

## Non-pharmacological Interventions to Decrease NOWS Symptoms (Supplement B)

### How to use non-pharmacological interventions

- Use non-pharmacologic interventions as the first line of treatment for all Opioid-Exposed Newborns (OENs).
- These interventions aim to provide comfort, reduce stress, and promote neurobehavioral organization in affected infants.
- Use non-pharmacologic interventions whether the infant is or is not treated pharmacologically for withdrawal symptoms.
- Education on non-pharmacologic interventions will be provided by staff to parents and caregivers, including what they are, when to use, and how to increase their use.
- Staff will regularly assess and document the effectiveness of non-pharmacologic interventions.
- Parents/caregivers will be encouraged to utilize non-pharmacologic interventions to manage the infant's withdrawal symptoms.
- All caregivers will be educated on the principles of Eat, Sleep, Console (ESC) and ESC interventions will be initiated on all OENs.

### Non-pharmacological interventions

- Environmental Modifications:
  - Maintain a quiet, dimly lit environment with minimal stimulation
  - Avoid excessive handling and promote rest periods
  - Use soft, soothing music or white noise
  - Provide a comfortable, supportive positioning with swaddling or nesting/flexed positioning
- Feeding and Nutrition:
  - Encourage small, frequent feedings to meet the increased caloric demands
  - Consider the use of high-calorie formula or fortified breast milk
  - Provide a calm, quiet feeding environment
  - Support breastfeeding, if not contraindicated
- Skin-to-Skin Contact (Kangaroo Care):
  - Promote skin-to-skin contact between the infant and parent/caregiver
  - Encourage bonding and attachment
- Gentle Handling and Positioning:
  - Use slow, gentle rocking/swaying movements during caregiving activities
  - Avoid sudden position changes or excessive stimulation
  - Support infant's self-regulation through facilitated tucking or containment
  - Cluster the infant's care to minimize disruptions and allow for longer periods of uninterrupted rest
  - Respond promptly to the infant's cues and cries
- Non-Nutritive Sucking:
  - Offer a pacifier to promote self-soothing and reduce stress
  - Use non-nutritive sucking during procedures or periods of distress
- Parental Involvement and Education:
  - Keep infant in the same room as the parents (rooming-in) to promote bonding and responsiveness
  - Encourage parental/caregiver presence and active participation in the infant's care
  - Provide education on the signs and symptoms of withdrawal
  - Teach parents/caregivers how to provide comfort measures and create a supportive environment
  - Ensure adequate parent/caregiver rest and self-care to prevent exhaustion and promote well-being
- Massage and Touch Therapy:
  - Use gentle massage techniques to promote relaxation and reduce stress
  - Apply gentle, firm pressure to the infant's body, as tolerated
- Additional Strategies:
  - Use a hospital cuddler program if available for additional support
  - Consider limiting visitors to reduce overstimulation and allow for more rest
  - Follow safe sleep guidelines to reduce risks

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