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# New Approach to Success Program

Welcome to the **New Approach to Success Program at Penn Highlands Healthcare**. It is our goal for you and your baby to be safe and healthy - during and after pregnancy. We want to prepare you for what to expect. We want you to be successful!

Your baby may be at risk for Neonatal Abstinence Syndrome, or NAS, after delivery due to the medications or drugs that you are currently taking. If you are unable to stop taking certain substances safely, ask your provider about medication-assisted treatment, also called MAT. Subutex is an example of a medication that may be used. NAS in babies may be easier to treat if their moms get MAT during pregnancy. MAT is also available if you have already delivered. Please call the Clearfield Jefferson Drug and Alcohol Commission to schedule an intake. If you are eligible for MAT, you will receive FREE medication at Penn Highlands Life's Journey at its DuBois and Clarion locations.



**PENN HIGHLANDS LIFE'S JOURNEY**  
Visit us at [www.phhealthcare.org/lifesjourney](http://www.phhealthcare.org/lifesjourney)

**PENN HIGHLANDS WOMEN'S CARE**  
Visit us at [www.phhealthcare.org/womenscare](http://www.phhealthcare.org/womenscare)

**PENN HIGHLANDS  
MATERNAL & CHILD CENTER**

**MATERNITY SERVICES**  
Visit us at [www.phhealthcare.org/baby](http://www.phhealthcare.org/baby)

**NEONATAL INTENSIVE CARE UNIT**  
Visit us at [www.phhealthcare.org/nicu](http://www.phhealthcare.org/nicu)

**ALCOHOL AND DRUG ABUSE SERVICES, INC.**  
1305 Bucktail Road  
Saint Marys, PA 15857  
**814-781-1700**

**CLEARFIELD-JEFFERSON DRUG AND  
ALCOHOL COMMISSION**  
480 Jeffers Street  
DuBois, PA 15801  
**814-371-9002**

*January 2020*

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*Penn Highlands Healthcare*



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## WHAT IS NAS?

Neonatal Abstinence Syndrome, also called NAS, occurs when your baby has withdrawal symptoms from certain medications you took during your pregnancy. When you are pregnant, almost every substance in your blood can pass to your baby. This means the baby shares the medicines, drugs, nicotine, alcohol, herbal remedies and other substances you use while pregnant.

## WHAT ARE THE SYMPTOMS OF NAS?

A baby exposed to certain medications before birth may show the following when he or she arrives:

- Irritability and difficult to comfort
- High-pitched cry
- Trembling or shaking, even while sleeping
- Vigorous sucking on a pacifier
- Has a hard time feeding or sucking
- Throwing up, diarrhea or both
- Fever and sweating
- Frequent yawning and sneezing
- Has stiff arms, legs and back

- Trouble sleeping
- If left untreated, it may lead to more serious symptoms such as seizures

## WILL MY BABY STAY IN THE HOSPITAL?

Not all babies have withdrawal the same way. It is not possible to know ahead of time which babies will have withdrawal symptoms or how long the symptoms may last. Your baby will need to be watched closely in the hospital for at least 5-7 days. Babies who need medicine to help with the withdrawal symptoms may need to stay in the hospital for several weeks or longer.

## WHAT CAN I DO TO HELP MY BABY?

Get into a medication-assisted treatment, or MAT, program!

During your pregnancy, it is very important to attend ALL of your prenatal visits. You may also have extra ultrasounds to make sure your baby is growing appropriately. You will have the opportunity to meet Dr. Mohamed Hassan, Penn Highlands Healthcare's Neonatologist. He will take care of your baby while he or she is in the NICU. He will explain NAS, what to expect while your baby is in the NICU and answer your questions.

After delivery, it is very important that you are part of your baby's care. Being near your baby as much as possible will help you get to know your baby faster, and this will also be comforting to your baby. The nursing staff will teach you how to assess for signs of withdrawal and how to comfort your baby.

## WHAT SHOULD I DO WHEN MY BABY COMES HOME?

Most babies may continue to have mild symptoms of withdrawal for 4-6 months after leaving the hospital.

Here are a few important tips to help your baby:

- Follow your baby's Plan of Safe Care.
- Take care of yourself. Take breaks and do not hesitate to ask for help.
- Keep all of your baby's scheduled appointments.
- Limit visitors.
- Keep lights and sounds low.
- Hold baby skin-to-skin.
- Use gentle touch.
- Swaddle your baby with their hands close to their mouth.
- Speak softly.
- Offer breast/bottle feeding and a pacifier often.
- Rock your baby gently and slowly in an upright position

