



*Neonatal Abstinence Syndrome
Clinical Management Document*

AUGUST 2010

Consensus Panel

This protocol for the management of Neonatal Abstinence Syndrome was developed by a consensus panel made up of experts in the related fields of health care. It is recommended for use as a treatment guideline and as a teaching tool.

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NEONATAL ABSTINENCE SYNDROME

- **Definition**
Neonatal Abstinence Syndrome (NAS) refers to a constellation of typical signs and symptoms of withdrawal that occurs in infants that have been exposed to and have developed dependence to certain illicit drugs or prescription medications during fetal life. These symptoms are characterized by CNS irritability, gastrointestinal dysfunction, and autonomic abnormalities.

- **Special Considerations**
Mothers should be educated about the neonatal effects of the specific drugs of use, informed about the potential adverse neonatal outcomes, and receive accurate information regarding their infant's treatment of NAS.

- **Purpose**
 - To assist in the proper management of NAS
 - To assist in the evaluation of signs and symptoms of withdrawal and ruling out other potential diagnosis, including hypoglycemia, hypocalcemia, sepsis, meningitis, hyperthyroidism, perinatal asphyxia, CNS hemorrhage, and polycythemia.
 - To assist in determining the need for pharmacologic intervention in infants with significant symptoms of withdrawal.

- **Indications/Patient Population**
 - Suspected or known infants of substance using mothers
 - Infants with typical signs and symptoms of withdrawal
 - All mothers should be screened for substance use during pregnancy and at presentation for delivery.
 - Further assessment for substance use is indicated for infants born to mothers with high risk factors:
 - a. No prenatal care**
 - b. Preterm Labor
 - c. Previous unexplained fetal demise
 - d. Cerebrovascular accidents
 - e. Severe mood swings or bizarre behavior**
 - f. Placental abruption or repeated spontaneous abortions
 - g. History of STD's
 - h. History of physical and/or sexual abuse
 - i. History of substance abuse**
 - j. Incarceration
 - k. Clinical evidence of substance abuse in family member.

 - Neonates with high risk factors
 - a. Unexplained IUGR or prematurity

- b. Unexplained microcephaly
- c. Abnormal CNS exam (jitteriness, hypertonicity, irritability, poor state control)
- d. Unexplained cerebral infarct
- e. Vomiting and diarrhea associated with typical symptoms of withdrawal

- **Drugs of abuse**

A - Substances of abuse that may cause abstinence in the newborn include:

- Opiates/Opioids -- (Heroin, Morphine, Codeine, Opium, methadone, Fentanyl, Demerol, Percodan, Darvon, Oxycodone, buprenorphine, and others)
- Alcohol
- Benzodiazepine -- (Valium & other derivatives and related drugs including Librium, Placidyl, Xanax, Ativan)
- Barbiturates

B – Drugs not associated with NAS

- Infants exposed to cocaine, antidepressants, and/or amphetamines may experience symptoms that may resemble those of NAS, however these symptoms appear to be the result of the toxic effects of these drugs on the CNS rather than symptoms of withdrawal.
- Abnormal neurobehavioral findings have also been reported in infants born to mothers abusing caffeine, marijuana, tobacco, and volatile substances.
- Management should be symptomatic and individualized.
- Supportive, non-pharmacologic treatment is the rule as symptoms usually subside within a few days.

Treatment with opiates is contraindicated in infants who have not developed dependence or tolerance to opiates.

- **Initial Screening**

The Committee on Substance Abuse of the American Academy of Pediatrics recommends a comprehensive medical and psychological history that includes specific information about maternal drug use as part of every newborn evaluation. Most states do not require written consent from parents to obtain a urine toxicology screen in infants. Each hospital, however, may have specific guidelines, and parents should always be informed of any tests being performed on their infants. Regardless of socioeconomic status, it is important to screen all pregnant women for substance use with a validated questionnaire to elicit further information about the substance use pattern of the mother and its associated consequences for the outcome of the pregnancy, guiding further interventions. Testing for substance use in the mother includes urine toxicology screening while in the babies, meconium or urine is used.

