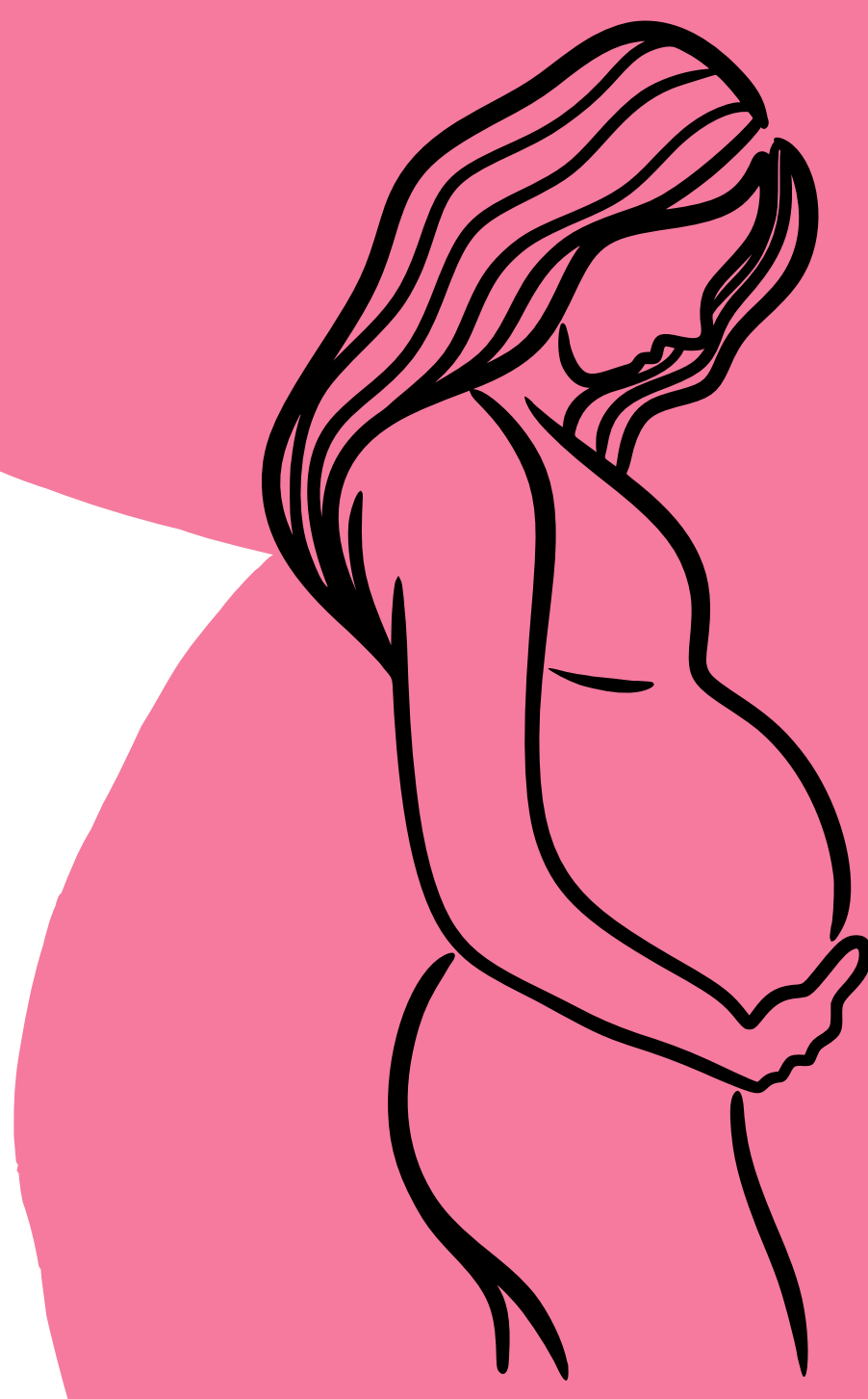


Mother's experience in the neonatal intensive care unit with a newborn with neonatal abstinence syndrome



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01 Introduction

- NAS incidence has increased over the past decade, **increasing hospital expenses** (1).
- To understand **NAS prevalence** it needs an insight look into **maternal substance use epidemiology** (2).
- Mothers expressed that **supportive care** from health professionals increases their **treatment motivation** (3).
- Healthcare providers have expressed concerns with the consistency in care delivery (4).
- Inconsistent care may lead to **feelings of mistrust and exclusion** among mothers (5).

03 Methodology

Research question: What is the experience in the Neonatal Intensive Care Unit for the mothers with a newborn with neonatal abstinence syndrome?

