

## Next Steps

- Referrals can be made by your OB/GYN physician to the Chandler Regional Medical Center Neonatology Department
- Meet with the ESC Care Program Team before delivery by scheduling an appointment at 480.392.6768
- At the time of delivery, inform Labor and Delivery staff that you are participating in our Eat, Sleep, Console (ESC) Program

## Questions?

Contact our team by calling or texting **480.392.6768**.

# Welcome to Our Eat, Sleep, Console (ESC) Program



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## What is Neonatal Abstinence Syndrome?

Neonatal abstinence syndrome (NAS) occurs when infants are exposed to certain medications and/or drugs before they are born. After birth, the infant may go through withdrawal when they are no longer exposed to the medication or the drug. When the infant shows signs of withdrawal we call this neonatal abstinence syndrome.

## What causes Neonatal Abstinence Syndrome?

Almost every drug and medicine passes from mother's bloodstream through the placenta to her unborn infant. Some prescription medications and illicit drugs can cause the unborn infant to become dependent. At birth, the infant continues to need the drug. But because the drug is no longer available, the infant goes through withdrawal.

Some drugs and medicines are more likely to cause NAS than others. Opiates are a class of drugs that commonly cause NAS. Some examples of opiates include heroin, methadone, suboxone, Subutex, Vicodin, Percocet, oxycodone, OxyContin and codeine.

## Who is at risk for Neonatal Abstinence Syndrome?

Pregnant women who use opiates may have infants that develop neonatal abstinence syndrome. Women who have substance use disorder may also be less likely to get prenatal care. This can increase the chance of complications for both mother and infant.

## About our Eat, Sleep, Console Program

Our program is run by a neonatal team of specialists that includes doctors, nurse practitioners, nurses, physical therapists, social

workers and volunteer "cuddlers", all to be here for you while you take care of your baby.

## What are the symptoms of Neonatal Abstinence Syndrome?

Symptoms of withdrawal may start as soon as 24 to 48 hours after birth and usually peak around days 3 to 5. However, they may start as late as 5 to 10 days after birth.

Below are the most common symptoms of NAS. Symptoms may be slightly different for each infant. Symptoms of withdrawal in full term infants may include:

- Tremors (trembling)
- Irritability, excessive or high-pitched crying
- Difficulty sleeping
- Tight muscle tone
- Hyperactive reflexes
- Yawning, stuffy nose, and sneezing
- Poor feeding and sucking
- Vomiting or diarrhea
- Sweating
- Fever or unstable temperature

## What is ESC Care?

Traditionally NAS was treated by observing the infant for signs of withdrawal and starting medication, such as morphine every 3 hours, when the symptoms become moderate to severe. Infants would be weaned off the medication over 3 to 8 weeks and then sent home. Our new approach is a family centered care model called Eat, Sleep, Console (ESC). This model focuses on the mother or other caregivers as the treatment for the infant. With this new method, infants are able to go home in approximately 5 to 10 days.

ESC uses MOM or "Moms Over Medicine" model. You, the mother, are the treatment for your baby. You and/or caregivers are mentored and taught techniques from our specialized trained staff to care for your infant and how to best manage NAS symptoms while in the hospital and after discharge. We will be looking at three measures to assess the degree of your baby's withdrawal:

Can he/she 1) Eat, 2) Sleep, and 3) Be consoled.

The goal is for you or other designated family members to stay at the bedside the entire time to take care of your baby; your baby will do the best with you. Members of our team will be there to assist you if you need to leave the room for an appointment or another commitment. A room with a bed and bathroom will be available to you.

## Key Points about ESC Care

- Mother, father and/or other caregivers are the treatment
- Staff and family partner to provide the best possible care for the infant
- Mother or designated caregivers stay with the infant the entire hospitalization
- Your baby may require an occasional dose of medicine to help them during difficult times
- Collaboration with community partners such as behavioral health, medication assisted treatment centers and other community partners that would be necessary to ensure a safe plan of care for your baby

