





NADA für abhängige Schwangere

NADA, drugs and pregnancy

Experiences using the NADA Protocol
Erfahrungen mit dem NADA Protokoll

Ralph Raben, MD, Nada-Trainer, Hamburg

EURONADA CONFERENCE GRAZ 20.-21.9.2013



R. Raben, Hamburg

Smoking, drug-abuse and pregnancy
NADA Protocol: Better outcome for mother and child

EURONADA CONFERENCE + GRAZ 20.-21.9.2013

What does „**tough love**“ mean?

(Nancy Smalls and Michael Smith, Lincoln 1995)

Pregnants who smoke or use drugs or methadone feel ashamed.

For a better clinical outcome they need:

1. Structure and trustworthy relationship
2. Effective, acceptable and friendly treatment
3. Clever counseling and controlling, not criticism.

They need a professional and patient team =
tough love



Mother and Child

Potential Risks on Drug-abuse and Smoking

**1. Miscarriage, premature labor, intrauterine growth retardation
amnion infection syndrome, intrauterine asphyxia,
abruptio of placenta and excessive blood loss**

2. NAS (Neonatal Abstinence Syndrome)

3. Brain damage, retardation

SIDS (Sudden Infant Death Syndrome)

AD(H)S (Attention Deficit/Hyperactivity Syndrome)

4. Teratogenic effects?

**alcohol +++ smoking + crack / cocaine (+) benzodiazepins +
heroin, methadone (0) methadon: overweight newborns**

Neonatal Abstinence Syndrom = NAS

after substance abuse

1. Symptoms of Central Nervous System

- **Tremors**
- **Hyperreflexia**
- **Irritability**
- **High pitched cry**
- **Increased muscle tonus**
- **General convulsions**

NAS after Substance Abuse 2

2. Autonomic system dysfunction

yawning

sneezing

sweating

fever

fast breathing

increased apnea

NAS after Substance Abuse 3

3. Digestive Symptoms

Diarrhea

Vomiting

Poor feeding

Failure to thrive

NADA Protocol in Pregnancy

- 1. Ear-acupuncture: 3-5 points, 1-5 times a week**
- 2. Group treatment: 30 min, sitting**
- 3. Friendly, familiar atmosphere**
- 4. Detox-Tea: daily**
- 5. Urin testing**
- 6. Counseling/Therapy/p-s-care/family-midwife**



Remarks about NADA Protocol in Pregnancy

- In any case of bio-psycho-social trouble
- fear, pains, discomfort, anxiety, sleepdisorder
- NADA: The weaker the patient the more effective
 - There are no forbidden points !
- We don`t give acupuncture if there is a pathologic bleeding in pregnancy