- Maternal Medical History
- Detailed Maternal Interview

- Prenatal records from the narcotic treatment program
- Maternal urine toxicology screen (when available)
- Testing of newborn (urine and/or meconium screen)

- A detailed maternal drug history should be obtained including prescription and non-prescription drugs, quantity, frequency, and pattern of drug use.
- Self-reporting will identify only 40-60% of pregnant women using substances of abuse; therefore, screening is an important tool to verifying substance use and in identifying infants at risk.
- The social habits of the parents, previous referral to Children, Youth, and Family Division of the Department of Human Services (CYF), and history of abuse or domestic violence should be tactfully obtained.
- Detailed knowledge of the drug history helps the health care team select specific pharmacotherapy, avoid unnecessary drugs, rapidly and effectively get symptoms under control, and decrease hospital days.
- Parental discussion of the care of the infant at risk of developing signs and symptoms of withdrawal should start before delivery, when possible.
- The first urine and/or meconium specimen should be collected to screen for exposure to drugs that may cause withdrawal in infants with high risk factors, infants with signs and symptoms of withdrawal, and infants of mothers with positive drug toxicology screens.
- Meconium toxicology-screen has the potential to detect substances the fetus was exposed to after 20 weeks gestation. Stool may test positive for up to three days postnatally.
- Urine toxicology assays are useful in detecting recent exposure only, are less sensitive and therefore have a lower rate of detection.
- Mothers enrolled in a methadone or buprenorphine treatment program should be requested to sign a release form in order to obtain her records from the provider.

- **Onset of symptoms of withdrawal:**

The clinical presentation of drug withdrawal is variable and depends on the drug(s), timing and amount of last maternal use, as well as the maternal and infant metabolism, and rate of excretion.

<u>DRUG</u>	<u>ONSET OF SYMPTOMS</u>
Opiates	48 – 72 hours (90% by five days)
Alcohol	3 – 12 hours (as long as 1-2 days)
Barbiturates	4 – 7 days
Benzodiazepine	1 – 2 weeks

- Sixty to 90% of term infants prenatally exposed to “narcotics” develop NAS.
- Infants less than 34 weeks gestation rarely develop the typical symptoms of withdrawal seen in term and close to term infants.
- The early symptoms are mostly autonomic and central nervous system irritability, followed by gastrointestinal dysfunction.
- Seizures can but rarely occur in 2-10% of infants withdrawing from opioids but may more frequently occur with other drugs.
- Over 30% of infants will have abnormal EEG’s without overt seizure activity.

- Multi-drug exposure may manifest clinically with a biphasic pattern of withdrawal characterized by an exacerbation of symptoms occurring 1-2 weeks after successful treatment of the initial symptoms.
- Infants should remain inpatient 5-7 days to assess for neonatal abstinence syndrome.

- **Initial Neonatal work-up**

- Collect the first urine and/or meconium for toxicology screen. Urine collected after 24-36 hours is likely to be negative. Meconium toxicology screen in a term infant has the potential to detect substances the fetus was exposed to after 20 weeks gestation.
- Observe for symptoms of opioid withdrawal shortly after birth and begin Neonatal Abstinence Scoring starting at 2-4 hrs after birth if indicated.
- When suspected or clinically indicated: sepsis work-up, metabolic screen, CBC and Diff, and neurological evaluation may be helpful
- Hepatitis B Vaccine to be given as per AAP guidelines
- Screening for HIV and others STD's will be performed according to the mother's history.
- No clinical signs or symptoms should be attributed solely to drug withdrawal without appropriate clinical assessment and/or diagnostic test to rule out other causes.
- Infants with persistent loose stools should be evaluated further for other etiologies of diarrhea ie: lactose intolerance.

- **Neonatal Abstinence Score (Finnegan Scores)**

- A tool that gives us a quantitative measure of the severity of symptoms of withdrawal (see page 7).
- It allows us to evaluate the onset and progression of these symptoms, and assess the response to detoxification management strategies.
- Permits standardization and consistency of management.
- The accuracy of the scoring is essential since the Finnegan scores will dictate clinical management.
- All personnel involved in the infant's care must be proficient in the use and application of this tool.

