

EAT, SLEEP, CONSOLE (ESC) Inter-rater Reliability Tool

ESC 3rd edition 1.30.20

- Review ESC behaviors, signs of withdrawal present, and Non-Pharm Care Interventions (NPIs) with parent(s)/caregiver every 2-4 hours (using Newborn Care Diary), *clustering care with infant's wakings and feedings*. With each assessment, **reinforce** NPIs that parents/caregivers are implementing well ("R"), and **educate** ("E") / **coach** parents in ways that other NPIs can be increased further ("I").
- If Yes for any ESC item *or* 3 for Consoling Support Needed: Perform a **Formal Parent/Caregiver Huddle** to *formally* review NPIs that can be optimized further to help with infant's current ESC difficulties and continue to monitor infant closely.
- If 2nd Yes in a row for any single ESC item (*or* 2nd "3" for Consoling Support Needed) despite **maximal non-pharm care** *OR other significant concerns* are present (*e.g., seizures, apnea*): Perform a **Full Care Team Huddle** with parent/caregiver, infant RN and physician or associate provider to 1) **consider all potential etiologies** for symptoms, 2) **re-assess if NPIs are maximized** to fullest extent possible in infant's clinical setting, and 3) **determine if Neonatal Opioid Withdrawal Syndrome (NOWS)/Neonatal Abstinence Syndrome (NAS) medication treatment is needed**. Continue to maximize all NPIs and monitor infant closely.

Perform assessment of ESC behaviors for time period since last ESC assessment – note date/time:	RN	Gold-Star Rater
EATING		
Takes > 10 min to coordinate feeding <i>or</i> breastfeeds < 10 min <i>or</i> feeds < 10 mL (<i>or</i> other age-appropriate duration/volume) due to NOWS/NAS? Yes / No		
SLEEPING		
Sleeps < 1 hr due to NOWS/NAS? Yes / No		
CONSOLING		
Takes > 10 min to console (<i>or</i> cannot stay consoled for <i>at least</i> 10 min) due to NOWS/NAS? Yes/No		
Consoling Support Needed 1: Able to console on own 2: Able to console within (and stay consoled for) 10 min with caregiver support 3: Takes > 10 min to console (<i>or</i> cannot stay consoled for <i>at least</i> 10 min) despite caregiver's best efforts		
CARE PLAN		
Formal Parent/Caregiver Huddle Performed to formally review NPIs to be increased further? Yes / No		
Full Care Team Huddle Performed to formally consider all possible etiologies for symptoms, re-assess if NPIs are maximized to fullest extent possible, and determine if NOWS/NAS medication treatment is needed? Yes / No		
INTER-RATER RELIABILITY PERCENTAGE	%	

Special note: Numbers above are **not intended as a "score" but instead may indicate identify a need for increased intervention.*

Determining Inter-rater Reliability Percentage: Calculate the percent agreement between the RN and the Gold Star rater on the 6 areas highlighted in yellow above. For example, if 6 out of 6 items are in agreement = 100% reliability, and if 5 out of 6 items are in agreement = 83% reliability.