

Answers to ESC Written Quiz

Case Scenario 1:

1. **B.** Poor feeding due to NAS = NO. *The infant is breastfeeding 8-12 times a day with effective latch*
2. **B.** Sleep < 1 hour after feeding due to NAS = NO. *The infant is cluster feeding not exhibiting NAS symptoms related to sleep such as fussiness, restlessness or tremors.*
3. **B.** Soothes with some support = 2. *The infant requires caregiver support of swaddling, use of a pacifier, and feeding, and soothes within 3 minutes.*
4. **B.** Did the infant take >10 minutes to console = NO. *The infant consoled within 3 minutes.*
5. **B.** NO team huddle is indicated. *A team huddle is recommended if an infant has a "yes" response to any ESC item or if received "3s" for "Soothing Support Used to Console Infant."*

Case Scenario 2:

1. **B.** Poor feeding due to NAS = No. *The infant is stated to have breastfed well.*
2. **A.** Sleep < 1 hour after feeding due to NAS = YES. *The infant is noted to be waking frequently due to increased startle reflex.*
3. **C.** Soothes with great support = 3. *The infant took >10 minutes to soothe which gives the baby a "3" rating automatically.*
4. **A.** The infant took > 10 minutes to console = YES. *It took approximately 15 minutes of STS time and sucking on a finger to calm down.*
5. **A.** A team huddle should be considered = YES. *A team huddle is recommended if an infant has a "YES" response to any ESC item, or if received "3s" for Soothing Support.*
6. **A.** Re-inforce non-pharmacologic care. *Medication treatment should be considered if non-pharmacological care is not helping the infant. The caregiver should be educated on importance of skin to skin time and the assessment of the infant's environment should be done since he is waking frequently in response to the noise in the nursery and may benefit from staying in mom's calm quiet room.*

Case Scenario 3:

1. **B.** Poor feeding due to NAS = NO. *The infant is feeding well.*
2. **B.** Sleep < 2 hour after feeding due to NAS = NO. *The infant slept for 2 hours after feeding.*
3. **B.** Soothes with some support = 2. *The infant required some support including skin to skin time.*
4. **B.** Did the infant take > 10 minutes to console = NO. *The infant calmed after 2 minutes of skin to skin time.*
5. **B.** Team huddle indicated = NO. *A team huddle is recommended if an infant has a "YES" response to any ESC item or if received "3s" for Soothing Support Used.*