



# neonatal abstinence syndrome

Bethany Children's Health Center is an innovative leader in the region in providing the types of advanced, specialized pediatric medical care that helps children transition from an intensive hospital stay to successfully living at home. The Hospital fosters healing, growth and independence through the highest quality, family-centered care.

Neonatal Abstinence Syndrome (NAS) occurs when infants are exposed to drugs before birth. This program manages medication weaning, withdrawal symptoms, and supports families for the transition back home.

The NAS program provides careful monitoring and medical management for infants with Neonatal Abstinence Syndrome. The program is designed to provide developmentally appropriate care in a low stimulation, nurturing environment to reduce withdrawal. The parent or caregiver is encouraged to room-in with the infant. Specially trained volunteer cuddlers also help provide the infant with positive, calming interactions.



After an initial evaluation, staff provide ongoing assessment and support for the infants. This program is individualized based on each patient's needs. Staff assist the family with training regarding medications, feedings, and follow-up needs.

Some infants may benefit from therapy evaluation and support. Dietitians monitor weight gain, growth and nutrition. Our speech-language pathologists evaluate the patient and work with the parent or caregiver to ensure the infant receives appropriate nutrition and develops healthy feeding habits. Occupational therapists and physical therapists provide parents with support and recommendations regarding positioning, self-calming, and laying the groundwork for achieving future developmental milestones.

Patients in the NAS Program have tolerated at least one wean of their withdrawal medication, can be in an open crib, and do not require IV medications for withdrawal.

Patients who need medication weaning due to complex medical illnesses, prolonged hospitalization or surgeries are not candidates for the NAS program, but may qualify for another program.



**bethany children's**  
HEALTH CENTER

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