

ANHI
ABBOTT NUTRITION
HEALTH INSTITUTE

FREE

1.5

RN CE
RD CPEU*

Optimizing Eat, Sleep, Console: Advancing Family-Centered Care for Infants with Neonatal Opioid Withdrawal Syndrome

LEARNING OBJECTIVES:

- Explain the principles of the Eat, Sleep, Console (ESC) model and its role in the family-centered assessment and management of infants with neonatal abstinence syndrome (NAS) and neonatal opioid withdrawal syndrome (NOWS).
- Apply evidence-based, nonpharmacologic strategies, including rooming-in, caregiver involvement, feeding support, skin-to-skin care, and environmental modifications, to support infants experiencing opioid withdrawal.
- Evaluate the impact of ESC and parent-driven care on pharmacologic treatment, length of stay, healthcare costs, and clinical outcomes for infants with NOWS.

MEETING INFORMATION:

Date: Wednesday, December 2, 2026
Time: 1:00 - 2:30 PM EDT
Location: Webinar

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FACULTY:

MODERATOR:



MARY KAMINSKI

DNP, APRN, NNP-BC
Manager, Pediatric Education
Abbott Nutrition Health Institute Neonatal Nurse Practitioner (ret.)
Columbus, OH, USA

EXPERT SPEAKERS:



LISA GRISHAM

PhD, DNP, NNP-BC
Assistant Professor, Arizona State University College of Nursing & Health Innovation
Advanced Practice Provider Lead, Neonatal Nurse Practitioner, Director of NAS Care Program
Banner University Medical Center
Tucson, AZ, USA



DENISSE GONZALEZ STERNBERG

RN, BSN
Associate Director of Nursing, Neonatal Intensive Care Unit
Banner University Medical Center
Tucson, AZ, USA

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*The CPE Activity application for Optimizing Eat, Sleep, Console: Advancing Family-Centered Care for Infants with Neonatal Opioid Withdrawal Syndrome is pending CDR review and approval for 1.5 CPEUs.

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