

Modeling Safe Sleep Behavior: Everyone Makes a Difference



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Objectives

Participant will be able to:

- Define their role in Modeling Safe Sleep Behavior
- Verbalize what a safe sleep environment should look like
- Position the baby correctly for sleep
- Verbalize interventions that are required if a baby is discovered in an unsafe sleep position or environment



What does *Model Behavior* mean?

The MOST important modeling job of your career!



All Hospital staff should model safe sleep behavior.

Parents who receive safe sleep counseling from their healthcare providers are more likely to change behavior than those who only receive a handout.

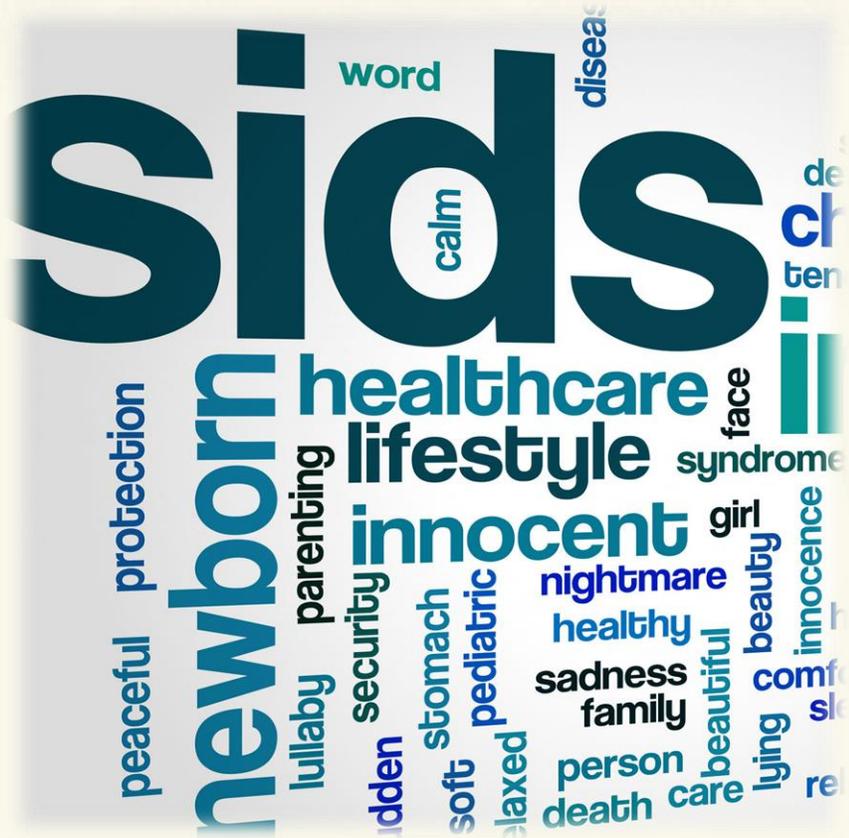
Parents tend to copy practices that they observe in hospital settings. They need to **hear and see** the sleep safe message from you.

Safe Sleep Role Models

- Anyone that comes into the patients room has responsibility.
 - Support Associates/Medical Assistants
 - Nutrition
 - Housekeeping
 - Photographers
 - Birth Certificate Staff
 - Volunteers
 - Student/Residents
 - Audiology
 - Lactation Consultants
 - OT, PT Therapists
 - Radiology Staff
 - Security
 - Nurses
 - Physicians



Why does **Model Behavior** education matter?



- Every year, babies die due to Sudden Unexpected Infant Death
 - SIDS
 - Accidental death
 - Unsafe sleep environments
 - Other Pathological factors

What is SUID?

