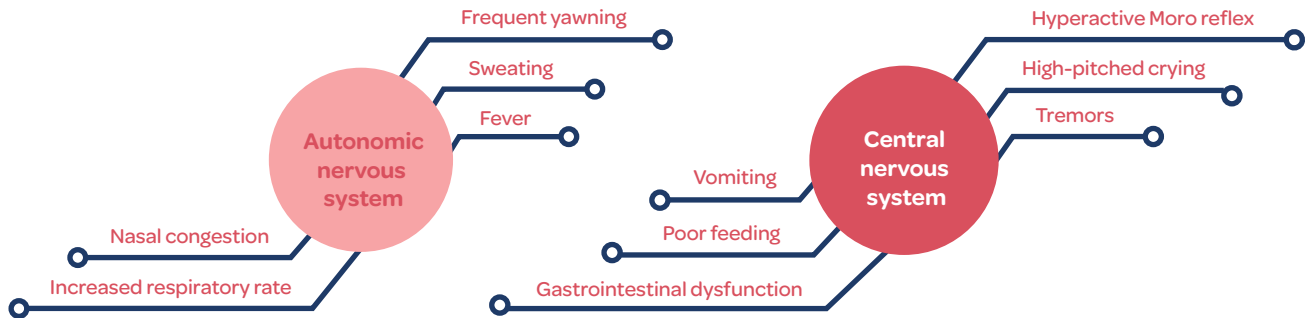


Neonatal Abstinence Syndrome (NAS):

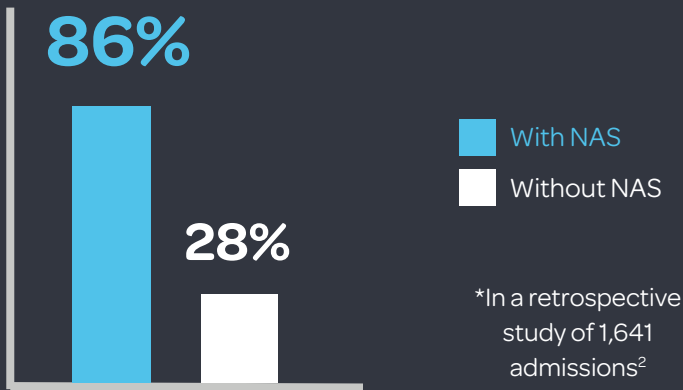
Withdrawal syndrome that infants experience after birth due to drug exposure in utero¹

NAS largely affects the central and autonomic nervous systems, resulting in symptoms that increase stress and discomfort in the infant¹.



Dermatitis in the diapered region in full-term infants

A high incidence of dermatitis in the diapered region has been reported in infants with NAS²



- Evidence-based care for diaper dermatitis in infants with NAS is sparse and diapered skin of infants with NAS is not well-characterized.
- Neurologic irritability, skin excoriation and scratches at the sacral area and extremities and sucking blisters are frequently observed in infants with NAS³, posing challenges for skin care regimens.

NAS Treatment Options:



Pharmacological Care

- Often utilized to reduce withdrawal symptoms⁴
- Provided if infants experience severe withdrawal or do not improve with non-pharmacological care⁵



Non-Pharmacological Care

- Suggested by the American Academy of Pediatrics for initial treatment⁵ and experts in the field also consider non-pharmacological care promising⁶

Interventions include^{1,7}:

- Breastfeeding
- Rooming-in
- Quiet, dark soothing environment
- Containment (flexed and tucked positions, swaddling)
- Limited interruptions to protect sleep
- Holding and rocking at frequent intervals and at the earliest sign of fussiness when other needs have been met
- Skin to skin contact

Every Change Matters: Guide to Developmental Diapering Care

An evidence-based guide that helps professionals integrate developmental care into diapering to decrease infant stress and promote parent/infant bonding. Developmental diapering consists of five core focus areas⁸:



Calm and clean



Change and check



Comfort



Champion sleep



Confidence and closeness



Every Change Matters™

AWHONN Skin Care Guidelines recommend that helping parents learn to diaper their newborn allows nurses to promote diapering as an opportunity to share positive sensory experiences⁹.

Dermatitis in the Diapered Region

AWHONN Neonatal Skin Care: Evidence-Based Clinical Practice Guideline (4th edition) provides recommendations to maintain an optimal skin environment in the diapered region⁹. Dermatitis in the diapered region should be treated based on the type and degree of skin breakdown. Refer to AWHONN guidelines for complete treatment recommendations.



- Use superabsorbent disposable diapers with breathable outer covers to keep skin dry
- Check for wet and soiled diapers frequently; change as appropriate
- Choose dye-free diapers for infants with allergic contact dermatitis



- Gently and thoroughly cleanse skin with appropriately formulated diaper wipes
 - Contain only essential ingredients
 - Free of alcohol, perfumes, and harmful ingredients
- Adequately preserved to prevent bacterial contamination
- Apply diaper ointment at every diaper change for infants at risk for developing dermatitis in the diapered region

Skin Health Education: Huggies® provides complimentary skin health education. Designed for healthcare professionals, *The Science Behind Healthy Diapered Skin* provides the fundamentals of skin structure and function and caring for diapered skin.

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