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!

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.

All Hospital staff should model safe sleep behavior.
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 SUIDS

- 2013: 18.4%
- 2014: 16.8%
- 2015: 19.7%
- 2016: 21.5%
- 2017: 19.7%

PERCENT
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
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 is sleeping on its back on a firm sleep surface; there is nothing else in the sleep area.
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
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
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](http://www.aap.org/healthtopics/Sleep.cfm)
- The Florida Department of Health  [www.doh.state.fl.us/family/mch/training/sids/sids.html](http://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](http://www.nichd.nih.gov/SIDS)
- First Candle/SIDS Alliance  1-800-221-SIDS  [Www.firstcandle.org](http://Www.firstcandle.org)
- National SIDS and Infant Death Resource Center  [www.sidscenter.org](http://www.sidscenter.org)
- Healthy Start Coalition of Miami-Dade, Inc.  [www.hscmd.org](http://www.hscmd.org)
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