

## EATING, SLEEPING, CONSOLING (ESC) CARE TOOL

<b>Date:</b>								
<b>Time:</b>								
<b>Initial:</b>								
Poor <b>Eating</b> due to NAS?								
<b>Slept</b> less than 1 hour due to NAS?								
Soothing support used to <b>Console</b> infant- see back for definitions 1- Soothes with little support 2- Soothes with some support 3- Soothes with much support <b>or</b> Does not soothe in 10 mins								
Parental / Caregiver Presence since last assessment: 0- No parent present 1- 1-59 minutes 2- 1hr- 1hr 59mins 3- 2hrs- 2hrs 59mins 4- 3hrs or more								
Recommend a Team Huddle?								
Huddle Decision: 1- Optimize non-pharm care 2- Initiate medication treatment 3- Other (specify)								
Non pharm interventions O- ongoing R- reinforced								

- Assess infant **after feedings**, preferably while **skin-to-skin** or **held swaddled** by caregiver.
- Re-evaluate baby's ESC every **3-4 hours** using the **Newborn Care Diary** and **discussing with parents**
- If infant receives a **"YES"** for any **ESC** item or receives a **"3"** for soothing support perform a **Team Huddle with caregiver & RN** to determine any non-pharm interventions that can be used.
- If infant **continues with "YES"** for any **ESC** item or **"3's"** for soothing support **despite** optimal non-pharm care and symptoms are felt due to NAS, **perform full team huddle** with caregiver, RN and MD to determine if medication treatment is needed.
- **Non Pharm Interventions include**; rooming-in, caretaker presence, skin-to-skin contact, swaddling, optimal feeding, non-nutritive sucking, quiet environment, limited visitors, and clustering care.

Signature and initial of RN: