Caregiver Use of the Newborn Safe Sleep Environment
Submitted by Uchicago Medicine, Administrative Perinatal Center

Problem
Sudden unexpected infant death (SUID) is a term used to describe the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. These deaths often happen during sleep or in the baby’s sleep area. Today sleep related deaths remain a problem with 3,500 occurring every year in the United States (CDC, 2018). One tool used to reduce the incidence of SUID is the safe sleep environment (SSE). The SSE campaign began in the 1990’s with the recommendation to place babies on their back leading to a dramatic reduction in sleep related infant deaths (SIDS, INC. 2021). The components of the safe sleep environment has been expanded and remains an important tool as mothers do report not adhering to SSE and nurses observation of unsafe sleep practices in the hospital indicating a need & opportunity to reinforce & expand SSE efforts.

Intervention Design
• Network hospitals were invited to participate in a work group tasked with establishing a quality project designed to promote SSE education. Initial work included identifying goals and providing education for the group members on SUID. Three of our network hospitals had already achieved certification from Cribs for Kids, an online safe sleep educational platform (Cribs for Kids, 2021). Our certified hospitals offered their expertise in education and quality audit tools for review and use. Long term goals for the network included certification for individual network hospitals and a commitment to provide yearly education on SSE. At this time, hospitals are completing certification applications to be submitted in the Fall of 2021. Components of the application include documentation of staff education, a quality audit plan, and a written policy outlining the SSE initiative and an organizational commitment to support this project.

Audits Tool

Act
• Study audit results
• Identify next steps
• Obtain hospital certification

Plan
• Study parent compliance with SSE during mother baby stay.

Study
• Educate Staff
• Update Policies

Do

Next Steps
• Evaluate audit results: Are parents practicing SSE?
• If not, are parents coached by the staff?
• Can the project be expanded to include in room education posters, frequent reminders upon admission as well as discharge?
• Is SSE educated and reinforced by prenatal providers? At postpartum visits, and by pediatric providers?
• Does each hospital have a resource for cribs if needed that is easy to navigate prior to discharge to home?
• Can we reach out to community partners for education or resources?

Acknowledgements
• The APC would like to acknowledge Pat Bradley and Asta Savickas from Edward Hospitals for suggesting this project.

Table:
<table>
<thead>
<tr>
<th>Patient</th>
<th>Mode of bed used</th>
<th>Baby’s age</th>
<th>Mother’s presence</th>
<th>Baby’s position</th>
<th>Staff presence</th>
<th>Parent’s Breathing</th>
<th>Care giver who did?</th>
<th>Positioning Device?</th>
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<tbody>
<tr>
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<td>0-6 months</td>
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<td>7-12 months</td>
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References:
- Cribs for Kids. (2021, August). Hospital Certification. Retrieved from Hospital Certification – Cribs for Kids