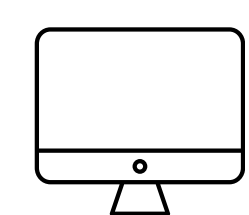
Inclusive:

- Mother's experiences
- Spanish or english
- last ten years

Exclusive:

- Talks about breastfeeding only
- Only talked about how to help mothers to quit smoking
- Nurse's perception and experience
- Talked about trauma-informed care in the NICU
- Parent's experience (not mother's)

Literature review:



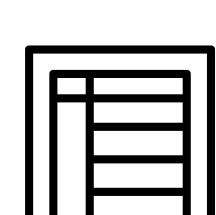
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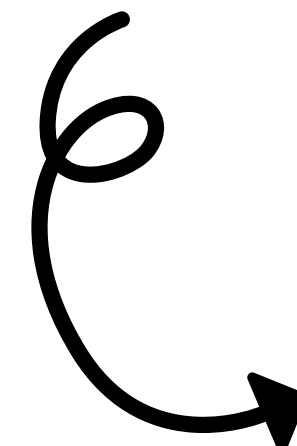
Spanish or english
Last 10 years



Mothers
NAS
Experience
NICU



5 articles
selected



04 Results

Mother's experience with communication with the medical staff

- **Real-time updates** and **anticipatory teaching** reduce **maternal anxiety** and **shorten NICU stays** (6).
- Concerns about **inconsistent communication**: Mothers seek clearer information about newborns' condition and better education on care topics (7, 8).

Understanding the addiction

- Challenges faced by mothers include **difficulty bonding** with newborns due to **complex trauma histories** and **feeling misunderstood by nurses** (7).
- Mothers emphasized the importance of understanding **addiction as a disease** and **access to supportive treatment programs** (8).
- Barriers encountered: Long waiting lists for treatment programs and economic challenges hindering access to care (8).

Feeling judged:

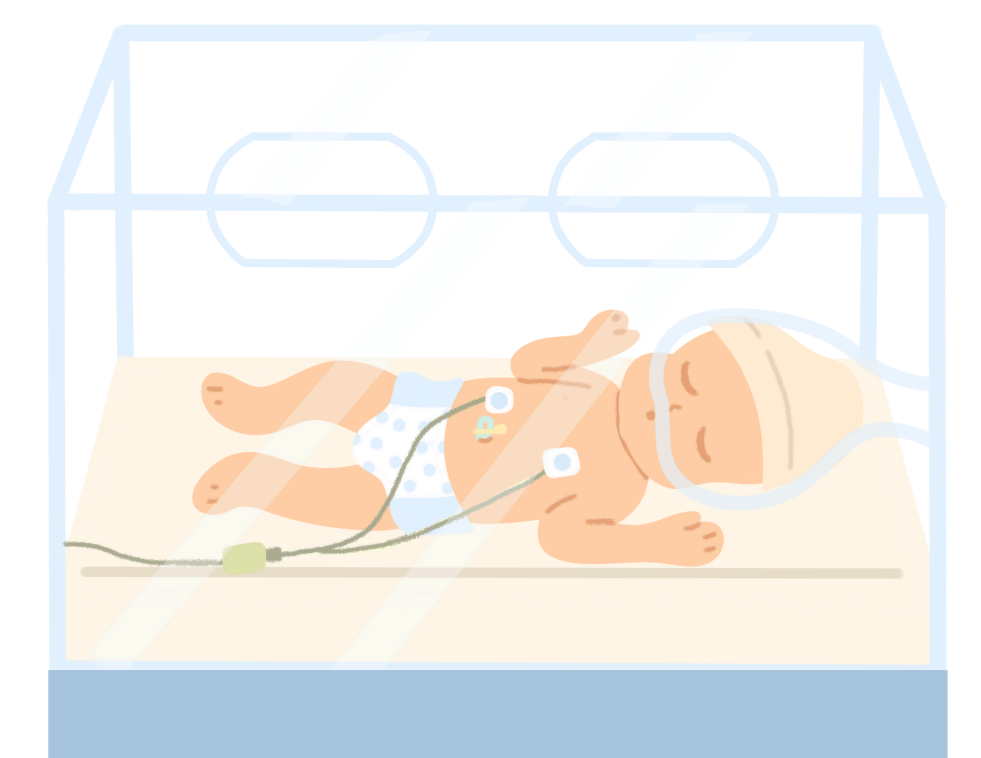
- Mothers in the NICU felt unfairly **judged by nurses for past drug use**, it resulted in **doubts about their parenting abilities** (5).
- Positive **engagement** occurred when nurses showed **empathy**, emphasizing the need for a compassionate approach (7).
- Studies highlighted **mixed experiences** with healthcare providers **underscoring** the importance of **nonjudgmental care** in maternal healthcare settings (6).

