

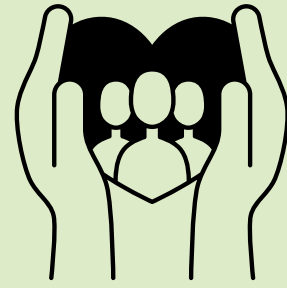
# Optimizing Non-Pharmacological Interventions

Newborns Diagnosed with Neonatal Opioid Withdrawal Syndrome



## Reduce Environmental Stimuli

- Reduce the environmental stimuli by
  - Decreasing the lights
  - Talking in a calm and low voice
  - Limiting interruptions in the space



Providing education for parents to make informed decisions to optimize non-pharmacological interventions supports empowerment and decision-making in birthparents.



## Caregiver Present & Rooming in

- Birthparent and newborn remain together in the same room for all care
- Birthparent and newborn dyad preserved for all assessments, and care

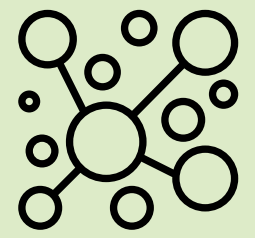


## Additional Help & Birthparent/Parent Self-Care

- There is an immense amount of pressure on the birthparent (they are the centre of treatment)
- Provide space and time for birthparents to take a break
  - Anticipate the need to provide respite



Center the Birthparent/Parent in Care



## Cluster Care

- Cluster newborn and birthparent care to reduce the amount of interruptions (in and out of the newborns space)
- Collaborate with families to determine the best time for care (e.g. weights)



## Skin to Skin & Newborn Bonding

- Skin to skin helps to regulate the newborn and reduce stress
- Eases withdrawal symptoms
- Bare skin from birthparent or parent and newborn in a diaper



## Limit Visitors

- Limiting visitors is important to reduce environmental stimuli
- This is an important time for the birthparent and newborn to bond, however there should be a number of identified support people available to support self-care



## Optimal Feeding

- Supporting families to make an informed choice for newborn feeding
- Support cue-based feeding
- Bottle Feeding: Paced



## Safe Swaddling, Soother/Pacifier & Cuddle the Newborn

- Unique strategies based on the newborn preferences
  - e.g. soother/pacifier vs. finger
  - Cuddle vs. Swaddle
- Swaddle the newborn's arms tight to their chest in a thin blanket while supervised (careful to avoid overheating)