

Eat Sleep Console (ESC) Model of Care in Manitoba

Date issued: March 25, 2025

TO: All Health Authority CNOs and CMOs
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RE: Eat Sleep Console (ESC) Model of Care in Manitoba

We are pleased to introduce the Eat Sleep Console (ESC) Model of Care in Obstetric and Neonatal Units across Manitoba to standardize evidence-informed care for newborns exposed to substances and their families to improve health outcomes and the patient/family experience. The provincial ESC Model of Care has been developed following province-wide consultation across multiple disciplines, including obstetrics, midwifery, nursing, pharmacy, and allied health and has been approved for use by the Women's Health Provincial Clinical Team (PCT) and the Child Health PCT. The provincial ESC Model of Care includes multiple resources for health care providers including guidelines, standard orders, an assessment tool (replaces the Finnegan Neonatal Abstinence Scoring Tool scoring tool), and patient resources.

ESC is designed to support newborns experiencing Neonatal Abstinence Syndrome (NAS) or Neonatal Opioid Withdrawal Syndrome (NOWS) and their parents or caregivers. This method aims to reduce the need for medication and to shorten hospital stays, promoting a more family-centred, trauma-informed approach to care. This approach focuses on three key behaviors to assess and manage the well-being of these infants:

1. **Eating:** Ensuring the newborn can breastfeed/chestfeed or take adequate volumes of formula.
2. **Sleeping:** Monitoring that the baby can sleep undisturbed for at least one hour.
3. **Consoling:** Checking that the infant can be consoled within 10 minutes when distressed.

The ESC model emphasizes non-pharmacologic interventions, such as swaddling, skin-to-skin contact, and a quiet environment, to help infants meet these criteria. If the baby struggles with any of these behaviors, additional support and interventions are provided. These interventions aim to create a supportive environment that helps newborns recover more comfortably and quickly.

A phased implementation is planned for the ESC Model of Care including:

- Phase 1: Health Sciences Centre, Women's Hospital Obstetric and Neonatal Units
- Phase 2: Provincial Obstetric and Neonatal sites at collaboratively determined intervals

Communication of further details and implementation materials will be shared with the sites as they prepare to implement.

We appreciate your support as we work to optimize the delivery of evidence-based practice to improve newborn care in Manitoba. If there are any questions regarding this Model of Care please contact Angela Matwick, Program Director, Provincial Women and Children Program amatwick@sharedhealthmb.ca