R. Raben: Smoking, drug-abuse and pregnancy. NADA Protocol: Better outcome for mother and child

Acupuncture for drug-treatment is not a stand-alone therapy

**NADA is connected with psychosocial
rehabilitation
and can be combined in pregnancy
with medication.**

**Once more:
no forbidden points
in pregnancy !**



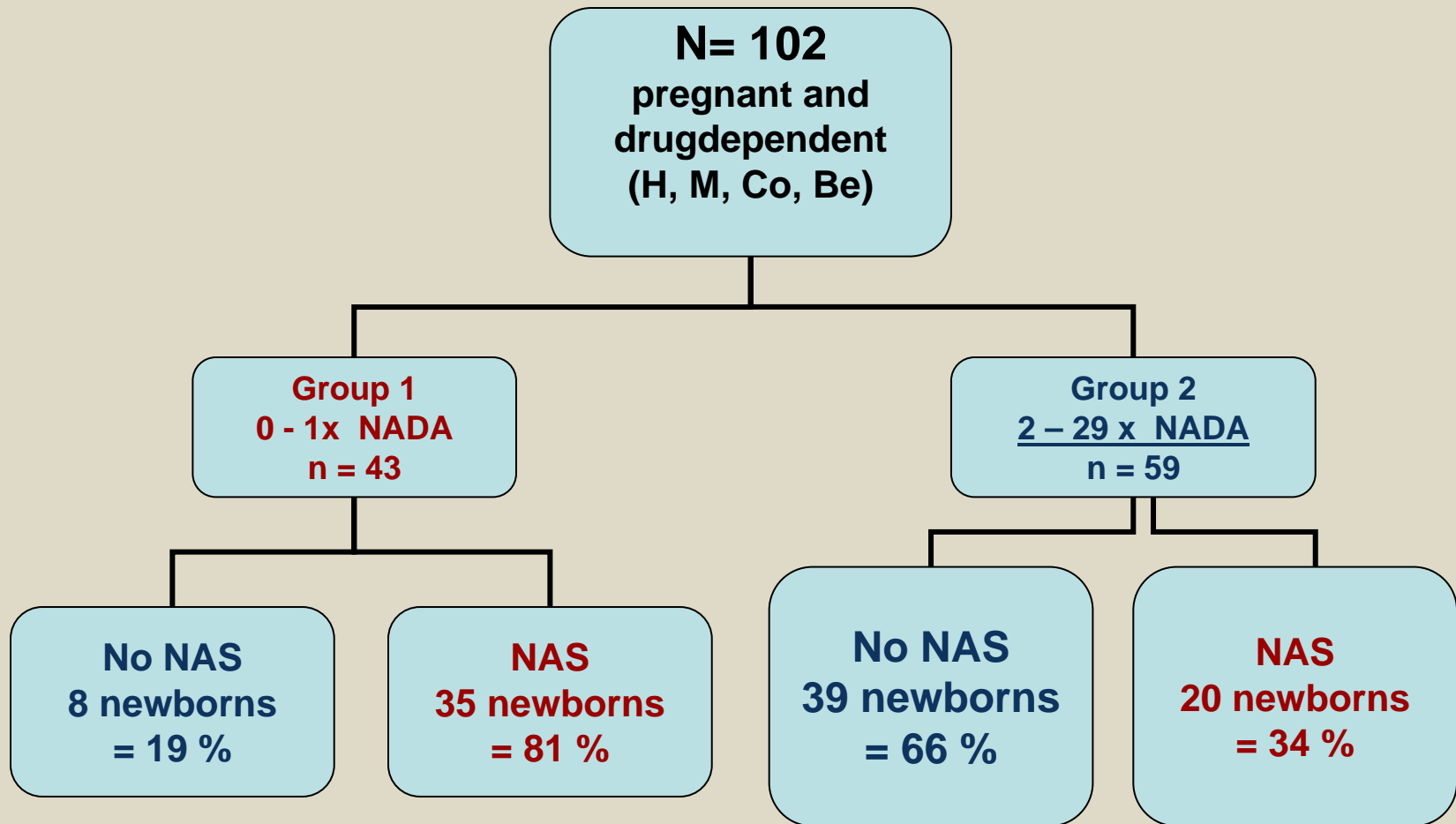
Acupuncture in pregnancy

- You should do that, please
- Is especially effectful
- Has no complications of pregnancy
- Is one of the best and harmless therapies

- Has an effect to mother and to the child
- You support development without manipulation

