



Program Charter: ESC COL

Eat, Sleep, Console Community of Learning

Minnesota Perinatal Quality Collaborative (MNPQC)
December 2024

Program Overview

The Minnesota Perinatal Quality Collaborative (MNPQC) is proud to introduce the **Eat, Sleep, Console (ESC) Community of Learning (COL)**. This statewide program addresses the ongoing public health challenge of Neonatal Opioid Withdrawal Syndrome (NOWS), a condition affecting newborns exposed to opioids in utero. The ESC method, a compassionate and evidence-based approach to managing NOWS, emphasizes non-pharmacological care strategies focused on a newborn's ability to eat, sleep, and be consoled as primary indicators of well-being. By fostering a nurturing environment, the ESC method improves outcomes for newborns and their families while reducing hospital stays and medication use.

The ESC COL is designed to support hospital teams at all stages of ESC implementation, from those considering the approach to those with established programs. Through collaborative learning, multidisciplinary participation, and respectful care practices, the ESC COL seeks to transform care delivery for opioid-exposed newborns.

Program Goals

By March 2025, the Community of Learning aims to:

- **Increase parental/caregiver involvement** in the care of newborns, supporting the parent-child dyad.
- **Reduce the need for pharmacological therapy** for managing NOWS symptoms.
- **Ensure appropriate hospital length of stay (LOS)** for newborns with NOWS.

- **Decrease hospital readmissions** due to NOWS-related complications.
- **Advance respectful, family-centered care practices** that emphasize dignity, compassion, and equity.

Scope of Work

The ESC COL offers resources, education, and support to hospitals as they:

- Implement or optimize the ESC method at their site(s)
- Develop multidisciplinary teams to address NOWS
- Measure progress through data collection and quality improvement (QI) tools
- Engage caregivers as active participants in their newborn's care

Key Deliverables

- **Monthly Learning Sessions:** Interactive virtual meetings featuring didactic presentations, QI education, and peer learning opportunities.
- **Quality Improvement Tools:** Resources to guide data collection, Plan-Do-Study-Act (PDSA) cycles, and ongoing evaluations using Simple QI.
- **Data Analysis and Reporting:** Support for tracking progress and identifying areas for improvement.
- **Networking Opportunities:** Forums to share lessons learned, best practices, and innovative approaches.
- **Recognition:** Certificates of completion for participating teams demonstrating sustained engagement and improvement.

Participation Expectations

Participating teams will:

- **Commit to multidisciplinary participation:** Teams must include at least three members from roles such as neonatal/pediatric providers, nurses, social workers, etc.
- **Engage in monthly team meetings:** Review progress, address barriers, and plan next steps.
- **Attend COL activities:** Actively participate in all virtual sessions and provide input on collaborative discussions.
- **Report data consistently:** Submit monthly project data and updates via Simple QI.
- **Share results and insights:** Contribute to aggregate reporting, ensuring lessons learned are disseminated across the COL.

Program Benefits

- **Enhanced Clinical Outcomes:** Improved care for newborns and families affected by NOWS.
- **Evidence-Based Education:** Access to the latest research and best practices.

- **Collaborative Environment:** Networking with peers to share strategies and solve challenges.
- **Quality Improvement Skills:** Tools and frameworks to implement and sustain change.
- **Regulatory Compliance:** Fulfillment of CMS requirements for PQC participation.

ESC COL Assumptions

- Practices will be tailored to meet the unique needs of each hospital.
- Evidence-based care guides all interventions, ensuring outcomes align with the latest research.
- Respectful care practices are foundational, emphasizing equity, dignity, and compassion.
- Success relies on collaboration, trust, and open communication.

Family of Measures

Balancing Measure:

- % of readmissions within 30 days of postpartum hospital discharge due to NOWS and related complications

Outcome Measures:

- % of time in a 24-hour period the birth parents/caregivers of newborn with NOWS (or enrolled in ESC) were present
- Length of stay in days for newborns exposed to opioids

Process Measures:

- % of newborns exposed to opioids discharged to either birth parent
- % of newborns exposed to opioids rooming in with parents

Optional Measures:

- % of newborns with NOWS referred for early intervention
- Feeding method for newborns with NOWS
- Rate of newborns with NOWS/risk of withdrawal receiving non-pharmacologic first-line intervention
- Transfer rate of newborns with NOWS/risk of withdrawal
- % of birthing people receiving prenatal and/or delivery admission screening using a validated tool

Measures of Success:

- Percentage of newborns with redacted pharmacological therapy
- Increased rates of parental/caregiver involvement in newborn care
- Appropriate hospital length of stay (LOS) for NOWS
- Reduced readmissions due to NOWS complications

- Positive feedback from participating teams and caregivers

Timeline

- **July 2024:** Recruitment and team onboarding
- **August 2024:** Launch of the ESC COL with orientation sessions.
- **August 2024 - March 2025:** Monthly virtual learning sessions, data reporting, and progress tracking.
- **March 2025:** Celebration of achievements and transition to maintenance phase.
- **April 2025:** Begin maintenance phase, quarterly virtual calls through end of 2025

Faculty and Support

The ESC COL is supported by a multidisciplinary team of experts representing diverse roles across the state, including NICU quality directors, NAS nurse specialists, pediatric medicine specialists, advanced practice nurse leaders, nurse managers, addiction medicine specialists, neonatologists, and quality improvement leaders. This statewide representation ensures comprehensive support and expertise for participants throughout the collaborative. This expert faculty team provides guidance, mentorship, and evidence-based insights, ensuring participants have access to the resources necessary to drive meaningful change.

Faculty:

- Ann Simones, MD (Essentia Health)
- Becky Gams, MS, APRN, C-EFM, WHNP-BC (MHealth Fairview)
- Carley Udland, MD (Aspirus St. Luke's)
- Mallory Cummings, MHA, RN, PHN (Aspirus St. Luke's)
- Kayli Tulkki, MSN, RN (Minnesota Department of Health)
- Breanna Neubauer, ACCNS-P (MHealth Fairview)
- Jordan Marmet, MD (MHealth Fairview)
- Samantha Sommerness, PhD(c), DNP, APRN, CNM

Program Lead: Ella Krispin- MNPQC Quality Improvement Program Manager

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