

Eat, Sleep, Console: Management of Withdrawal in Neonates

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Purpose

- Educate NICU staff and families on the implication of **Eat, Sleep, Console (ESC)** into nursing practice to manage neonatal abstinence syndrome in infants



(Belfort, 2020)

Background

- Neonatal Abstinence Syndrome (NAS)** is a combination of withdrawal symptoms that occurs in newborns following exposure to drugs, most commonly opioids, during pregnancy (Hein, 2021)
- NAS often contributes to prematurity, difficulty with eating and sleeping, and presents with several neurologic, gastrointestinal, and musculoskeletal symptoms (Wachman, 2020)
- The incidence of NAS has more than quadrupled in the past two decades, affecting eight in every 1,000 newborns (Wachman, 2020)

Significance to Nursing

- Eat, Sleep, Console** criteria:
 - The ability to drink one ounce of milk, or breastfeed effectively.
 - The ability to sleep for at least one hour uninterrupted.
 - The ability to be consoled within 10-20 minutes.
- ESC provides nurses with a more objective measurement of neonatal withdrawal symptoms as opposed to the previously used Finnegan scoring scale which based treatment on an assessment of 21 subjective symptoms (Wachman, 2020)

Implementation

- A pamphlet was created to be made available to staff and parents on the NICU including information on:
 - The background of NAS and ESC
 - Signs and symptoms of NAS
 - How to comfort and manage care for an infant with NAS

Clinical Implications

- Reduces NICU admissions by 22% (Hein, 2021)
- Reduces the need for medication in NAS infants by 50% compared to treatment using the Finnegan Scoring Scale (Hein, 2021)
- Decreases average costs of NAS admissions by \$10,000 per infant (Rhoads & Waskosky, 2021)
- Promotes increased bonding between mom and baby (Hein, 2021)
- Empowers mothers to be more involved in infant care as part of the care team

Conclusion and Future Directions

- ESC has been found effective in achieving the goals to reduce pharmacologic treatment of NAS and to reduce costs and length of hospital admissions associated with NAS complications.
- Nurses in the NICU will continue to adopt the use of ESC into clinical practice and transition away from the Finnegan scoring scale.



(Blumenthal, 2017)

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Video



(Spokane Regional Health District, 2021)

References

