A Tradition of Excellence.
A Legacy of Caring.

WHEELING HOSPITAL

A Changing Community

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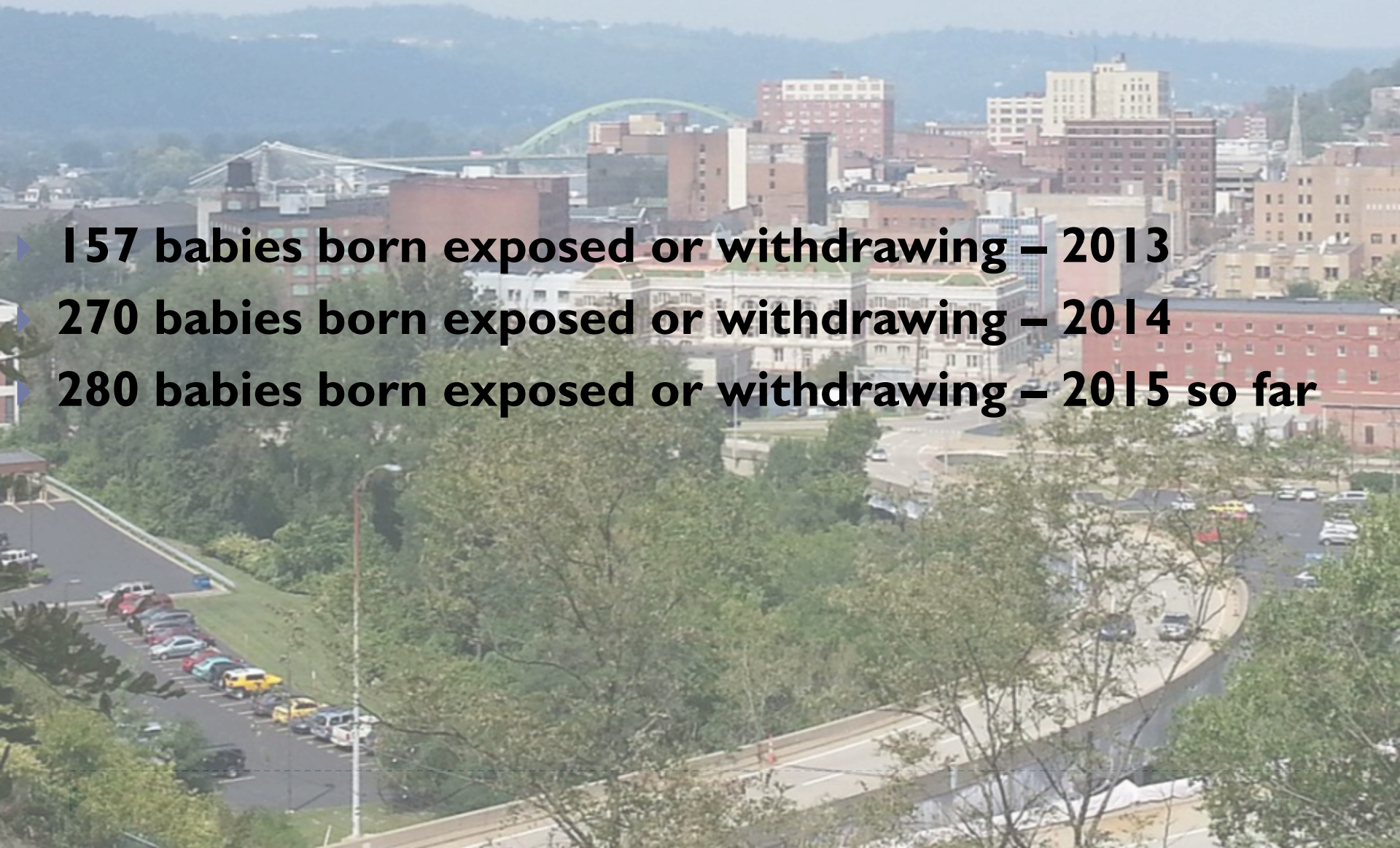
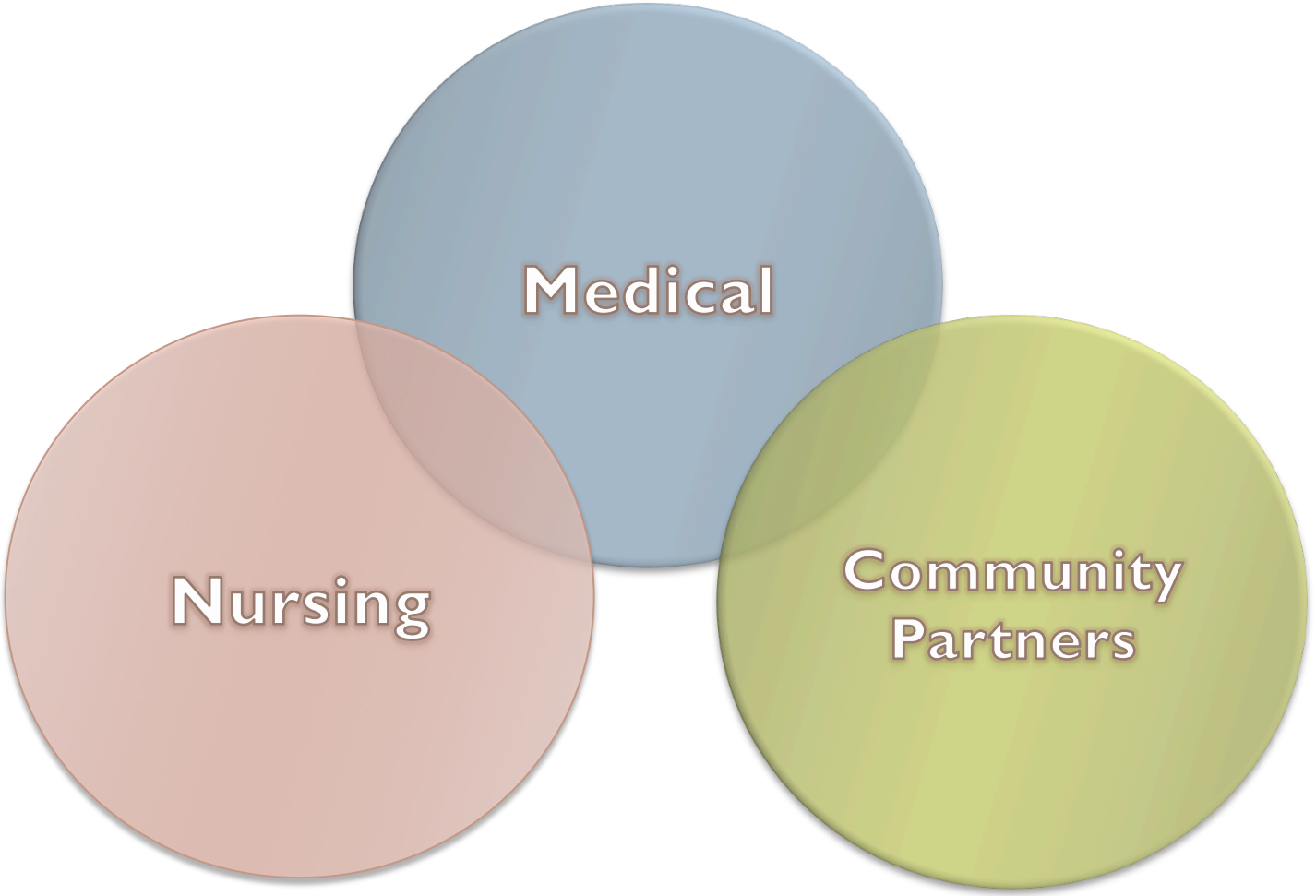
HELLO
my name is
CHANGE