Sudden Unexpected Infant Death

- Includes accidental sleep related deaths
- ASSB: Accidental Suffocation and Strangulation in Bed

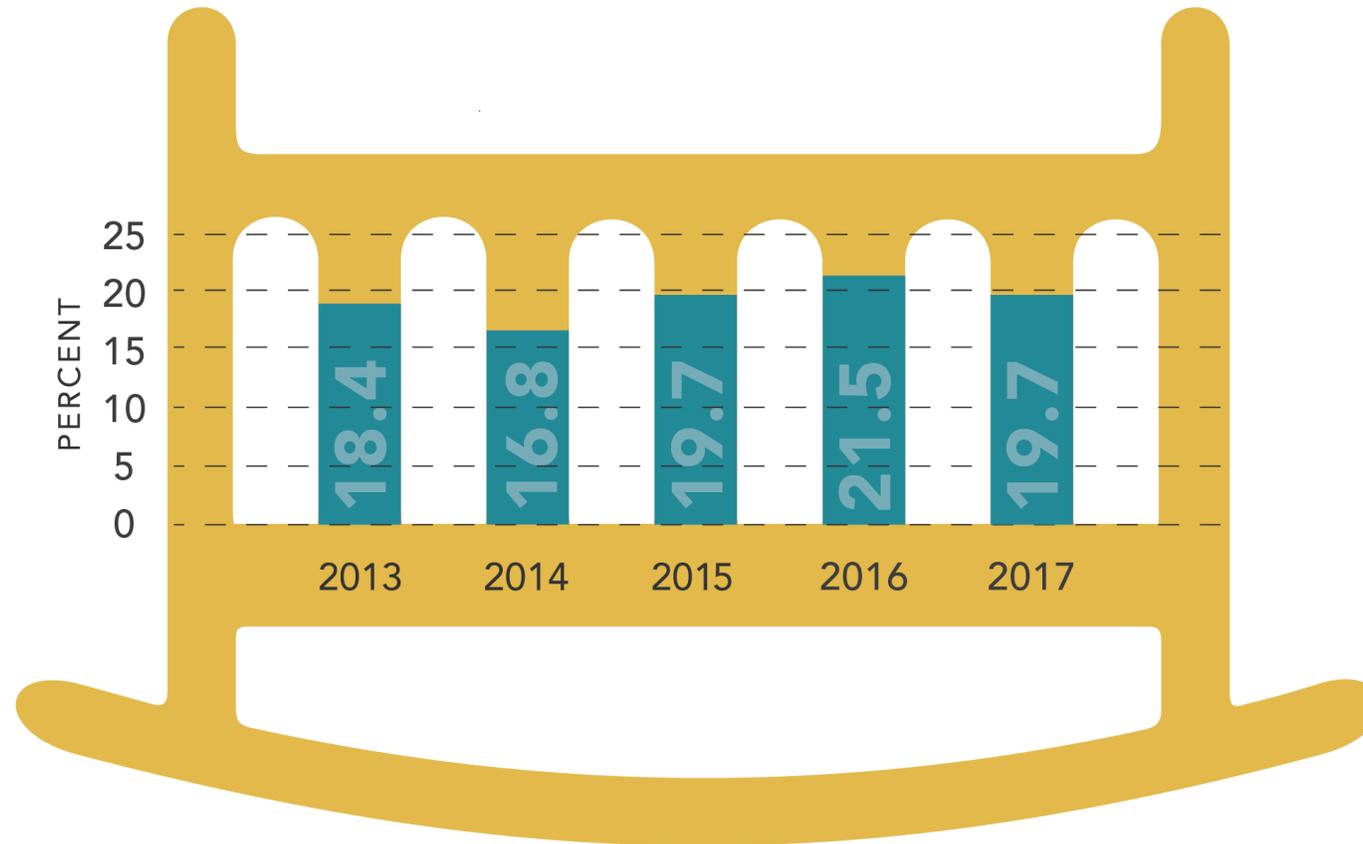
Focus on reduce risk versus prevention

- For the Community:
 - Must educate about the difference between SIDS and a sleep related death



North East Florida 5 Counties

PERCENTAGE OF DEATHS ATTRIBUTED TO SUICIDES



What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant younger than 1 year of age ***that remains unexplained*** after a thorough case investigation, including:

- ❖ A complete autopsy
- ❖ Examination of the death scene
- ❖ Review of the infant's and family's medical history

FL Statutes

(s.383.311, 383.318, 383.3362, 395.1053)

- **2013:** Florida Statutes mandate all delivering hospitals and birthing centers to incorporate information on safe sleep practices and SUID (Sudden Unexpected Infant Death) in their postpartum instruction on the care of newborns.



Risk Reduction and Safe Sleep Recommendations



Hospitals should ensure that the policies are consistent with updated safe sleep recommendations

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.

