



# Families Together

A developing program at Sturdy Memorial Hospital to help families and neonates who have been exposed to intra-uterine substances





## Families Together

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Our program was created to help individuals and their families who have used substances in the past and/or present. This includes individuals who are:

- ▶ Actively using street drugs/substances
- ▶ Actively using prescribed medications in a way, they were not prescribed
- ▶ Overuse or misuse of Alcohol or THC
- ▶ In a Methadone/Subutex/Suboxone treatment program



## What are the issues?

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### Inconsistent Care

- ▶ Multiple policies about how to care for patients experiencing Intra-uterine substance exposure
- ▶ Inconsistencies in these policies
- ▶ Feeling of being judged

### Limited Support

- ▶ Patients are not being closely followed/ given support
- ▶ Patients not being referred to other programs that could help and not receiving additional evaluations (such as, but not limited to Cardiology, Anesthesia, etc.)

### Limited Education

- ▶ Staff unaware of proper protocol
- ▶ Staff unaware of who or how to make referrals
- ▶ Staff unsure about how to assess or care for NAS/NOWS neonates and their families

### Bias

- ▶ Staff unaware of their Bias and how it affects their care
- ▶ Lack of understanding of the diagnosis of addiction

# How is Families Together Helping to Solve these Problems?

## New Policy

- ▶ Took all old policies and reviewed them
- ▶ Research up to date information
- ▶ Created non-pharmacological care of the mother/baby dyad

## Give Support

- ▶ Contacted programs to get more information about their programs and the support they offer
- ▶ Create a POSC
- ▶ Created Families Together Support book/program
- ▶ Give an informational Binder at their 28wk visit
- ▶ Create a post partum to recognize the mother/parent as the best care taker

## Education

- ▶ Created a 45-minute PowerPoint presentation for Clinical Competency Day
- ▶ Plan to develop a class for all nurses and staff to help educate everyone on how to assess a newborn and his/her family, ways to educate the families, make referrals and how give support

## Bias

- ▶ Our unit offered two Zoom classes about Bias and how it can affect our care. The program also reviewed how to change our thinking to hopefully remove bias.

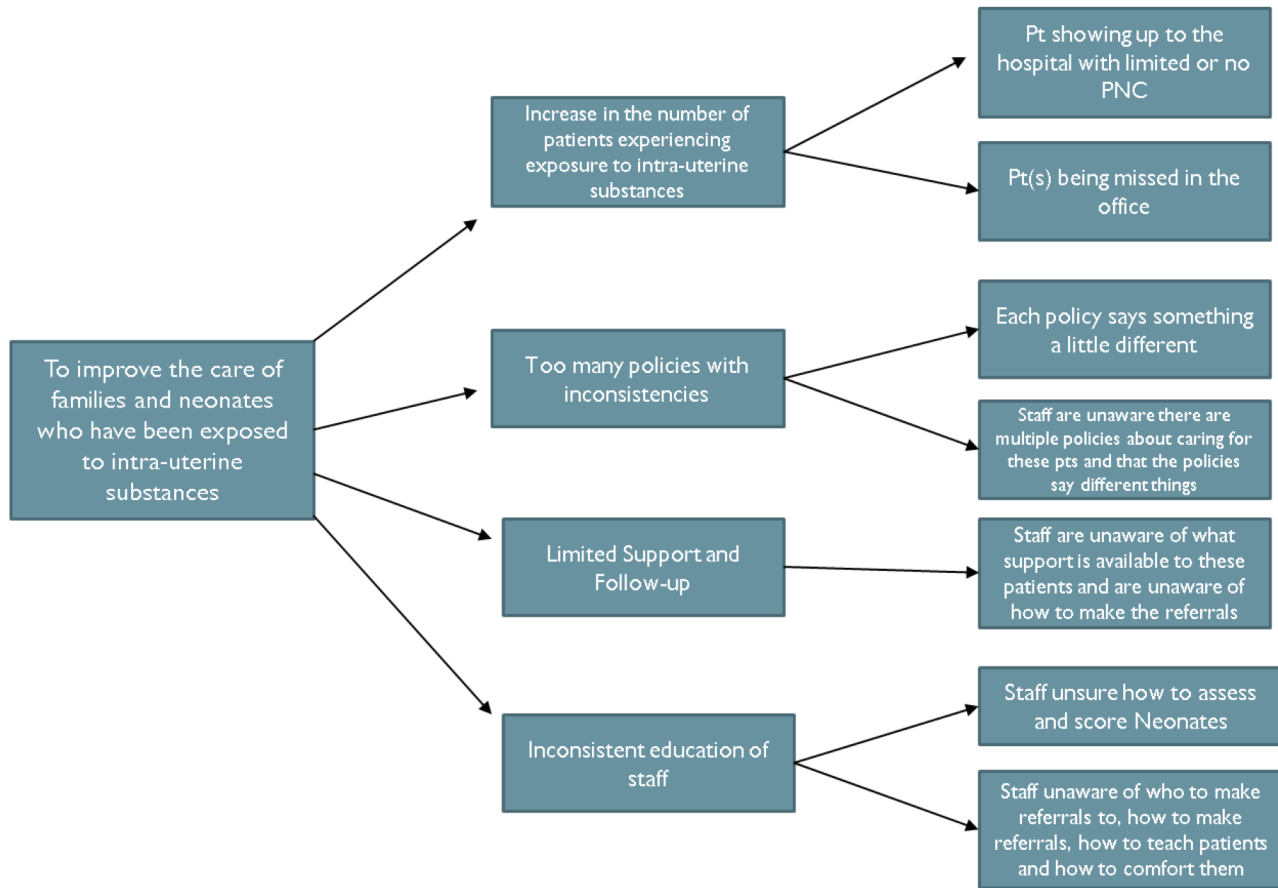






## Our Stakeholders

- ▶ The families: the mother, significant other, their other children, their extended families and the Neonate(s)
- ▶ Our Family: the OBGYNs, Family practice, pediatricians, NNPs, RNs, etc..



Better monitoring of the patients

Create ONE up-to-date policy

Create a binder with information about making referrals, who to make referrals to and have two RNs in charge of the program

Create Class(es) and offer them via Zoom as well as give handouts to meet all types of learners



## Testing for Results

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### **Bias Class**

- ▶ After the before and after the Zoom Bias class the staff took an assessment. Staff became more aware of their needs and are adjusting their care to match.

### **Clinical Competency Day**

- ▶ Reviewed how to assess and score the Neonate
- ▶ Some staff have improved upon their assessments and other staff are requesting more education
- ▶ Reviewed our new policy
- ▶ Awaiting final approval by our Neonatologist/NNPs
- ▶ Once approved a class will be held to review, show reasoning/resources and answer questions
- ▶ Reviewed who and how to make referrals
- ▶ Staff remains unsure of how to make referrals- seen by the lack of referrals

## Select an OBGYN Provider, Family Practice Provider, Pediatrician to have them be apart of our group

- ▶ Select one provider from each group will allow continued communication about changes
- ▶ Will ensure everyone has the same information
- ▶ Will allow for a group effort if problems arise
- ▶ Will allow everyone to support each other throughout the care of our patients

**Next  
Steps**



## Education

- ▶ Will develop a class for all staff (RNs, MDs, NNPs, etc.) to attend
- ▶ Will offer them via Zoom for more attendance and flexibility for staff
- ▶ Will provide handouts as well for people who learn in other methods

**Next  
Steps**



# Our Questions to the Group

- Having a hard time finding a way for the offices to notify our group of new patients
- Having a hard time having patients come to the 28wk visit