Neonatal Abstinence Scoring System

Date: _____ Weight: _____

System	Signs and Symptoms	Score	Time												Comments			
			A	M									P	M				
Central Nervous System Disturbances	Excessive high-pitched or other cry	2																
	Continuous high-pitched or other cry	3																
	Sleeps < 1 hour after feeding	3																
	Sleeps < 2 hours after feeding	2																
	Sleeps < 3 hours after feeding	1																
	Hyperactive Moro reflex	2																
	Markedly Hyperactive Moro reflex	3																
	Mild tremors disturbed	1																
	Moderate/severe tremors disturbed	2																
	Mild tremors undisturbed	3																
	Moderate/severe tremors undisturbed	4																
	Increased muscle tone	2																
Excoriation	1																	
Myoclonic jerk	3																	
Generalized convulsions	5																	
Metabolic/Vasomotor Respiratory Disturbances	Sweating	1																
	Fever < 38.4° (37.2° to 38.2° C)	1																
	Fever > 38.4° C	2																
	Frequent yawning (> 3 in ½ hour)	1																
	Mottling	1																
	Nasal stuffiness	1																
	Sneezing (> 3 in ½ hour)	1																
	Nasal Flaring	2																
	Respiratory rate > 60/minute	1																
Respiratory rate > 60/min & retractions	2																	
Gastro-intestinal Disturbances	Excessive sucking	1																
	Poor feeding	2																
	Regurgitation	2																
	Projectile vomiting	3																
	Loose stools	2																
	Watery stools	3																
	TOTAL SCORE																	
	INITIALS OF SCORER																	

Neonatal Abstinence Syndrome Score used for the assessment of infants undergoing neonatal abstinence. Evaluator should check signs or symptoms observed at various time intervals. Add scores for total at each evaluation.

Adapted from Finnegan, L.P., Kaltenbach, K., "The Assessment and Management of Neonatal Abstinence Syndrome: Primary Pediatric Care", 3rd edition, Hoekelman & Nelson (eds.), C.V. Mosby Company, St. Louise, MO, pp. 1367-1378, 1992.

PHARMACOLOGY	R	S	D	T	S	D	T	S	D	T	S	D	T	S	D	T	S	D	T
S-Status; D-Dose; T-Time																			
Coding:																			
(+) Initiation																			
(=) Maintenance																			
(↑) Increase																			
(↓) Decrease																			
(—) Discontinuation																			

- **Instructions for scoring**

- Begin scores within 2-4 hours of birth in known methadone or buprenorphine exposure or for infants whose mothers have been identified as having used substances during pregnancy.
- Scoring should be done every two hours until stable.
- Scores must include all signs and symptoms exhibited during the entire scoring period, not just at a single time.
- Scores may be done every 4 hours once the baby is stable on weaning doses of medication (scores >9, or increasing scores, mandates more frequent scoring).
- Choose the most appropriate time intervals for scoring depending on nursing care.
- You may score zero where applicable or when symptoms are not present.
- **Do not wake up infants for scoring.**
- When asleep, it is reasonable to score for those symptoms that have been persistent such as increased muscle tone, hyperactive Moro reflex, and excoriated areas if applicable.
- Symptoms such as nasal stuffiness, sneezing, nasal flaring, and respiratory rate can be assessed while infant is asleep and should be scored **only** if unrelated to other lung or airway disease.
- A crying infant must be quieted before assessing muscle tone, respiratory rate, and Moro reflex.
- **Baseline:** Normal expected behavior for the age of the infant .
- **Cry:** Prolonged crying or excessive crying must be scored even if it is not high pitch.
- **Sleeping:** Allowances should be made for infants who are **beyond** the newborn period. Baseline should always be the normal infant of comparable age. **Do not wake up infants for scoring.**
- **Tremors:** This is one item in the scoring system with four levels of severity. It should be scored only **once per scoring period**. If a variety of tremors are present, score the most significant type for the period.
- **Sweating:** When due to environmental reasons or supportive nursing measures (swaddling) it should not be scored.
- **Excoriation:** Excoriation (actual break in the skin surface) of prominent areas (chin, elbows, knees, occipital area, heels) should be scored when they **first** appear and when they are **extending**. Do not score during the healing process (unless new areas appear). Diaper rash should not be scored as excoriation.
- **Poor Feeding:** Score if slow to eat or if not taking adequate amounts.
- **Regurgitation:** Score only if this occurs more frequently than usual in a newborn. This does not include “wet burps”.
- **Yawning/Sneezing:** Score if >3 times in 30 minutes.
- The scores for the period are added. The total score and the initials of the scorer are placed at the bottom of each column.
 - Under “Pharmacology”, the Status (S), Dose (D), and Time (T) are to be completed if indicated.
 - i. Status (S)
 - (+) Initiation of therapy
 - (=) Maintenance - no change in dose given
 - (↑) Increase in dose
 - (↓) Decrease in dose
 - (-) Discontinuation of medication/dose
 - ii. Dose (D) - Write the dose that is being given at that time

