Infant Safe Sleep
Providing Accurate & Consistent Information: A Two Minute Message
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Objectives
- Define SIDS/SUID terms and current rates and statistics.
- Discuss current barriers and controversies to implementing safe sleep strategies and practices.
- Review the American Academy of Pediatrics' (AAP) 2011 safe sleep recommendations and understand the rationales and evidence behind them.
- Discuss in patient risks to safe sleep, including, obesity, falls and sudden unexpected postnatal collapse.
- Improve knowledge of differences in co-sleeping and bed sharing.
- Provide practical ideas & strategies to improve infant safe practices: busting myths, creating hospital policy, and identifying resources for nurses and parents.

Sudden Unexpected Infant Death (SUID)
The sudden death of an infant less than 1 year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious PRIOR TO INVESTIGATION

Sudden Infant Death Syndrome (SIDS)
The sudden death of an infant less than 1 year of age that cannot be explained AFTER A THOROUGH INVESTIGATION is conducted

What We Know...
- After the launch of the Back-to-Sleep campaign in 1994, the rate of SIDS declined by more than 50 percent, and then plateaued (AAP, 2012)
- SIDS is still the leading cause of death for infants one month to twelve months of age, claiming more than 2,000 lives each year (First Candle, 2012)
- In Washington State, SIDS/SUID decreased from 1.8 per 1,000 (1988-89) to 0.8 per 1,000 (2005-07) (WA Department of Health, 2010)
- Despite awareness campaigns promoting back to sleep, there continues to be more than 4,000 SUID every year in the U.S. (CDC, 2015)

Risk Factors
- Intrinsic
  - Brainstem abnormalities
  - Arousal mechanism defect
  - Prematurity, low birth weight
  - Infection
  - Male
  - Am Indian/Alaska Native/Non-Hispanic Black
- Extrinsic
  - Low socio-economic group
  - Smoke exposure during pregnancy
  - Smoking environment
  - Sleeping with an adult or other children
  - Prone sleeping
  - Loose, fluffy bedding, blankets, stuffed animals, bumper pads
  - Too warm

Critical Development Period
Intrinsic Factors
Extrinsic Factors
Current National Safe Sleep Recommendations

- Back to sleep for every sleep
- Use a firm sleep surface
- Room-sharing without bed-sharing is recommended
- Keep soft objects and loose bedding out of the crib
- Pregnant women should receive regular prenatal care
- Avoid smoke exposure during pregnancy and after birth
- Avoid alcohol and illicit drug use during pregnancy and after birth
- Breastfeeding is recommended
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating

What’s so difficult about that?

- Tradition
- Culture
- Sleep “Experts” give advice not based on evidence
- Media

Mixed Messages

Co-Sleeping verses Bed Sharing

Sharing a room is safer than sharing a bed!

Other Barriers

- Knowledge deficit
- Infant preferences
- Fear of aspiration in the supine position
In Patient Risks
- Inconsistent messages from healthcare providers
- NICU: monkey see, monkey do
- Bed-sharing and falls
- Maternal obesity
- Skin-to-Skin
  - Sudden Unexpected Postnatal Collapse

And in the Operating Room!
- Mom can see baby’s face
- Never leave unattended

Safe Skin-to-Skin
- Infant’s head on chest, not abdomen or breast
- Unobstructed view of mouth and nose
- Mother is able to view baby’s face
- Blanket is not covering baby’s head or face

What more can we do?
- Encourage Breastfeeding
- Protective use of pacifiers once breastfeeding is well established
- Receive regular prenatal care
- Smoking cessation
- Thermostat in room
- Infant immunizations & well-baby checks
- Encourage tummy time
- Educate family members and visitors

Nurses are in a key position to help save infants’ lives
- By educating, modeling and endorsing Safe Sleep Practices
  - Hospital and clinic staff must consistently model and teach safe sleep recommendations to parents and other caregivers.
  - Create a policy for Safe Infant Sleep Practices.
  - Provide material and resources for staff and patients.
  - Provide scripts for the two minute message.

Sensitive
- Always stress the importance of safe sleep practices

Fatigue and Falls
- Educate and Encourage
References


