

## **ESC Written Quiz:**

**Case 1:** You are caring for a 2 day old full-term infant with prenatal methadone exposure. You are doing the 12:00am assessment on the ESC tool. The mother is rooming-in with the infant, with low environmental stimulation and frequent skin-to-skin contact. The infant is exclusively breastfeeding with a good latch, having fed 10 times in the last 24 hours. The infant's weight is down 2% from birth weight. The infant slept well during the day, however over the past 4 hour period, he slept for only 1 hour after a feeding, getting up frequently to cluster feed. The infant quickly falls asleep after each breastfeeding session. While awake, the infant consoles consistently with caregiver support within 3 minutes, calming down with swaddling and a pacifier or feeding.

Please answer the following questions about this scenario: (select one answer for each)

1. How would you rate the infant's eating over the past 4 hour interval on the ESC tool?
  - a. Poor feeding due to NAS = YES
  - b. Poor feeding due to NAS = NO
2. How would you rate the infant's sleep over the past 4 hour interval on the ESC tool?
  - a. Sleep less than 1 hour after feeding due to NAS = YES
  - b. Sleep less than 1 hour after feeding due to NAS = NO
3. How would you rate the consolability of this infant?
  - a. Soothes with little support = 1
  - b. Soothes with some support = 2
  - c. Soothes with great support = 3
4. Did the infant take >10 minutes to console?
  - a. YES
  - b. NO
5. Should a team huddle be considered in this case?
  - a. YES
  - b. NO

**Case 2:** You are caring for a 2 day old baby born at 41 weeks by vaginal delivery after a long induction. The mother has been stable on buprenorphine therapy for 2 years. This is her first baby and there are lots of family and friends visiting on the first day, now mom is on her own. In the past 4 hours, the mom was out of the room for 1.5 hours to go outside to smoke and walk around. The baby went to the nursery while mom was outside. During the time, you observe the baby waking often due to increase startle reflex when other babies in the nursery were crying. Mom and baby are now back in the room. Just now, it took approximately 15 minutes of skin-to-skin time and sucking on a finger to calm the baby down. The baby then breastfed well, is swaddled and placed in a bassinette and falls asleep. The baby woke up soon after due to increased startle reflex but then easily settles back down with a pacifier.

Please answer the following questions about this scenario: (select one answer for each)

1. How would you rate the infant's eating over the past 4 hour interval on the ESC tool?
  - a. Poor feeding due to NAS = YES
  - b. Poor feeding due to NAS = NO
2. How would you rate the infant's sleep over the past 4 hour interval on the ESC tool?
  - a. Sleep less than 1 hour after feeding due to NAS = YES
  - b. Sleep less than 1 hour after feeding due to NAS = NO

3. How would you rate the consolability of this infant?
  - a. Soothes with little support = 1
  - b. Soothes with some support = 2
  - c. Soothes with great support = 3
4. Did the infant take >10 minutes to console?
  - a. YES
  - b. NO
5. Should a team huddle be considered in this case?
  - a. YES
  - b. NO
6. What would your recommendations be for this baby?
  - a. Re-inforce non-pharmacologic care (skin-to-skin, parent staying at the bedside, holding, calm quiet environment)
  - b. Start methadone treatment

**Case 3:** You are caring for a 3 day old healthy baby born at full-term. The mother has been stable on methadone for 2 years. She is also on Zoloft for depression. The baby is jittery with high tone and poor feeding on the first day, but is now doing better on the second day of life. The mother is keeping the baby with her all the time in a calm quiet room, spending a lot of time holding skin-to-skin. Since the last assessment, the baby fed well and slept for 2 hours after a feeding. The baby was fussy when he woke up and had high muscle tone and tremors during his diaper change. He calmed down after 2 minutes of skin-to-skin with mom. The baby gets fussy when put down in the bassinet, but quickly consoles when picked up.

Please answer the following questions about this scenario: (select one for each)

1. How would you rate the infant's eating over the past 4 hour interval on the ESC tool? (se
  - a. Poor feeding due to NAS = YES
  - b. Poor feeding due to NAS = NO
2. How would you rate the infant's sleep over the past 4 hour interval on the ESC tool?
  - a. Sleep less than 1 hour after feeding due to NAS = YES
  - b. Sleep less than 1 hour after feeding due to NAS = NO
3. How would you rate the consolability of this infant?
  - a. Soothes with little support = 1
  - b. Soothes with some support = 2
  - c. Soothes with great support = 3
4. Did the infant take >10 minutes to console?
  - a. YES
  - b. NO
5. Should a team huddle be considered in this case?
  - a. YES
  - b. NO