Neonatal abstinence syndrome: scoring, training, and treatment options

overview

Anne Merewood PhD MPH IBCLC
Associate Professor of Pediatrics, Boston University School of Medicine
Consultant to the Indian Health Service
Part 3 of our series

Illicit Substance Use around the Time of Birth: Education and Prevention Strategies

• Upcoming topics
  – 10/28: Breastfeeding and Illicit Drug Use
  – 11/4: Challenges and Prevention Strategies from Tribes and Hospitals
  – 12/16: HIS Resources
Today’s topic: Neonatal abstinence syndrome (NAS)

• A growing problem across the US

• 2000 to 2012 saw a 5-fold increase in the proportion of US babies born with NAS

• In 2012, 21,732 US infants born with NAS – 1 every 25 minutes
Dramatic Increases in Maternal Opioid Use and Neonatal Abstinence Syndrome

The use of opioids during pregnancy can result in a drug withdrawal syndrome in newborns called Neonatal Abstinence Syndrome (NAS), which causes lengthy and costly hospital stays. According to a new study, an estimated 21,732 babies were born with this syndrome in the United States in 2012, a 5-fold increase since 2000.

Every 25 minutes, a baby is born suffering from opioid withdrawal.

Average length or cost of hospital stay

<table>
<thead>
<tr>
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<th>With NAS</th>
<th>Without NAS</th>
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<tbody>
<tr>
<td>Days</td>
<td>16.9</td>
<td>2.1</td>
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<tr>
<td>Cost</td>
<td>$66,700</td>
<td>$3,500</td>
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NAS and maternal opioid use on the rise

Source: Patrick et. al, JAMA 2012, Patrick et. al, Journal of Perinatology 2013

NIH National Institute on Drug Abuse
A wealth of online resources

• CDC and statewide perinatal collaboratives

• Resources from NIDA, SAMHSA

• Today focuses on some background information, treatment options, and implementation in real life settings, with input from Boston Medical Center in Boston MA, and St Vincent’s in Billings, MT