Wheeling, WV Numbers



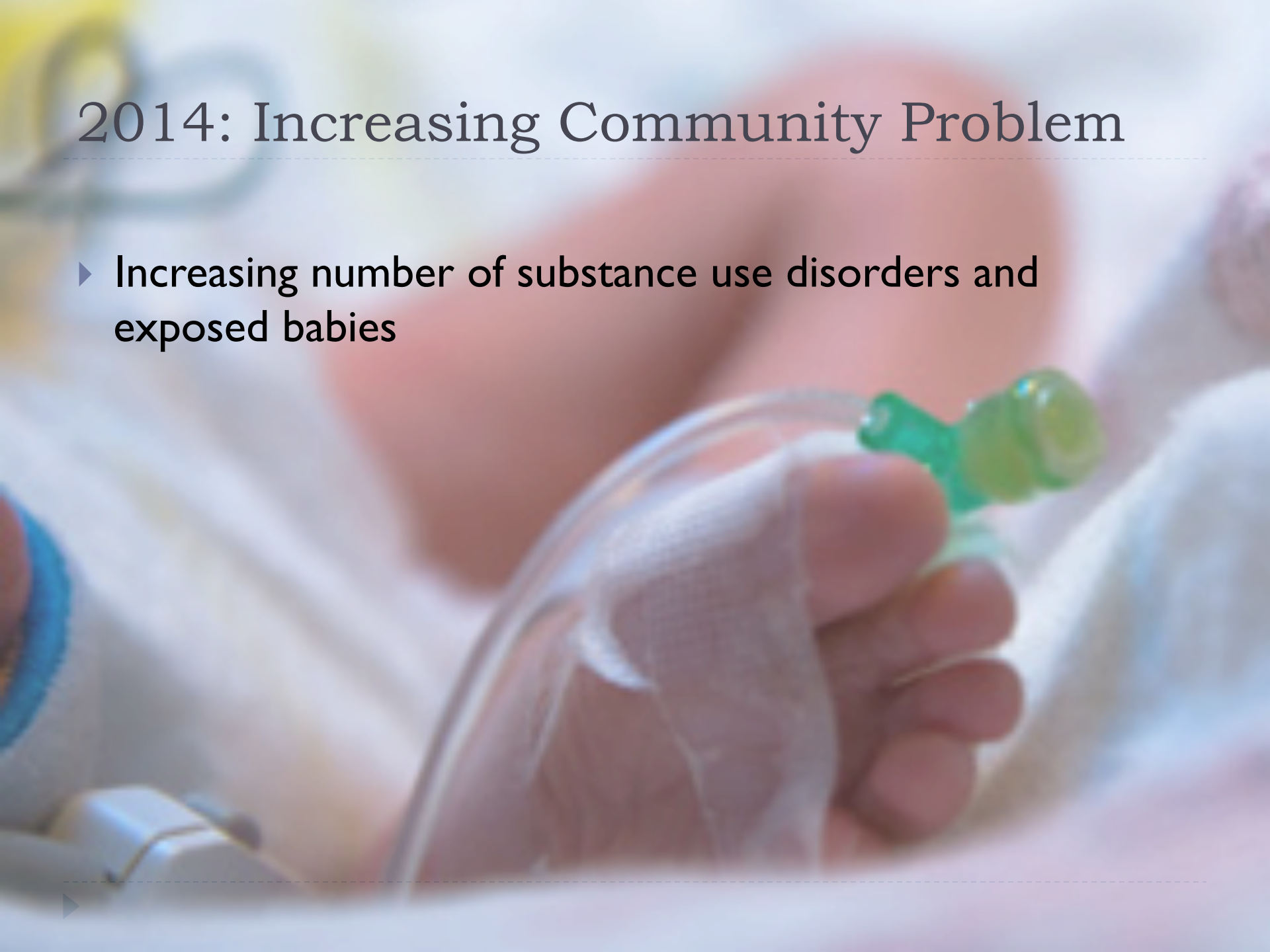
- **157 babies born exposed or withdrawing – 2013**
- **270 babies born exposed or withdrawing – 2014**
- **280 babies born exposed or withdrawing – 2015 so far**

2013: Our Model



2014: Increasing Community Problem

- Increasing number of substance use disorders and exposed babies



NEONATAL ABSTINENCE Syndrome

A Guide for Expectant Mothers

- Learn how certain drugs can affect your baby during pregnancy and after birth.
- Understand the meaning of withdrawal.
- Learn how to prevent NAS.

Expectant Mother's Guide for

Babies at Risk for Neonatal Abstinence Syndrome

What is Withdrawal?

At birth, your baby no longer receives the drug(s) he or she was used to getting from your blood during pregnancy. When the effects of the drug(s) suddenly stop, your baby may develop withdrawal symptoms. Not all babies go through withdrawal in the same way. It is not possible to predict which babies will have withdrawal or how long it will last. Your baby may need to stay in the hospital for a few days to several weeks, depending on the treatment required.

Common Symptoms of Withdrawal:

- convulsions, trembling or shaking, even when sleeping
- a stuffy nose
- diarrhea that causes diaper rash
- feeding poorly - weak suck, spitting up
- very sensitive to light, sounds and touch
- need to be comforted by sucking on a soother
- sweating
- fever
- fussiness
- trouble sleeping
- crying a lot
- yawning a lot
- sneezing a lot

How Can I Help My Baby?

As a parent you have a very special role. Your love and care are important to your baby long before it is born.

Treatment of addiction and chronic pain is crucial for you and your baby's health. Support is available to help you through this time.

- An **OBSTETRICIAN** will guide you through a healthy pregnancy by providing regular check-ups and monitoring your addiction treatment plan.
- A **PEDIATRICIAN** will talk to you about what to expect after your baby's birth and the treatment your baby may need.
- A **SOCIAL WORKER** will support you during pregnancy and after your baby's birth by helping you and your family cope with life challenges and connect with helpful resources in your community.

NEONATAL ABSTINENCE Syndrome

A Guide for New Parents

- Certain drugs can affect your baby during pregnancy and after birth.
- Understand your baby's needs.
- Learn how to care for your baby.

Parent's guide for babies with Neonatal Abstinence Syndrome

How can I help my baby?

As a parent you have a very special role:

- Your love and care are most important to your baby at this time.
- As you care for your baby, you can closely watch your baby's behavior. If you notice any symptoms, tell your nurse or another member of the health care team. We want to know your concerns and what you have observed
- You can provide comfort to your baby in many ways. This can reduce your baby's symptoms of withdrawal. Comfort measures are an important part of your baby's care.

