

ESC PARENT EDUCATION HANDOUT



UNC Children's Hospital

WHAT IS NAS?



Neonatal Abstinence Syndrome (NAS) occurs when a baby withdraws from an opiate medicine/drug exposed to in the womb before birth. Most babies show signs of withdrawal 2 to 3 days after birth, but some may not show signs until day 4 or 5. Your baby should stay in the hospital for at least 4 days to be observed for signs of withdrawal. This is important as withdrawal can cause your baby to have difficulty eating and resting. Withdrawal can be severe enough to cause diarrhea, vomiting, weight loss, and severe restlessness which may require medications until withdrawal has passed.

HOW WILL YOU KNOW YOUR BABY HAS NAS?

Eat, sleep and console (ESC) is a method to help care for your baby. The nurse watches your baby closely for the recommended stay advised by your doctor. The nurse will score your baby every 2 to 4 hours while baby is awake. The nurse scores "yes" or "no" for eat, sleep and console. Your baby is being monitored for the following signs of withdrawal:



- Tremors, jitteriness, or shaking of arms and legs
- Tight muscles in arms and legs
- Fussiness
- Problems eating, sleeping, or gaining weight
- Hard to console or calm down
- Need for sucking when not hungry
- Frequent spit ups or vomiting
- Loose or watery stools (poops)
- Fever
- Sweating

HOW CAN I HELP MY BABY?



You are the best treatment for your baby. We would like to partner with you so together we can care for your baby. We understand that it may not be easy to soothe your baby because of the withdrawal symptoms. We are here to support you and help you take care of your baby.

- Rooming in is a great way to help your baby and provide them loving care and support

- Pick up and hold your baby
- Hold your baby skin-to-skin or swaddled in blanket
- Gently rock your baby
- Talk softly and slow to try and calm your baby down
- Keep talking calmly to your baby and place your hand firmly but softly on your baby's tummy
- Your baby may like to suck on a pacifier or your finger
- Look for hunger signs in your baby and help bring the baby's hand to her or his mouth
- Feed your baby if they are acting hungry
- Try a sound machine in the room

CAN I BREASTFEED MY BABY?



If advised by your physician, breastfeeding may help your baby. It is generally safe for mothers to breastfeed if they are in a stable treatment program, even if you are taking medicine given to you by a doctor or nurse — and even if the medicine is for drug withdrawal. Talk to your doctor about breastfeeding and the medicines you may be taking.

WHEN CAN YOU ASK YOUR NURSE FOR HELP?



- EAT – If your baby is unable to feed for at least 10 minutes at breast or take appropriate volume by bottle (10-15 ml) and is demonstrating significant withdrawal symptoms (e.g., fussiness, tremors, uncoordinated suck, excessive rooting)
- SLEEP – If your baby is unable to sleep for < 1 hour
- CONSOLE – If your baby is unable to console within 10 minutes (due to opioid withdrawal symptoms) despite non-pharmacologic interventions

Measure	Question	Points
Eat	Feed well at the breast or by bottle?	Yes = 1 points No = 0 points
Sleep	Sleep > 1 hour?	Yes = 1 point No = 0 points
Console	Able to be consoled within 10 min?	Yes = 1 point No = 0 points

If **YES** is indicated for any of the items, there will be a team huddle including the caregiver to plan the next steps for your baby. We want you to be involved with making plans for your baby.

WHAT HAPPENS IF MY BABY DOES NEED MEDICINE TO TREAT NAS?



We are confident that most babies will be able to avoid medicines using the above steps, we believe moms and families are the best medicine for babies as they overcome withdrawal, but some babies need just 1 or 2 doses of medicine while others may need to be treated for 10 to 14 days. Occasionally, a baby needs medicine even longer.

- It is very important that we support you and you make all efforts possible to stay with your baby this whole time.

- As a mom (and a dad) you are the most important part of treatment for your baby, even if they are receiving medication.

NEWBORN CARE DIARY

Mother/caregiver will document their baby’s assessment in the diary which will remain at the baby’s bedside

Time		Feeding Your Baby - Eat						Sleep	Console		
Skin to Skin ✓	Start Time	Breast		Bottle		Feeds Well ✓	Tries to feed ✓	Diaper		Did baby sleep for more than an hour after the last feed? Y/N	Does baby console in 10 minutes? Y/N
		Length of feed (min)	R/L Breast	EBM/ Donor Milk (mL)	Formula (mL)			Wet ✓	Dirty ✓		
1st 24 HOUR TOTALS Add up the feeding and diapers every 24 hours				___ mL	___ mL	#___	#___	#___	#___		