

# *PA PQC NAS Sub-Award Project Summary*

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# Adherence to standardized non-pharmacological measures for all OENs

## ***Percent of newborns with NAS who are treated with a non-pharmacologic bundle.***

Non-pharmacologic interventions include environmental control, feeding methods, social integration, soothing techniques, and therapeutic modalities. Examples of non-pharmacologic measures include:

- gentle handling
- demand feeding
- breast feeding if not contraindicated
- gentle rubbing instead of patting the infant when burping
- avoidance of waking a sleeping infant unless due for feeding (if not on demand feeding)
- pacifiers (if the woman is not breastfeeding)
- swaddling
- holding, cuddling and manual rocking
- kangaroo care
- rooming-in with the mother
- continuous minimal stimulation with dim light and low noise environment
- small, frequent feeding (e.g. every 2 hours)
- high-calorie feeds (22 cal/oz)
- music therapy
- massage therapy use of bouncers (e.g. MamaRoo)
- Ensure each facility has a standardized protocol and adheres to it

ESC - Non-Pharm Interventions	
Rooming-in	
Parental Presence	
Holding by caregiver/cuddler	
Skin-to-skin contact	
Swaddling	
Optimal Feeding	
Quiet, low light environment	
Non-nutritive sucking	
Limit Visitors	
Clustering Care	
Optional Comment	
Safe Sleep and Fall Prevention	

# Quality Improvement

- Reviewed the charts of all infants coded as NAS from 7/19-2/20 (*complete*)
- Already using Eat Sleep Console, however, determined variation in documentation of comfort care and lack of availability to document specific non-pharmacologic measures. (*complete*)
- Reviewed literature to determine best practice in non-pharmacologic care (*complete*)
- Update needed to Epic comfort care to promote standardization of non-pharm interventions among newborns on all units (*Epic ticket submitted*)
- Updated patient education booklet on NAS care (*being reviewed by providers*)
- No policy on the nursing care of infants with NAS (*policy created to include skin care, breastfeeding, non-pharmacologic measures*)

# How we plan to use the award money

- ***Nursing education***-Create an LMS on the importance of standardized use of non-pharmacologic interventions in infants with NAS
- **Patient Education**-*Happiest Baby on the Block*
- **Wireless Pulse Ox**
- **Non-pharmacologic comfort**
  - *MamaRoo*
  - *White Noise Machines*
  - *Vibrating Mats*
  - *Lavender Bath*

