

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.

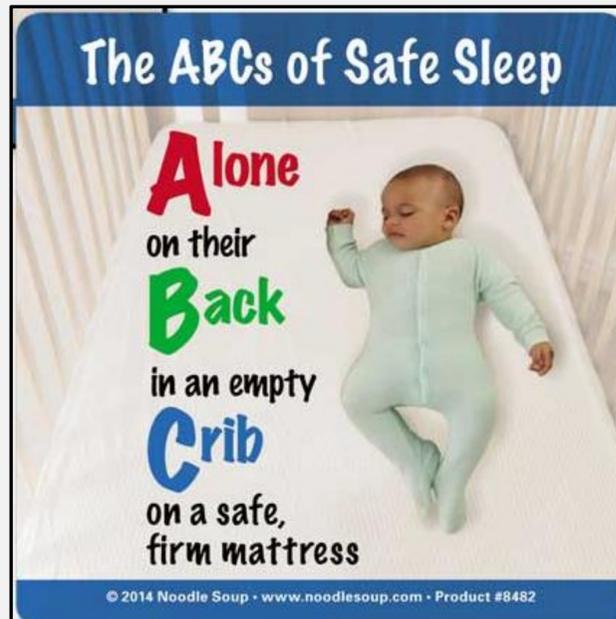


Image: Noodlesoup.com

Goals

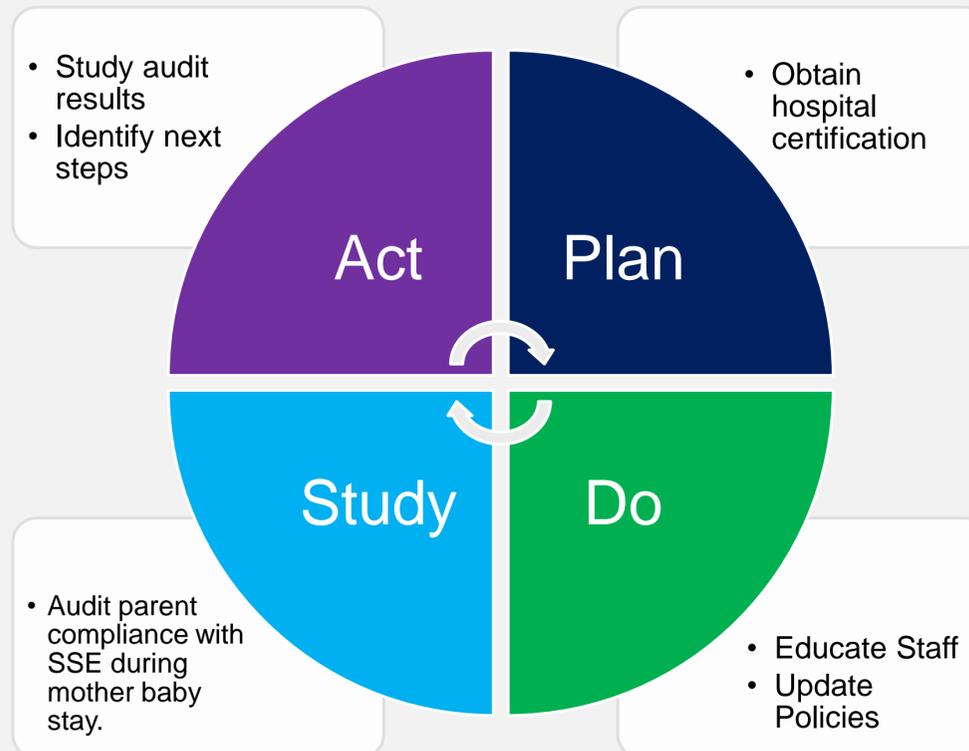
- Define SUID and other sleep related causes
- Identify resources available for providers and patients
- Identify opportunity for hospital certification

Acknowledgements

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

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.



AUDIT TOOL

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Safe Sleep Audit Tool

Auditor: _____

Date: _____

Time of Audit: _____

Patient #	Head of bed Flat? Y or Degree of elevation	Patient Asleep Supine? Y or N	Multiple Blankets to Crib? Y or N	Stuffed Animals in Crib? Y or N	Large or Fluffy Blankets Around Pt.? Y or N	Patient in Nest Y or N	Patient Swaddled? Y or N	Care giver asleep with baby? Y or N	Positioning Device used? Y or N
1									
2									
3									
4									
5									

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?

Next Steps

Centers for Disease Control and Prevention. (2018, January 9). *Safe Sleep For Babies*. Retrieved from <http://www.cdc.gov/nchs/data/databriefs/db189.htm>

Cribs for Kids. (2021, August). Hospital Certification. Retrieved from [Hospital Certification – Cribs for Kids](https://www.cribsforkids.com/hospital-certification)

SIDS of Illinois, Inc. (2021). Retrieved from <https://www.sidsillinois.org>