

Eastern Kentucky University

Encompass

Doctor of Nursing Practice Projects

Nursing

2019

Streamlining the Nursing Approach to Newborns with Neonatal Abstinence Syndrome

Gail A. Reichert

Eastern Kentucky University, evagail37@gmail.com

Follow this and additional works at: <https://encompass.eku.edu/dnpcapstones>



Part of the [Nursing Commons](#)

Recommended Citation

Reichert, Gail A., "Streamlining the Nursing Approach to Newborns with Neonatal Abstinence Syndrome" (2019). *Doctor of Nursing Practice Projects*. 43.
<https://encompass.eku.edu/dnpcapstones/43>

This Open Access Capstone is brought to you for free and open access by the Nursing at Encompass. It has been accepted for inclusion in Doctor of Nursing Practice Projects by an authorized administrator of Encompass. For more information, please contact Linda.Sizemore@eku.edu.

NEONATAL ABSTINENCE SYNDROME

Abstract

Newborns may suffer from withdrawal symptoms after exposure to maternal substance abuse while in-utero, resulting in negative outcomes for the patient, family, and healthcare system. Neonatal Abstinence Syndrome (NAS) has increased by 300% in the United States. Non-pharmacological interventions such as rooming in, breastfeeding, and parent education are nursing activities which can improve the outcomes for NAS patients. However, a formal protocol to identify, assess, and treat the patients with non-pharmacologic evidence-based interventions is lacking. The purpose of this project was to develop, implement, and evaluate a sustainable policy to incorporate evidence-based strategies into nursing care at a rural community hospital. The results of this project demonstrate that changing, streamlining, and hard-wiring care for newborns experiencing withdrawal is essential.

Keywords: neonatal abstinence syndrome, non-pharmacological, and evidence-based practice