- iii. Time (T) - Write the time the dose was given.
 - Initials, full name and status are to be completed at the bottom of the Neonatal Abstinence Scoring Assessment and Treatment Record.
 - Scores should be discussed with parents (mother and/or father).
 - Parents should be informed on the estimated length of stay and weaning process.
 - Meeting(s) to discuss the infant's progress, nursing, social and other medical issues should be scheduled with parents during the infant's hospitalization. The parents should be engaged in the infant's care as much as possible.
- **Supportive Non-Pharmacological Interventions:**
 - This is the cornerstone in the management of NAS.
 - Supportive care should be started at birth and continued throughout the infant's hospitalization. This is best done in a unit that can provide a quiet, private environment and the option for nesting with close supervision by experienced personnel who can perform constant evaluations of mother and infant, recognize problems, and institute the necessary interventions.
 - Up to 30% of infants may be managed without medication.
 - Supportive care includes:
 1. Dimly lit, quiet environment to decrease sensory stimulation
 2. Frequent feedings of regular or hypercaloric formula
 3. Swaddling, rocking, swinging
 4. Soft music
 5. Pacifier for excessive sucking
 6. Early introduction to cereal (for extra calories and to firm-up stools)
 7. Positioning to reduce spitting or vomiting
 8. Soft sheets or sheepskin to prevent or minimize excoriation
 9. Frequent diaper changes for loose and frequent stools
 - It is important to teach the parents the comfort measures for the infant.
- **Pharmacologic Therapy:**
 - Drug therapy should be individualized based on the severity of the withdrawal and most importantly, on the infant's specific drug exposure.
 - An abstinence scoring method should be initiated within 2-4 hours of birth in all infants exposed to methadone or other known substances of abuse and in any infant suspected of having significant exposure to drugs of abuse.
 - Infants without significant sign/symptoms of withdrawal (Finnegan scores less than or equal to 7) do not require therapy, despite the mother's history.
 - Pharmacologic treatment of withdrawal is indicated when, despite maximal supportive care, the average of three consecutive scores is 8 or greater.
 - *Treatment of non-opiate withdrawal with opiates is contraindicated.*
 - *Medications should be started within 2-4 hours after infant has met criteria for pharmacologic intervention. The more severe the abstinence, the greater the need to start medications as soon as possible. Delay in treatment is associated with increased infant morbidity.*
 - *Vomiting and diarrhea associated with dehydration due to narcotic withdrawal are indications for treatment even in the absence of high abstinence scores.*

- **Drugs available for the treatment of withdrawal:**

- 1. Morphine oral solution ***

- a. Must be diluted to 0.4mg/ml (available as 4mg/ml or 2mg/ml)
- b. Equivalent to tincture of opium and paregoric
- c. No additives or high alcohol content
- d. Dilution errors less significant
- e. May be used and titrated as tincture of opium
- f. Contraindicated in non-opiate withdrawal
- g. Has a short half life; ideal for treatment of NAS
- h. Least effect on sucking

