Neonatal Abstinence Syndrome

Children's Specialized Hospital®
An RWJBarnabas Health facility

Our Neonatal Abstinence Syndrome (NAS) Program is specially designed to help infants overcome the serious health effects of prenatal exposure to drugs in utero. They often times have serious health effects and undergo a withdrawal process after they're born.

Upon admission, infants at risk for NAS are carefully monitored by highly skilled clinicians for signs consistent with withdrawal and development. Based on the results of their ongoing assessments, each young patient is cared for based on their individual needs.

Our Individualized Approach

During the inpatient stay in the Neonatal Abstinence Syndrome Program, our team provides innovative programming and expert care to achieve the greatest outcomes.

In order to ensure our smallest patients are able to develop and grow to reach their full potential, CSH creates a nurturing environment by implementing positive sensory inputs such as bathing, swaddling, therapeutic touch and handling, as well as vestibular sensations like rocking.

Our holistic and medical approach includes:

- Aquatic and physical therapy used to increase range of motion and positioning
- Comprehensive nursing assessments
- Medication management (including tapering and discontinuation of medication)
- Monitoring weight gain, growth charts, and nutrition
- Occupational therapy and infant massage used for self-calming and visual motor stimulation

In preparation for discharge, parents and caregivers are given training in medication, CPR, and feeding. Additionally, our medical staff communicates with parents and caregivers post-discharge regarding the care provided and progress.

Treating newborns affected by exposure to various drugs in utero.

Health effects can include:

- Failure to thrive
- Gastrointestinal symptoms
- Inability to sleep
- Irritability from withdrawal symptoms

Learn more and request an appointment: