

Low Birthweight Infant Mortality Committee Safe Sleep Toolkit

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Background

Safe Sleep Survey Results

- What are the biggest challenges experienced in your unit in promoting safe sleep in the NICU environment?
 - Fussy/irritable babies-hard for nurses to refrain from placing prone
 - Family cultural/traditional tendencies
 - Language barrier
 - NICU culture/traditions
 - Nurse compliance
 - Limited education for families
 - Providers wanting HOB elevated due to reflux

AAP Policy Statement

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

TASK FORCE ON SUDDEN INFANT DEATH SYNDROME

Staff in NICUs should model and implement all SIDS risk-reduction recommendations as soon as the infant is medically stable and well before anticipated discharge.

Staff in newborn nurseries should model and implement these recommendations beginning at birth and well before anticipated discharge.

All physicians, nurses, and other health care providers should receive education on safe infant sleep. Health

Parent Education-Handout

What does a safe sleep environment look like?

Lower the risk of sudden infant death syndrome (SIDS).

Don't forget Tummy Time when the baby is awake and is being watched.

Use a firm mattress in a safety-approved* crib covered by a fitted sheet.

Make sure nothing covers the baby's head.

Place your baby on his or her back to sleep for naps and at night.

Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

Do not use pillows, blankets, sheepskins, or pillow-like bumpers in your baby's sleep area.

Do not let anyone smoke near your baby.

Keep soft objects, stuffed toys, and loose bedding out of your baby's sleep area.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Maternal and Child Health Bureau
Prevent Sudden Infant Death Syndrome (SIDS) with Safe Sleep Guidelines

For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-438-0272 or visit their Web site at <http://www.cpsc.gov>

Safe Sleep for Your Baby

The Safe Sleep Top 10

- 1 Always place your baby on his or her back to sleep, for naps and at night. The back sleep position is the safest, and every sleep time counts.
- 2 Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- 3 Keep soft objects, toys, and loose bedding out of your baby's sleep area. Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby's sleep area, and keep all objects away from your baby's face.
- 4 Do not allow smoking around your baby. Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.
- 5 Keep your baby's sleep area close to, but separate from, where you and others sleep. Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside cot/crib (infant bed that attaches to an adult bed) when finished.
- 6 Think about using a clean, dry pacifier when placing the infant down to sleep, but don't force the baby to take it. (If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.)
- 7 Do not let your baby overheat during sleep. Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
- 8 Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety.
- 9 Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other conditions talk to your health care provider.
- 10 Reduce the chance that flat spots will develop on your baby's head: provide "Tummy Time" when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, car strollers, and bouncers.

Remember Tummy Time!
Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Maternal and Child Health Bureau
Prevent Sudden Infant Death Syndrome (SIDS) with Safe Sleep Guidelines

For more information about SIDS and the Back to Sleep Campaign, call 24-hour toll-free 1-800-438-0272 or visit their Web site at <http://www.backtosleep.gov>

NIH
NCHD
National Center on Human Genome Research
NIH
NIH
NIH

Parent Education-Handout

The Rock-n-Play has been recalled. Please stop using this product. For more information visit www.aap.org

RECALLED
PRODUCTS



Below are additional previously recalled products. This is not a complete list. visit www.aap.org product recalls.

Below is an example of a safe sleep environment.



The American Academy of Pediatrics (AAP) recommends creating a safe sleep environment.

1. Babies placed on their back on a firm sleep surface such as a crib or bassinet,
2. No soft bedding including crib bumpers, blankets, pillow and soft toys.
3. Babies should not sleep in bed with parents
4. Babies should share a bedroom with parents, but not the same sleeping surface, at least the first 6 months preferably until the baby turns 1 year old

The AAP does not recommend using inclined sleep products, car seats, strollers or other devices or seats for sleep because of the risk that a baby could roll or turn into an unsafe position and be incapable of moving, leading to suffocation or strangulation.

Below are examples of products that do not meet safe sleep requirements by the American Academy of Pediatrics.



Any sleep surface that restrains a baby



No soft bedding including bumpers, pillows, and soft toys

Parent Education-Slides

Back to Sleep and Prone to Play

A Winning Combination



By The NICU Developmental Committee

Model a Safe Sleep Environment

Not Recommended



Recommended



Tummy Time Options



Parent Education Video

“Family Testimonials of Safe Sleep” <https://www.youtube.com/watch?v=qJwP4GFv-Ck>




Staff Education



Modeling Safe Sleep in the NICU

Ashley Caraway, APRN, NNP-BC

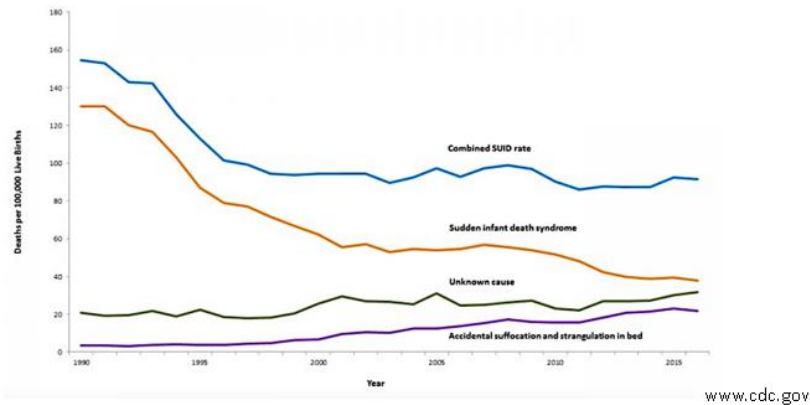
Outline

- Definitions of SUID, SIDS, ASSB
 - Data and Statistics
 - AAP Task Force on SIDS – Updated 2016 recommendations
 - Examples of Safe Sleep implementation in other NICUs
 - Implementation of Safe Sleep in our NICU
- 

Staff Education

Data and Statistics

Trends in Sudden Unexpected Infant Death by Cause, 1990-2016



State-wide QI collaborative in MA NICUs

- Crib cards to designate sleep position and environment

"Safe to Sleep" Practices

The American Academy of Pediatrics Safe Sleep Practices include:

- Back to Sleep
- Use a firm flat mattress in a crib or bassinet
- No sleeping in carseats, swings, or other positioning devices
- No loose bedding, blankets or soft objects in crib
- No bumpers, pillows, or stuffed toys in the crib
- Do not over heat infants
- No co-sleeping in bed, sofa, or other areas

For more information from the American Academy of Pediatrics on how parents can create a safe sleep environment for their infants, please read the provided pamphlet and attend the NICU/SCN Discharge Class.

Hwang et al, J Perinatol 2018

Examples of Crib Cards

NICU Therapeutic Positioning

I am NOT ready for Safe Sleep positioning because I have:

- Nasal CPAP
- Mechanical Ventilation
- Central Lines
- A need for developmental positioning support at this time

Safe Sleep Positioning

I am ready for safe sleep positioning!

- Back to Sleep is recommended by the American Academy of Pediatrics
- NO hats, extra blankets, toys, soft objects in the crib
- Sleep sacks are recommended. Swaddling is safe with one blanket below my shoulder line wrapped snugly at the chest but with ample room at hips and knees. Discontinue swaddling when I can roll.
- Pacifiers are OK
- Prevent head flattening by encouraging supervised tummy time during the day when I am awake



Staff Education

Nursing Staff Survey Questions and Responses

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I believe our current sleep environment practices are good for our patient population	2	7	4	3	
Modeling Safe Sleep Practices (SSP) in the NICU is important	9	6	1		
SSP are beneficial to our NICU babies that are approaching discharge	13	2			
SSP can help reduce the risk of SIDS or SUID in infants after discharge by providing caregivers good examples of a safe sleep environment.	13	3			
Modeling SSP in the NICU is just as important as providing effective discharge education	9	4			



















N=16

Safe Sleep Audit Tool

Safe Sleep Audit Tool						
Room	Cleared for Safe Sleep ?	Order Present?	Infant Supine?	Bedspace free of loose blankets, positioners, toys?	HOB Flat?	Comments
401	Y N	Y N	Y N	Y N	Y N	
402	Y N	Y N	Y N	Y N	Y N	
403	Y N	Y N	Y N	Y N	Y N	
404	Y N	Y N	Y N	Y N	Y N	
405	Y N	Y N	Y N	Y N	Y N	
406	Y N	Y N	Y N	Y N	Y N	
407	Y N	Y N	Y N	Y N	Y N	
408	Y N	Y N	Y N	Y N	Y N	
409	Y N	Y N	Y N	Y N	Y N	
410	Y N	Y N	Y N	Y N	Y N	
411	Y N	Y N	Y N	Y N	Y N	
412	Y N	Y N	Y N	Y N	Y N	
413	Y N	Y N	Y N	Y N	Y N	
414	Y N	Y N	Y N	Y N	Y N	
Twin Room ____-2	Y N	Y N	Y N	Y N	Y N	
Twin Room ____-2	Y N	Y N	Y N	Y N	Y N	
Twin Room ____-2	Y N	Y N	Y N	Y N	Y N	

IPAT Tool to Evaluate Readiness for Safe Sleep Positioning in Preterm Infants

Example IPAT tool:

Patient's Name:		Corrected Gestational Age:		
Clinician's Name:		Date/Time of Assessment:		
Indicator	0	1	2	Score
Shoulders	 Shoulders retracted	 Shoulders flat/in neutral	 Shoulders softly rounded	
Hands	 Hands away from the body	 Hands touching torso	 Hands touching face	
Hips	 Hips abducted, externally rotated	 Hips extended	 Hips aligned & softly flexed	
Knees, ankles, feet	 Knees extended, ankles & feet externally rotated	 Knees, ankles, feet extended	 Knees, ankles, feet are aligned & softly flexed	
Head	 Rotated laterally (L or R) greater than 45° from midline	 Rotated laterally (L or R) 45° from midline	 Positioned midline to less than 45° from midline (L or R)	
Neck	 Neck hyperextended, flexed	 Neck neutral	 Neck neutral, head slightly flexed forward 10°	
Ideal Cumulative Score = 10-12				Total Score

Score of 10 or higher on IPAT Tool indicates readiness for Safe Sleep.

Safe Sleep initiated within 2 weeks of anticipated discharge regardless of IPAT score.

Examples of Marketing Tools



MONTGOMERY COUNTY
safe sleep COALITION

Child Fatalities
IN MONTGOMERY
COUNTY

DID YOU KNOW?

35 Babies have died SINCE 2016
IN MONTGOMERY COUNTY IN SLEEP-RELATED DEATHS

27% CHILD FATALITIES IN OUR COMMUNITY
ARE SLEEP-RELATED DEATHS (almost 1/3)
AS COMPARED TO THE STATE AVERAGE OF **5%**

3500 BABIES DIE ANNUALLY ACROSS THE US
IN SLEEP RELATED DEATHS

WHAT CAN YOU DO?

BABIES SHOULD BE IN SAFE SLEEP ENVIRONMENTS
FOR EVERY SLEEP.

safe sleep 100% OF THE TIME

FIRM and FLAT sleep surface
On their BACK
NOTHING in bed with them
NO LOOSE BLANKETS

Safe To Sleep FREE EVENT

HOW TO KEEP YOUR BABY SAFE

Did you know?
FOR THE PAST 5 YEARS, UNSAFE SLEEP HAS BEEN THE
the leading cause of death
IN CHILDREN IN MONTGOMERY COUNTY

TUESDAY, APRIL 7TH from 6:00 pm - 7:30pm

6:00 pm - 6:45 pm General Information

- Community incidence rates
- Most current AAP recommendations
- Sleep positioning myths
- Q&A General

6:50 pm - 7:30 pm Breakout Sessions

For Parents	For Healthcare Providers
The dangers of co-sleeping	How to talk to your patients
Product recall	Risk factors
Safe sleep techniques	Reflux
Breastfeeding and safe sleep	Available resources
Q & A	Q & A

MCHD Building
1400 South Loop 336 West
Conroe, Texas, 77304
(936) 523-5000

HOSTED BY
MCHD & **MONTGOMERY COUNTY**
safe sleep COALITION

For more information and to register please visit <https://safetosleepmc.eventbrite.com>

Link to Montgomery County Safe Sleep Coalition Facebook Page



https://www.facebook.com/MOCOsafesleep/?view_public_for=105076460949788

Scientific Resources

- Altfeld S, Peacock N, Rowe HL, et al. Moving Beyond "Abstinence-Only" Messaging to Reduce Sleep-Related Infant Deaths. *J Pediatr*. 2017;189:207-212. doi:10.1016/j.jpeds.2017.06.069
- Colson ER, Geller NL, Heeren T, Corwin MJ. Factors Associated With Choice of Infant Sleep Position. *Pediatrics*. 2017;140(3):e20170596. doi:10.1542/peds.2017-0596
- Gelfer P, Cameron R, Masters K, Kennedy KA. Integrating "Back to Sleep" recommendations into neonatal ICU practice. *Pediatrics*. 2013;131(4):e1264-e1270. doi:10.1542/peds.2012-1857
- Goodstein MH, Ostfeld BM. Improvements in Infant Sleep Position: We Can Do Better!. *Pediatrics*. 2017;140(3):e20172068. doi:10.1542/peds.2017-2068
- Thompson JMD, Tanabe K, Moon RY, et al. Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. *Pediatrics*. 2017;140(5):e20171324. doi:10.1542/peds.2017-1324

NICHD NIH Safe to Sleep Website

<https://safetosleep.nichd.nih.gov/>

Questions/Discussion