

# NON-NUTRITIVE SUCKING (NNS)

## DEFINITION

- Includes:
  - sucking of fingers
  - use of dummies with/without sucrose / **mums expressed breast milk (MEBM)**

## INDICATIONS

- Actively promoted for:
  - comfort
  - pain relief
  - maximising nasal CPAP delivery. Can be used for short period to assist in acquisition of an effective seal
  - developing the sucking reflex and assisting transition from tube to full breast or bottle feeding
  - normal peristalsis helping to alleviate gastro-oesophageal reflux
- Encourage preterm babies not mature enough to suck at feed times to suck on a non-nutritive device during a tube feed
- Form of non-pharmacological pain relief during painful procedures
- Decreases:
  - stress
  - risk of SIDS (with appropriate sleeping positions)

## CAUTIONS

- As baby begins to take more enteral feeds (at around 33 weeks), NNS no longer appropriate as may mask feeding cues

## CONSENT

- Before commencing, ensure parents receive written information on suitable use of NNS on NNU
- A signed informed consent form must be held in baby's medical record