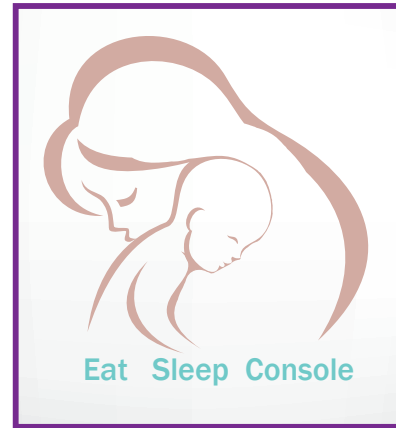


# EAT, SLEEP, CONSOLE (ESC) INITIATIVE

*Improving Outcomes for  
Infants with Neonatal  
Opioid Withdrawal  
Syndrome (NOWS)*



The **Kentucky Hospital Association (KHA)**, in partnership with the **Kentucky Perinatal Quality Collaborative (KyPQC)** and **Vermont Oxford Network (VON)**, is pleased to announce a new initiative for all Kentucky birthing hospitals. This initiative is aimed at improving outcomes for infants with **Neonatal Opioid Withdrawal Syndrome (NOWS)** and their families.

The initiative is called **Eat, Sleep, Console (ESC)**. ESC is an approach to caring for infants with NOWS that prioritizes non-pharmaceutical interventions to provide optimal care for the baby. In a recent study<sup>1</sup> conducted by the National Institutes of Health (NIH) involving a multi-center randomized controlled trial, results showed that infants assessed and managed with the ESC care approach have improved outcomes when compared to those managed with usual institutional care.

<sup>1</sup>The Power of Connection: Improving Care for Infants Exposed to Opioids | NIH HEAL Initiative

**The below statistics powerfully exhibit the impact of the ESC care approach:**

- 7-day decrease in the time until infants are medically ready for discharge
- 32% absolute decreased the initiation of pharmacologic treatment<sup>2</sup>,
- Overall decrease total postnatal opioid exposure for infants who received pharmacologic treatment<sup>3</sup>
  - 48.7 fewer doses of postnatal opioid treatment
  - 4.1 less morphine milligram equivalents (MME)/Kg of opioid exposure
  - 6.3 fewer days of opioid treatment
- 6-day decrease in the overall length of hospital stay<sup>2,3</sup>
- 32% increase in the proportion of infants who received maternal breastmilk during the newborn hospitalization<sup>4</sup>
- No increase in adverse events through three (3) months of age<sup>2</sup>

The primary elements of the program that KHA, KyPQC, and VON have partnered to bring to our hospitals involve the following key elements:

First, we will provide bi-phasic virtual training for six (6) ESC champions from each of our participating Kentucky birthing hospitals. The first phase of the training will revolve around learning about trauma-informed care, which will include a virtual live session and asynchronous modules. Then, we will provide introductory training videos before moving into the second phase of the curriculum, which is focused on training in the implementation of the ESC care approach. That phase will consist of two days of virtual instruction specific to the ESC care approach, with the first day consisting of six (6) hours of live instruction plus review, and the second consisting of four (4) hours of live instruction. There will be independent case reviews that should be completed by all participants the evening after the first day of training.

After this initial training has been completed, each hospital will receive ongoing support from their administration, as well as KyPQC, as the hospital's newly-trained champions are asked to share their learning by leading the training for all other professionals who care for infants with NOWS in the use of the ESC care approach.

Finally, KyPQC will partner with the hospital's administration to provide ongoing support and resources to ensure maintenance of fidelity to the universal and consistent application of the

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<sup>2</sup> DOI: 10.1056/NEJMoa2214470

<sup>3</sup> DOI: 10.1001/jamapediatrics.2024.0544

<sup>4</sup> DOI: 10.1001/jamapediatrics.2024.2578

ESC approach in caring for neonates with NOWS. The KyPQC will be supported by the VON ESC Implementation and Dissemination Manager and national ESC experts in this endeavor.

Following the completion of this training for the first three Kentucky birthing hospitals selected to participate, the ESC dissemination initiative is designed to use the newly-trained champions from those hospitals to help facilitate ongoing training at the next hospitals selected. It is structured in such a way that as each new group of hospitals completes the training, they in turn support the ongoing spread of the training at hospitals that follow. In this way, we have the potential to achieve our goal of helping Kentucky lead the nation as we bring cutting edge research to the bedside and establish a new standard approach to care for infants with antenatal opioid exposure.

Benchmarking on key outcomes for infants with NOWS will be provided for each participating hospital.

The total estimated value for this training for each hospital is \$5000. In addition, implementation of the ESC care approach will provide your hospital with the tools necessary to support infants with NOWS and keep mother or supportive care person and infants together during the newborn hospitalization and improve the reputation of the hospital through the integration of trauma informed care.

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In order to engage in this program that is being sponsored and presented by KHA, KyPQC, and VON, (Hospital) \_\_\_\_\_ , confirms that they understand and commit to the expectations outlined below:

**As a participant in this initiative, our organization will receive:**

1. Bi-phasic training for six (6) selected champions, consisting of education on trauma-informed care and the ESC care approach.
2. Ongoing support to be supplemented by the Kentucky Perinatal Quality Collaborative (KyPQC) to assist the newly-trained champions in sharing their learning with other health care professionals in our organization.
3. Ongoing support and resources supplemented by the Kentucky Perinatal Quality Collaborative (KyPQC) and the VON ESC Implementation and Dissemination Manager to ensure maintenance of fidelity to the universal and consistent application of the ESC approach in caring for neonates with NOWS.

**As a participant in this initiative, our organization agrees to:**

1. Support and commit to the completion of training for the six selected champions who will lead the ESC care approach dissemination for our hospital.
2. Perpetuate the dissemination of the ESC care approach by sharing the education provided to the six selected champions with other health care professionals in the organization.
3. Ensure maintenance of fidelity to the universal and consistent application of the ESC approach in caring for NOWS neonates within our organization.
4. Support the spread of the ESC care approach to other Kentucky birthing hospitals by engaging in peer-to-peer training for three (3) more training sessions to be offered at future dates via virtual training platforms.
5. Enter required data elements into Kentucky Quality Counts (KQC) to demonstrate the overall efficacy of the ESC care approach interventions utilized as a part of this program.

**By signing below, I hereby attest that I commit my organization,**

(Hospital) \_\_\_\_\_ ,  
to engaging in the full ESC care approach dissemination initiative as outlined above. Furthermore, I attest that I will see the responsibilities that will be assigned to my organization as outlined above through to conclusion to the best of my ability.

_____ Signature - CEO:	_____ Date
_____ Signature - CNO:	_____ Date
_____ Signature - Director of OB Department	_____ Date
_____ Signature - Director of Newborn Nursery	_____ Date
_____ Signature - Director of the NICU (if applicable)	_____ Date
_____ Signature - Director of the Neonatal Step Down Unit (if applicable)	_____ Date