Safe Sleep Environment

Baby is sleeping on its back on a firm sleep surface; there is nothing else in the sleep area.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

Always place your baby on his or her back to sleep, for naps and at night.

Dangers to Baby....

- Stomach and side sleeping
- Soft sleep surfaces, pillows, toys, loose bedding, positioners, rolled up blankets, bumper pads
- Overheating during sleep
- Exposure to tobacco smoke
- Bed sharing with an adult or with other children

Alone **B**ack **C**rib

For nap time too!



NEVER USE in the Crib:

Rolled up blankets

Loose blankets

Pillows

Stuffed animals

Toys

Never Place twins in the same crib

What can YOU do?

- If you observe baby in an unsafe sleep position in the mother's room, Notify the patient's nurse or charge nurse immediately
- After providing care to the baby, ensure that you place the baby in a safe position and in a safe environment
- Notify charge nurse if there were hazards in the crib such as:
 - Diaper or wipe packages
 - Pacifiers
 - Toys
 - Blankets
 - ANYTHING other than the BABY





Prescription for Safe Sleep

Patient Name:

Patient Address: #ShareRoomNotBed

Name: Baby Boy Bunting Age 1 month

Address: 3016 Poplar St. Dundalk, MD. Date 9/10/11

Rx *Place baby to sleep on his back at every sleep in a crib that meets safety standards. Only baby in crib and nothing else.*

Refill 1 2 3 4 5 N/R

LABEL PRN

Because too many babies die before their first birthday. Every baby deserves to have a healthy start in life and **communities** can make a difference!

The work you do matters

Free Continuing Education for Nurses and health care professionals 1.5 contact hours
<https://www1.nichd.nih.gov/sids/nursecepartners/Pages/index.aspx>



Free Safe Sleep Ambassador Certification
<https://cribsforkids.org/safe-sleep-ambassador/>

Thank You



Resources

- The American Academy of Pediatrics www.aap.org/healthtopics/Sleep.cfm
- The Florida Department of Health www.doh.state.fl.us/family/mch/training/sids/sids.html
- National Institute of Child Health and Human Development, Back to Sleep Campaign 1-800-505-CRIB www.nichd.nih.gov/SIDS
- First Candle/SIDS Alliance 1-800-221-SIDS Www.firstcandle.org
- National SIDS and Infant Death Resource Center www.sidscenter.org
- Healthy Start Coalition of Miami-Dade, Inc. www.hscmd.org

Take the 10 question Safe Sleep Quiz

This pre-test/test is designed to measure your knowledge about Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, ways to reduce the risk, and how to communicate risk-reduction recommendations to parents and caregivers. Some questions may have more than one correct answer. The questions cover the major content areas of this PowerPoint activity.

* 1. Which of the following statements about SIDS is true?

- A. SIDS is the leading cause of death of infants between 1 month and 1 year of age.
- B. SIDS is completely preventable.
- C. Most infants seem sick before they die from SIDS.
- D. SIDS is caused by immunizations.

* 2. Which is NOT a recommendation for reducing the risk of SIDS and other sleep-related causes of infant death?

- A. Do not smoke around infants.
- B. Place infants on their backs to sleep.
- C. Keep sleep area free of soft bedding, crib bumpers, and stuffed toys.
- D. Keep infants warm by wrapping tightly with blankets.

* 3. Among parents and caregivers, common reasons for not following the back sleeping recommendations include:

- A. Fear of aspiration or choking
- B. Relatives recommending the prone position
- C. Concern about a flattened skull (positional plagiocephaly)
- D. All of the above

* 4. Current SIDS research suggests that a convergence of factors may lead to SIDS deaths. The theory is called:

- A. Vulnerable infant model
- B. Critical development theory
- C. Triple-risk model
- D. Double-risk theory

* 5. Which of the following constitutes a safe sleep environment for an infant?

- A. Soft sleeping surfaces
- B. A firm mattress in a secondhand crib (from 1975) with stuffed toys surrounding the perimeter
- C. A firm mattress in a safety-approved portable sleep area, with loose bedding, such as quilts and comforters
- D. A firm and flat mattress in a safety-approved crib, free of loose bedding, crib bumpers, and stuffed toys