


# Next Steps for Infants with Perinatal Substance Exposure

## After Newborn Discharge

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On behalf of the Colorado Hospital Substance Exposed Newborns Quality Improvement Collaborative Steering Committee

Colorado Chapter

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|---|---|
| Nutrition/ Growth                                     | <ul style="list-style-type: none"> <li>• <u>Standard infant formulas with partially hydrolyzed protein: Enfamil Gentlease, Gerber GoodStart Gentle, Similac Pro-Total Comfort</u></li> <li>• <u>Consider 22kcal/oz or 24kcal/oz if small for gestational age (SGA) or poor weight gain</u> <ul style="list-style-type: none"> <li>◦ <u>22kcal/oz standard formula: 3.5 ounces of water + 2 level scoops of powder</u></li> <li>◦ <u>22kcal/oz fortified breastmilk: 2.5 ounces breast milk + ½ teaspoon (tsp) of powder</u></li> <li>◦ <u>24kcal/oz standard formula: 6.5 ounces of water + 4 level scoops of powder</u></li> <li>◦ <u>24kcal/oz fortified breastmilk: 2.5 ounces breast milk + 1 teaspoon (tsp) of powder</u></li> </ul> </li> <li>• <u>Breastfeeding and Cannabis Resource</u></li> </ul> |
| Infectious disease labs to ensure have been completed | <ul style="list-style-type: none"> <li>• If no record of maternal labs consider: HIV RNA PCR (Viral Load), HIV Rapid Antibody/Antigen, Hep B surface antigen and antibody, Hep C antibody (recheck at 18 months), Hep C RNA, RPR, CBC, CMP</li> <li>• All infants exposed to hepatitis C during pregnancy or delivery should be tested using a NAT for HCV RNA at age 2 to 6 months of life, and any child with detectable HCV RNA → refer to <u>CHCO Hepatology</u><sup>1</sup></li> <li>• If you have questions or concerns about what labs to order or how to interpret labs use: <u>CHCO One Call (720-777-3999)</u> to talk with infectious disease or CHiP clinic (specializes in HIV)</li> <li>• Recheck Hep C at 18 months for all IPSE</li> </ul>  |
| Referrals to confirm/ consider                        | <ul style="list-style-type: none"> <li>• <u>Early Intervention (ALL IPSE): refer/confirm ASAP, need educational consent for evaluation to occur but anyone can refer to begin process, if having issues getting birth parent consent, contact GAL or case worker</u></li> <li>• <u>Occupational Therapy</u> (can refer in addition to EI): helpful for feeding/sleeping/regulation</li> <li>• Lactation</li> <li>• <u>WIC</u></li> <li>• <u>High-risk infant follow-up / Developmental Peds</u></li> <li>• Home visits/nursing</li> </ul>   |
| Education for families                                | <ul style="list-style-type: none"> <li>• <u>Non-pharmacologic care for NAS/NOWS</u></li> <li>• <u>SafeCare Colorado for parent/caregiver support and resources</u></li> <li>• <u>Safe sleep plan</u></li> <li>• <u>Safe storage of substances</u></li> <li>• <u>Sober caregiving</u></li> <li>• <u>Naloxone (ensure available).</u></li> </ul>  |
| Resources/ Contacts to confirm                        | <ul style="list-style-type: none"> <li>• <u>If DHS involved: confirm caseworker name/number, Guardian ad Litem (GAL - child's legal representation and advocate).</u></li> </ul>  |

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