

CARE OF EXPOSED NEWBORN (EAT, SLEEP, CONSOLE)

Overview

Implement a non-pharmacologic bundle of care for neonatal abstinence syndrome (NAS) for medical staff and parents to follow.

Why We Recommend this Best Practice

A non-pharmacologic bundle of care for NAS will help to prioritize non-pharmacologic interventions over medication, may reduce the length of stay, and will keep staff and parents aligned on the care being provided to the newborn.

Strategies for Implementation

Step 1: Implement Eat, Sleep, Console

- [Eat, Sleep, Console Implementation Guide, Common Spirit \(PDF\)](#)
- [Eating, Sleeping, Consoling Instruction Manual](#)

Step 2: Educate providers on Eat, Sleep, Console

- [Eat, Sleep, Console Provider Education – Swedish \(45 min\)](#)
- [California Health Care Foundation Webinar, Matthew Grossman Eat/Sleep/Console \(1hr.\)](#)

Step 3: Educate patients on Eat, Sleep, Console, what they can expect, and how they can prepare

- [Eat, Sleep, Console Patient-Centered Video - Spokane Regional Health District](#)

Additional Resources and Strategies

- [Implement a non-pharmacologic bundle of care for NAS for medical staff and parents to follow](#)
- [Develop guidelines for inpatient monitoring of newborns managed with a non-pharmacologic bundle of care](#)
- [Prioritize measurement of functional impairment as a basis for initiation and escalation of pharmacologic treatment](#)
- [If pharmacotherapy is indicated, consider a trial of morphine every 3 hours PRN as an initial strategy for the treatment of NAS instead of scheduled dosing or more long-acting pharmacotherapy options](#)
- [Consider methadone as first-link pharmacotherapy for the treatment of NAS following evaluation of its benefits/risks](#)
- [Consider clonidine instead of phenobarbital as a potential second line/adjunctive therapy for NAS](#)
- [Develop guidelines for inpatient monitoring of newborns receiving morphine, clonidine, or methadone pharmacotherapy prior to discharge](#)
- [Establish a pharmacotherapy weaning protocol](#)