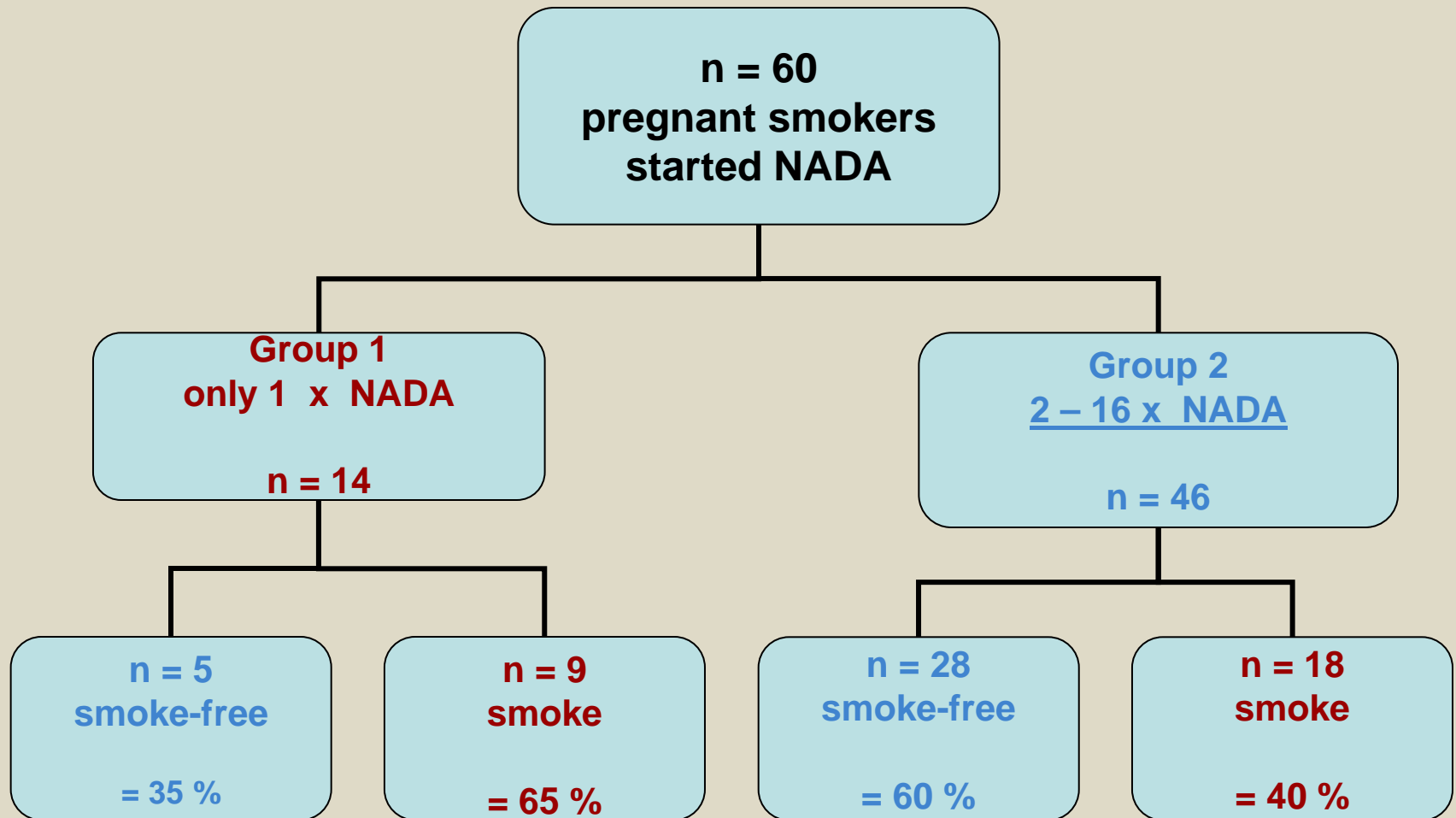
NADA, Drugs and Fetale Outcome

Repeated Treatment Helps Newborns



NADA and smoking cessation in pregnancy

Repeated Treatment Seems to Help



The Style of Treatment is Important

Respect: It is an healing agent

„Love your patient“, does not mean:

Be nice and asking them always what they wish

Acupuncture to Newborns?



Neonatal Abstinence Syndrome: Golden Magnetic Beads

Not sedation of symptoms. But tonifying the organism.

Make the children stronger! NADA: Help to help themselves



Points to Change

NADA

Heals not only the infection. In a private setting

it is intelligent and universal,

a simple and effective tool

to make healthy women and children stronger.

A strong therapy could give them

what many of them missed: **A safe place**



A photograph of a man in a green striped shirt performing NADA on a woman in a black top. The man is standing and leaning over the woman, who is seated. He is touching her ear. In the background, there are other people seated at tables, and a man in a grey suit is standing near a whiteboard. A large anatomical drawing of a human ear is projected on a screen in the background. The room has large windows on the left side.

NADA

macht wach und aufmerksam

bringt böse Stimmen zum Schweigen

ist eine Hebamme für die Seele

ist kein dominanter Prozess

1993 – 2013 NADA Germany gets 20

Michael, Nancy, Carlos thank you for finding the protocol and thank you all – NADA international – for 20 years of support



Thank you

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Formalia

Tagungszeit

Die Tagung beginnt um 9:00 Uhr mit den Vorträgen und endet voraussichtlich um 19:00 Uhr. Anschließend findet „Das NADA-Bankett“ mit typischem Essen, Musik und Tanz statt.

Tagungsort

YoHo-Hotel (Young Hotel) Hamburg, Moorkamp 5 Nähe U-Bahn Schlump (siehe Plan). Da das Young Hotel nur über begrenzte Übernachtungskapazitäten verfügt, suchen Sie sich bitte selber eine geeignete Unterkunft in der Umgebung. Der Tagungsort ist zentral gewählt, so dass hierfür genügend Möglichkeiten vorhanden sind.



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NADA-FACHTAGUNG

am Freitag 25. Oktober 2013
in Hamburg

Was ist an
der **Nadel?**
dran?

20 Jahre NADA-Protokol in Deutschland



NATIONAL ACUPUNCTURE
DETOXIFICATION ASSOCIATION
Deutsche Sektion e.V.
www.nada-akupunktur.de

Abstract

R. Raben

Smoking, drug-abuse and pregnancy. NADA Protocol: Better outcome for mother and child.

We are a team of Specialists in Obstetrics and Gynecology and set one stress on drugdependent pregnant for 25 years. Pregnants, mothers, their children and families are harmed by substances and lifestyle. Often also the helpers: doctors, socialworkers, nurses, midwives. We treated hundreds of difficult patients, pregnant, young mothers and newborns. For a better compliance and better outcome 15 years ago we introduced the NADA Protocol in our clinic.

Pregnants who are on methadone, use drugs or cigarettes are asked for acupuncture. Treatment is daily and is mostly given by our NADA-educated nurses. That comes more natural.

3-5 needles on each ear in a friendly groupsetting are well accepted. Many patients know the NADA Protocol by own experiences or by hearsay.

Acupuncture for pregnant? Could it be a problem? No. Acupuncture never harms the pregnancy. The treatment helps body and soul to help themselves. And it's helpful in pregnancies, not only for drugwithdrawal. Important: There are no forbidden points.

The results for mothers and their children are better as in the years before using acupuncture and especially the NADA Protocol as a natural tool: Less drugs, less methadone, less alcohol, less cigarettes reach the unborns. Social behaviour of pregnant and parents gets better. Less stress for ungoing mother, fetus and for our team.

The most important effect: Less newborns suffer Neonatal Abstinence Syndrom (NAS), less babies are treated with opiates: it's a better start to live.

After pregnancy special educated midwives (so called „family-midwives“) visit the first year mother and child at home. They take care for some basics and they give also acupuncture to the adults: mother, maybe a father, sometimes grandmother and of course the baby.

Acupuncture for babies? Yes. They receive magnetic acupressur-beads, mostly goldplated, to make them stronger. Later on mothers can learn how to do that.