- 2. Morphine (IV)**

- a. Helpful when infant is NPO and IV treatment is indicated
- b. May have marked respiratory depressive affect
- c. Equivalent to tincture of opium
- d. Initial Dose: 0.05mg – 0.2mg/dose every 4 hours

- 3. Methadone ***

- a. IV and PO preparations available
- b. Very little experience in newborns
- c. No long term studies
- d. Has a prolonged half-life making it less ideal for treatment of NAS
- e. Longer duration of therapy
- f. Difficult to wean despite good early response
- g. More significant and prolonged sub-clinical symptoms

- 4. Phenobarbital ***

- a. Drug of choice for non-opiate withdrawal
- b. Suppresses agitation well
- c. Can be added for combination regimen in cases where single drug therapy is not effective.
- d. Phenobarbital level should be followed as clinically indicated
- e. Has no effect on diarrhea or other GI symptoms
- f. High doses may cause significant sedation and interfere with bonding and sucking
- g. Has a long half life
- h. Has not prevented seizures due to opiate withdrawal

- 5. Tincture of Opium ***

- a. Has no additives or high alcohol content
- b. Must be diluted by pharmacy to 0.4mg/ml (available as 10mg/ml)
- c. Has a short half life making it ideal for the treatment of NAS
- d. Improves sucking quickly
- e. Superior treatment for diarrhea and GI symptoms
- f. Associated with a lower incidence of seizures than with any other drugs

- g. Contraindicated in non-opiate withdrawal

6. Clonidine

- a. Non-narcotic that effectively reduces withdrawal signs
- b. Should be used in conjunction with a short acting opiate
- c. Initial Dose 0.5mg-1.0mg/kg followed by maintenance dose of 3mg-5mg/kg/day divided every 4-6 hours
- d. Limited studies in newborn infants

* = Preferred agents based on current available literature.

- *Drug of choice for alcohol withdrawal is Phenobarbital*
- *Drug of choice for non-opiate withdrawal is Phenobarbital*
- *The use of Valium and Chlorpromazine is strongly discouraged because of the significant side effects including lower seizure threshold.*
- *Buprenorphine has had some clinical trial but has not been approved for use in treating neonatal abstinence syndrome.*

• Initial Dose and Administration:

- Infants meet criteria for pharmacologic intervention when, despite maximal supportive care, the average of three consecutive score is 8 or greater or three consecutive scores are greater than 8.
- It is recommended that infants withdrawing from “narcotics” be started on one of the opiates listed above.
- The starting dose will depend on the severity of symptoms (see titration chart below).
- Finnegan scores should be done every two hours until infant is stable.

▪ *Tincture of Opium/Oral Morphine*

<u>Score</u>	<u>Dose: q4 hours</u>
8-10	0.8ml (0.32mg)/kg/day
11-13	1.2ml (0.48mg)/kg/day
14-16	1.6ml (0.64mg)/kg/day
>16	2.0ml (0.80mg)/kg/day

- If scores continue to increase, or an adequate response is not achieved within 12 hours, Morphine or Opium may be increased by 0.4 ml/Kg/day (0.16 mg/Kg/day) increments.
- Consider adding Phenobarbital if CNS symptoms cannot be controlled with opiates alone.

▪ *Phenobarbital*

- Loading dose – 10-15 mg/kg, as a single loading dose, followed by:
- Maintenance dose – 3-5 mg/kg/day, given 1x/day or divided into two daily doses
- Follow levels as clinically indicated.

- ***Methadone***

- Start at 0.1 mg/kg/dose every 6-8 hours
- Increase dose by 0.05 mg/kg/dose or consider decreasing the interval, until Finnegan scores are between 8-10
- After stabilization, continue dose for 2-3 days
- Goal is scores < 8

- **Detoxification**

- Finnegan scoring and clinical evaluation should always be the basis of weaning a child from pharmacologic therapy.
- Use **birth weight** for all calculations.
- Maintain control dose for 24-48 hours before beginning to wean.
- Scores should be averaged over a 12 to 24 hour period.
- Wean medications at the **same time** every day.
- Other factors must be considered in dose adjustments such as feeding quality and weight gain.

