

Neonatal Opioid Withdrawal Syndrome: Eat, Sleep, Console Care Approach



Every day in the United States, **60 infants** are diagnosed with neonatal opioid withdrawal syndrome (NOWS). Hospitals across the country vary widely in how they diagnose and treat infants with NOWS: Hospital stays on average range from **2 days to 4 weeks**, but can be even longer for more severe cases.*

Depending on the severity of NOWS, care may or may not involve opioid medications. The **Eat, Sleep, Console (ESC)** care approach prioritizes non-medication approaches and greater involvement of moms.



ESC care includes:

- ▶ Holding, cuddling, and skin-to-skin contact
- ▶ Swaddling
- ▶ Ensuring a quiet and low-light environment
- ▶ Helping with feeding, including breastfeeding if possible



HEAL research shows that newborns cared for with ESC were able to leave the hospital a week earlier than infants cared for with the traditional method and were 63% less likely to receive medication as part of their treatment.

* Source: Young et al. *Pediatrics*. 2021;147(1):e2020008839. <https://doi.org/10.1542/peds.2020-008839>