NON-PHARMACOLOGIC MANAGEMENT

NAS Initiative Webinar
May 21, 2019
Welcome!

- Please enter your Audio PIN on your phone so we can un-mute you for discussion
- If you have a question, please enter it in the Question box or Raise your hand to be unmuted
- This webinar is being recorded and will be archived.
- Please provide feedback on our post-webinar survey
Online Discussion Forum

🎉 Join our Infant Health Discussion Group!
🎉 Visit us @theFPQC on Facebook and find our “Groups”
🎉 Direct link: https://www.facebook.com/groups/524085044782623/
Innovative Strategies For Non-Pharmacologic Management of The NAS Infant

Diane Allen
OTR/L, NTMTC, CNT
• This speaker has no conflicts of interests to report
Learning objectives

• Verbalize 4 non-pharmacologic techniques used with infants
• Verbalize goals of non-pharmacologic techniques
• Verbalize 2 techniques to modify the environment of the NICU
• Verbalize 2 emerging non-pharmacologic techniques
Why are these techniques important?

7 Core Measures of Neuroprotective care

7 core measures

• Protected sleep
• Healing environment
• Protecting skin
• Minimize pain and stress
• Optimize nutrition
• Positioning and Handling
  – Containment, Alignment, S2S, Swaddle bath
• Family Centered Care
  – Do with-include-mentor

• Non-pharmacologic care is defined as....
Non-pharmacologic Techniques

- Modification of the Environment
- Neuroprotective Care
- Breastfeeding
- Neuropromotion
- Vertical Rocking
- Swaddle Bath
- Infant massage and Therapeutic Touch
- Skin to Skin/Kangaroo Care

Goals of Non-pharmacologic Intervention

• To decrease symptoms of withdrawal
• To promote family centered care
• To reduce length of stay
• To prevent abnormal development or sequelae
• To decrease need and length of pharmalogic intervention

Modification of the Environment

- Decrease noise
- Decrease light
- Rooming in
- Mother as primary caregiver
- Swaddle
- Cuddlers
- NNS

Sound and Light


Rooming in and Parent as the Primary Caregiver

Swaddle
Cuddlers
Neuroprotective Care

- Approach of the infant
- 2-person clustered care
- Rubbing versus patting to elicit a burp

2 Person Approach
1 Person Approach
Breastfeeding

Cleveland, L.M. Nurturing care of Mother-Infant Dyads Impacted by Opioid Use. . Creative Therapy Consultants. On–line Education.
Neuropromotion

• Developmental Stimulation
• Tummy Time
• Sensory Play
• Interaction
Vertical Rocking

Swaddle Bath


https://youtu.be/d_w4Hg0Vl5c? t=10s
Infant/Neonatal Massage

Ramsey, T. An infant’s First massage in the NICU: A case report. Newborn and Infant Nursing Reviews, Vol 1,4(December), 2001:229-234
Waitzman, K.A. Listening Touch massage. Creative Therapy Consultants. On-Line Education
Benefits of Massage

- Increased digestion
- Improved tone
- Decreased stress behaviors
- Positive Parent/Infant interaction
- Decreased cortisol level
- Increased weight gain
Contradictions of massage

- Infection
- Bleeding Disorders
- Photo Therapy
- Skin Disorders
- Medical instability
- Fever

Barriers To massage

- Time Concerns
- “Minimal touch” is best
- Lack of education
- Lack of knowledge of how to perform massage

Types of Oils Used

• Grape See Oil
• Mineral Oil
• Coconut Oil


Video of ILU Massage

Video Of Massage
Skin To Skin/Kangaroo Care

Cleveland, Lisa M. Nurturing of Mother-Infant Dyads Impacted by Opioid Use. Creative Therapy consultants. Lecture. On Line Education.


Emerging Non-Pharmacologic Techniques

- Aromatherapy
- Accupuncture
- Non-oscillating waterbed
- Vibroactile Stimulation
- Neonatal Hydrotherapy

Neonatal Hydrotherapy

https://youtu.be/oAOu0kIL60c?t=1m40s

In Conclusion…….
Non-Pharmacologic Intervention:
Warrants More Research
Minimal Costs
Numerous benefits

Questions?
Contact Information:
Dianeealllen@tgh.org
813-844-8979
If you have a question, please enter it in the Question box or Raise your hand to be un-muted. We can only unmute you if you have dialed your Audio PIN (shown on the GoToWebinar side bar).
THANK YOU!

Technical Assistance:
FPQC@health.usf.edu

Partnering to Improve Health Care Quality
for Mothers and Babies