How do I comfort my baby?

If you have cared for a newborn before, you will know some ways to calm a baby; however, it may not be easy to settle or soothe your baby because of the effects of withdrawal. You may have to try different comfort measures to find out what helps your baby. Your health care providers will help you through the following steps.

1 Provide a quiet and calm environment

Try to keep the lights and sounds low. Use gentle touch when handling your baby. He or she may be very sensitive to light, sound and touch.

2 Hold and cuddle your baby "skin-to-skin"

The best way to cuddle is to hold your undressed baby against your chest, or skin-to-skin. If this does not calm your baby, try bundling your baby by wrapping him or her firmly in a soft blanket.

3 Talk to your doctor about feeding your baby

We encourage all mothers to breastfeed, unless they are taking a medication or substance that is unsafe for babies. Talk to your doctor about the best method of feeding for your baby.

4 Soothe your baby

Hold your baby in an upright position. Rock your baby with a smooth, slow, up-and-down motion. Gently rub your baby's back. Do not pat your baby's back as this may be too much stimulation for your baby.

Offer your baby a soother if he or she is unsettled and sucking a lot between feeds. A soother can help your baby settle during care, such as dressing or diaper changing.

5 Ask questions!

Your health care providers are there to help you and your baby stay safe and healthy.

NEONATAL ABSTINENCE Syndrome

A mother's guide for infant feeding

Reading this pamphlet can help you:

- learn how certain drugs can affect your baby during pregnancy and after birth.
- understand how drugs can affect your ability to breastfeed.
- learn how to care for your baby.

Mother's Guide for Infant Feeding

Drug Exposure Through Breast Milk

Anything you take into your body when breastfeeding will pass through your breast milk into your baby. While breast milk is widely accepted as the ideal source of nutrition for infants, sometimes the risks far outweigh the benefits when using drugs.

Some examples include: heroin, marijuana, cocaine and amphetamines.

The following information will list the adverse effects your baby can experience if exposed to drugs through breast milk.

Heroin

Adverse effects: sedation, withdrawal, tremors, restlessness, vomiting, poor feeding and increased risk of Sudden Infant Death Syndrome.

Marijuana

Adverse effects: sedation, weakness, poor feeding habits, impaired brain and nervous system development, increased risk of developing hyperactivity and increased risk of Sudden Infant Death Syndrome.

Cocaine

Adverse effects: irritability, vomiting, diarrhea, tremors, seizures, dilated pupils, increased risk of developing hyperactivity and increased risk of Sudden Infant Death Syndrome.

Amphetamines

Adverse effects: irritability, poor sleeping pattern, possible insomnia, convulsions, seizures, increased risk of developing hyperactivity and increased risk of Sudden Infant Death Syndrome.

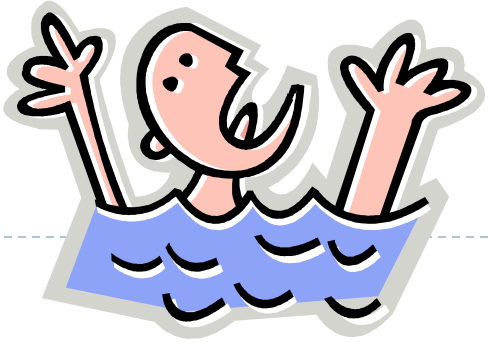
Breastfeeding During Monitored Treatment

Some experts believe breastfeeding while on Methadone or Subutex is allowable under strict, controlled conditions. Although long-term effects of these medications are unknown, some experts believe the low concentrations found in the breast milk are tolerable. The benefits of breastfeeding in these situations **may** outweigh the risks. This decision is best made with your addiction doctor and your baby's pediatrician.

Addiction Action Plan

A Public Health Parable:

- **Man by the river hears someone drowning**
- **Being a good swimmer, he rescues the person**
- **Before catching his breath, he hears another in need, and another and another…**
- **The man, exhausted, begins to walk away**
- **Asked where he's going, he responds…**



A Public Health Parable:

"I'm going upstream to prevent others from falling in!!"

2015: High Risk Pregnancy Referral Services

- Phase 1: Printed referral tool
- Phase 2: Screening, Brief Intervention, Referral to Treatment (SBIRT) Training in all OB offices
- Phase 3: On site social worker – integration of obstetrical and behavioral health services

Wheeling Hospital Policy

- Identifying exposed babies
  - Mother with positive drug screen at any time during pregnancy, no prenatal care, unexplained abruption
- Monitoring babies
  - Umbilical cord testing; clinical observation
- Treatment
  - Pharmacologic
  - Nonpharmacologic/therapeutic

Best Test

Therapeutic Room

Pediatric Floor