Emotional experiences

- Mothers with substance use history often **feel guilt** and **avoid NICU visits** due to infants' NAS symptoms. They have a **fear of displacement** in maternal role by nurses and doubt their ability to care for infants (5, 7).

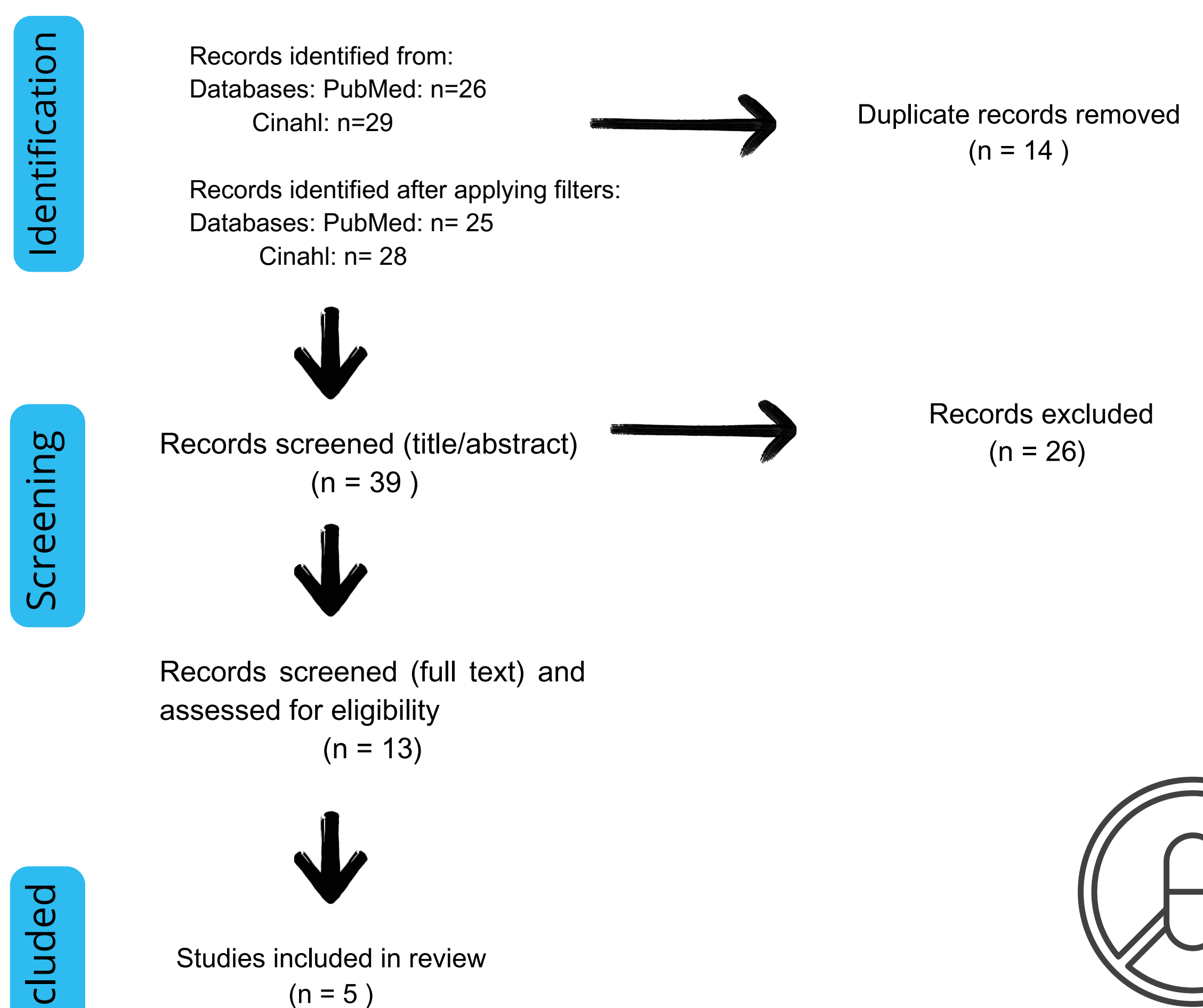
02 Objective

This study aims to get to know mothers' experiences in the NICU with their newborns diagnosed with NAS to promote a non-judgmental care plan for mothers when having a newborn with NAS.



05 Conclusion

The experiences of mothers in the NICU with NAS-affected newborns underscore the need for healthcare professionals to provide compassionate and supportive care, emphasizing nonjudgmental approaches. Implementing a holistic care plan tailored for NICU mothers is crucial, addressing emotional, social, and educational needs. Through this approach, healthcare professionals can create a nurturing environment that prioritizes the well-being of both mother and child, fostering improved outcomes and stronger maternal-infant bonding.



06 Bibliography

