



**NEONATAL ABSTINENCE SCORING SYSTEM**  
*For Parent Education Only*

Please see policy "[Neonatal Abstinence Syndrome and Scoring System](#)" for instructions on use.

<b>SYSTEM</b>	<b>SIGN</b>	<b>SCORE</b>										
C.N.S.	Excessive Cry-unable to self-console within 15 sec	2										
	Continuous Cry- intermittent or continuous cry > 15 min	3										
	Sleeps < 1 hr after feed	3										
	Sleeps < 2 hrs after feed	2										
	Sleeps < 3 hrs after feed	1										
	Overactive Moro reflex	2										
	Very overactive Moro reflex	3										
	Mild tremors disturbed*	1										
	Mod/severe tremors disturbed*	2										
	Mild tremors undisturbed*	3										
	Mod/severe tremors undisturbed*	4										
	Increased muscle tone	2										
	Excoriation**	1										
G.I.T.	Myoclonic jerks-involuntary spasms or twitching	3										
	Generalized convulsions	5										
	Excessive Sucking	1										
	Poor Feeding***	2										
	Regurgitation****	2										
	Projectile Vomiting	3										
	Loose Stools	2										
	Watery Stools	3										
	OTHER	Sweating	1									
		Fever 37.2 to 38.3 C	1									
Fever 38.4 C and above		2										
Frequent yawning >3 in testing period		1										
Mottling		1										
Nasal Stuffiness		1										
Sneezing >3 in testing period		2										
Nasal flaring		1										
Respiratory rate >60/min.		1										
Respiratory rate >60/min. & retraction	2											
	<b>TOTAL SCORE</b>											
	<b>SCORER'S INITIALS</b>											

Explanation of Signs:

\* Tremors – infants should only get one score from the four options in this category

\*\*Excoriation – Chin, knees, cheeks, elbows, toes, or nose- NOT reddened diaper area –continue to score until rub marks on skin are no longer present

\*\*\*Poor Feeding – excessive sucking prior to feed, yet sucks infrequently during feeding taking small amounts

\*\*\*\*Regurgitation – score ≥ 2 during or after feeds –not associated with burping

# Neonatal Abstinence Syndrome

## Carteret Health Care Fact Sheet for Caregivers

### Important Info

- Expect baby to stay for at least 72 hours after delivery, so staff can help monitor for symptoms.
- Baby's treatment will start, change or stop based on the NAS scores.

### Privacy

- The banded caregivers have medical information privileges in regards to the baby's care.
- NAS tends to be a sensitive matter. Please inform your nurse of any issues your needing addressed.

### Scoring Guide

- Please see reverse side for more information.
- Ask baby's doctor for any extra information you may need.



### **What does this mean?**

- NAS is the name of a group of problems a baby can have when he/she is not getting any more of the substance he/she used to get when mom was pregnant.
- Any or all symptoms of NAS can show up any time after birth for any baby who has substances from mom in their system.
- All babies with NAS will have a hospital social worker to assure the infant's needs are met.

### Symptoms to Watch For

#### Most Common

- Irritability (crankiness)
- Sleeps in short naps
- High-pitched cry
- Tight muscles
- Startles easily
- Skin irritated from rubbing
- Shakes
- Slight fever
- Stuffy nose
- Sneezing
- Yawning
- Excessive sucking
- Poor feeding
- Breathing fast

#### Less Common

- Seizures
- Sweating
- Blue skin patches
- Vomiting
- Diarrhea
- Dehydration

#### Treatment

- The first thing we can all do for babies with NAS is to cluster care. Doing several things in a row lets baby return to calm sooner.
- Keeping baby's room quiet, dim and cool, along with pacifiers and rocking.
- If needed, the baby can be given tiny amounts of liquid medication by mouth to help ease the symptoms.
- Babies are started on a small dose of medication, and those doses go up and down with symptom severity and NAS scoring.
- Small feedings are recommended.
- A score is given every 2-4 hours after feedings for as long as the baby has symptoms.

- **More Symptoms=Higher Scores**
- **Higher score=more help for baby's withdrawal symptoms**

*Please see reverse side for Scoring Tool*