issue: Pharmacologic treatment**
 - What we found: Creative pharmacy
- **Issue: Increased length of stay**
- **Intervention: Treatment Protocol**
 - Nationwide Child's Hosp, Akron, OH
 - Showed decreased LOS
- **Outcome Measure: LOS**

In-Patient



- **Issue: Consistent NAS Scoring**
- **Intervention: Staff Education**
 - NICU and Newborn Nursery
 - DVD Demo: “Using the Finnegan Scoring Tool, An Inter-Observer Reliability Prgm”
- **Outcome Measures:**
 - Length of Stay
 - Days without a parent at the bedside

In-Patient



- **Issue: mother-infant dyad tx**
 - Better preparing the primary care-giver
- **Intervention: “Infant Cues Calendar”**
 - Input: OT/PT, Music Therapy, Child Life
 - Red, Yellow and Green zones
- **Outcome Measures:**
 - Length of Stay
 - Days without a parent at the bedside

I am Currently in the Red Zone



• **Behaviors I may have:**

- I am crying and fussing a lot
- I have a constant high-pitched cry
- I am difficult to calm
- I am having difficulty staying asleep
- My muscles are tight and body is tense
- My movements are uncontrolled and jittery
- I arch my back when I am upset

• **Ways you can help me:**

- Snuggle me closely
 - Do Skin to Skin holding
- Offer me my pacifier
- If sleeping, let me sleep
- I need a quiet place with
 - Low lights
 - Fewer visitors
 - Limited talking on the phone
- Keep me swaddled with my hands close to my face
- I might like my swing

In-Patient



- A work in progress:
 - Staffing
 - ✦ Smaller assignment?
 - Chaplain program involvement
 - Discharge planning

Exposure to Hope



- Withdrawal was just the start...
- Malformed newborn brain trying to cope with normal development
- Injured Mother with a chronic disease
 - The addiction pre-existed the pregnancy
 - Life before drugs wasn't exactly a picnic...

Out-Pt: Exposure to Hope



- **Infant: Multi-discipline follow-up clinic**
- **Mother-Infant Dyad: Oasis**
 - A safe place: not quite in-pt, not quite out-pt
- **Referral Center & Hot-Line**
 - Pediatricians
 - Substance-abuse treatment/Mental Health Community
 - Foster Care Families & Court System

Community Involvement

- Learning Network/Kzoo Community Foundation
 - Dr. Kristine Gibson
- Pediatrics
 - Dr. Don Bouchard
 - ✦ President Holy Family Healthcare
- OT/PT
 - Carrie Strong
 - ✦ Director: Physiokids
- Early On
 - Lisa Valez
 - ✦ Elizabeth Upjohn Com
- Developmental Peds
 - Dr. Mark Sloan
 - ✦ Executive Dir CATC
- DHS/Court System
 - Joel Bell
- Adult Psych
 - Dr. Michael Liepman
 - ✦ Medical Director, Community Healing Centers,
 - ✦ Dept of Psych, WMU School of Med
- Pediatric Psych
 - Mindie Smiht, MA, LLP, CAADC
 - Sr Exec & Reg Coordinator for Subs Abuse
- Kalamazoo Mental Health Services
 - Diane Shaffer
 - ✦ Prgm Manager, Services for Youth & Families
- Victory Clinic
 - David Blankenship
- Spiritual Care
 - Fr. James Adams
 - ✦ Holy Family Healthcare

Conclusion



- For every child who needs our help, there is a mother who is in danger too
- We are in the early phases of understanding the ramifications of prenatal drug exposure
- By uniting our talents and resources, there is cause for real hope

Vision: Oasis



- A safe place to go
 - Not in-patient, not quite out-pt either
- Coexists with the multidiscipline out-pt clinic
- Follow-up for what began in-pt
 - Infant: ongoing services & f/u assessment
 - Mom: ongoing support (& treatment ?)

Vision: New Study



- Issue: Suspected neurologic deficits
- Intervention: Out-pt follow-up
- Outcome Measure: Dvlp't Milestones
 - Infants of mother's with calendar use
 - Infants of mother's without calendar use
 - National norms