- ***Morphine/Opium***

- For Daily Average Scores 6 – 8 ► wean by 10% once daily.
- For Daily Average Scores 3 – 5 ► wean 15% once daily.
- If scores acutely fall to <2 within 12-24 hours, suspect the possibility of a medication error.
 - Monitor closely, and if infant is lethargic or obtunded, withhold dose.
 - Score every 2 hours until symptoms resolve.
 - Asymptomatic infants may be weaned by 20% daily or 10% every 12 hours
- When the infant has received 24 hours of 0.1ml (0.04mg) q 4 hours of opium/morphine, and his clinical condition is stable, the medication can be discontinued.
- It is not necessary to increase the spread of dose interval due to the short half-life of morphine and opium.
- Infant can be observed for at least 24 hours after the medications have been discontinued.

- ***Phenobarbital***

- May be weaned by 10%-20% following the same scoring principles.
- Phenobarbital and opiates, when used together, may be weaned simultaneously or on alternate days depending on the infant's clinical response and Finnegan scores.
- Another acceptable approach, when 2 medications are being used, is to completely wean the child off one medication before weaning the second.

- Phenobarbital may be discontinued when the dose has been decreased to 0.5-1.0 mg/kg/day.
- ***Methadone***
 - Wean by 10% every other day until the dose is 0.1 mg/kg.
 - Then change interval to Q8 hours for 3-4 days.
 - Q12 hours for 3-4 days.
 - Q24 hours for 3-4 days.
- **Breastfeeding**
 - Should be encouraged in compliant women on methadone.
 - Breastfeeding mothers on high doses of methadone (>150mg) should be informed of the infant's potential adverse effects, including sedation, poor feeding, and apnea.
 - Breastfeeding is contraindicated in cocaine, heroin and heavy alcohol use.
 - Is contraindicated in HIV positive mothers.
 - Mothers should be educated about the risks of breastfeeding their infants if they continue to use illicit drugs.
 - Mothers with hepatitis should be informed that viral transmission and infection via breast milk is theoretically possible, but it has never been reported. Maternal hepatitis is not a contraindication for breastfeeding.
 - There is no information related to buprenorphine at this time.
- **Treatment withdrawal from multiple drugs**
 - Exacerbation of symptoms may occur in a biphasic pattern at 1-2 weeks of age after the initial symptoms were under control
 - Consider adding a second drug to the regimen
 - After control is achieved, both drugs may be weaned simultaneously or on alternative days as clinically indicated
- **Discharge Planning**
 - The length of hospitalization varies, depending on the drug, severity of withdrawal symptoms, and social factors.
 - All other criteria for discharge of the newborn infant must be met.
 - Close follow-up with the primary care physician.
 - Parental Education to be done throughout the infant's hospitalization:
 - Team Meetings should be held at least once or as frequently as needed.
 - Educational information on NAS should be reviewed with the parents and management goals explained.
 - Address feeding problems and gastrointestinal symptoms.
 - The importance of the mother's own treatment and well-being.
 - Infant's sleeping problems and how to manage them.
 - Proper method of swaddling.
 - Parents should understand that sub-clinical symptoms of withdrawal might persist for 4-6 months after discharge.
 - Early Intervention or Developmental follow up should be arranged before discharge.
 - Hearing screen and immunizations as per AAP recommendations.

- Social Service and/or CYF referral when indicated.
 - Nursing Home Health Visits.
 - Notify mother's treatment program of infant's discharge.
 - It is important to ensure the coordination of care to community resources, drug treatment providers, and support services during the inpatient stay, as well as at discharge, for continuity.
- **Monitoring**
 - No data exists to support or refute the use of cardio-respiratory monitoring during hospitalization for detoxification. The use of a monitor should be based on physician discretion and hospital policy.

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