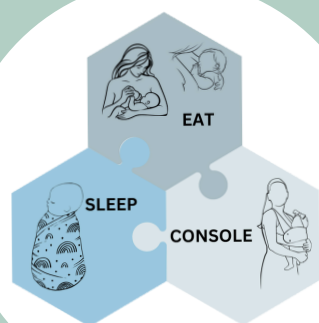


5

NEWBORN CARE CONSIDERATIONS

Knowledge Translation Toolkit can be found [here](#) and includes:

- Chapter Summary
- Top Eight Newborn Care Considerations (p.160)



1. Introduction: NAS vs. NOWS

- Increasing prevalence of opioid use in pregnancy has increased the rates of neonatal withdrawal.
- Neonatal Abstinence Syndrome is an overarching term for a newborn experiencing withdrawal.
 - Neonatal Opioid Withdrawal Syndrome (NOWS) is more specific to withdrawal associated with opioid use.

2. Eat, Sleep, Console

- The Eat, Sleep, Console Model (ESC) of care is a function-based assessment model which evaluates the newborn's functional ability to eat, sleep and be consoled.
- The ESC tool supports care providers in evaluating, in collaboration with birthparents, whether the newborn is meeting functional needs.
 - Assessment is q3-4hours
 - Two "yes" = full care team huddle.
 - In some regional facilities, we recommend a full huddle after one "yes"
- Optimizing non-pharmacological interventions is foundational to this care approach.

3. Newborn Feeding & Weight

- Breast(chest)feeding has been shown to decrease the severity of NOWS symptoms.
- Methadone is safe in breast(chest)feeding regardless of maternal dose.
 - Buprenorphine is also considered relatively safe in breastfeeding.
 - Encourage birthparents to take the dose after a feed or pumping session.
 - Cannabis is a common polysubstance; however, there is no known safe amount of cannabis for breast(chest)feeding.
- Optimal positioning and support can help newborns establish breast(chest)feeding.
- Informed choice for bottle feeding.
 - Encourage paced feeding.
- Weights should be monitored daily at the same collaboratively determined time.

4. Holistic Discharge Planning

- Continuity of care is important in this population.
 - Established feeding plan/support.
 - Established primary care provider visit, including supports through the Baby Steps Program.
- Meeting universal discharge milestones:
 - Transitioning well to extrauterine life.
 - Stable weight (plateau in losing or gaining).
 - Adequate hydration.
- Meeting unique NOWS considerations:
 - Withdrawal symptoms stabilized (parents educated on signs to look for and continuation of non-pharmacological interventions).

Chapter Summary