



Safe Sleep

Reduce infant deaths in PA related to unsafe sleep practices: increase safe sleep practices through consistent education following the AAP Safe Sleep recommendations.



Key Interventions

- Continue to partner with PA Safe sleep: multi language brochures, surveys, consistent messaging
- Increase prenatal Safe Sleep education in our OB/Gyn practice by 80%.
 - Developed a workflow to include Safe Sleep education at the 28 weeks gestation visit to coincide with breastfeeding education.
 - SUD & HBP assessing Safe Sleep in home.
- Increase/maintain Safe sleep Interventions in our Pediatric practices every visit up to one year.
 - Monthly focused Safe Sleep Education added to the pediatric offices and inpatient units.
- Model Safe Sleep prior to infant's discharge in both OB and NICU 100% of the time.
 - PA Safe sleep Surveys completed in Nursery
 - NICU specific surveys quarterly
 - Therapeutic Positioning/Safe sleep for Home Cards at NICU bedsides.
 - Work on eliminating use of hats in the NICU to maintain temperature to go home.
- PA Safe Sleep education Modules: Inpatient Maternity, NICU, Pediatrics, Home Health, and Life Journey offices
- Amazon wish list for sleep sacks to send home with parents: Receiving donation form a local high school grant.
- NIH: Safe Sleep for Your grandbaby booklet available for grandparents
- Inpatient Safe Sleep Policy updated for NICU specific updates – no hats, therapeutic vs safe sleep

Results/Measures

- Safe Sleep education is completed at the 28 week prenatal visit.
- PA Safe Sleep posters are present in Life Journey's Offices and all Pediatric Offices.
- Posters with consistent Safe Sleep messaging are in every Patient room on Maternity and in the NICU.
- Safe sleep is discussed and documented with every Pediatric office Visit.
- MCH Safe Sleep module completion = 100% 2024
- Safe Sleep module Completion for Pediatric Offices = 90% Home Health = 100%, Life's Journey = 1005
- QR Parent Survey: 5 Positive results, one comment to provide the information and let parent decide
- NAS boxes include sleep sack for Safe Sleep and additional Safe Sleep education.

Patient Voice

- QR Code Survey yielded 5 responses.
 - Added Describe how you practice Safe Sleep to the NICU Call Backs.
 - Added do you feel Safe Sleep was modeled prior to discharge scale of 1-5.
- On this topic, our team would most like to learn from our peers how are you adding patient voice? Patient buy-in to feedback?

Health Equity

- Motivational Interviewing and how it applies to Safe Sleep and other education was presented in January Journal Club.
- Motivational interviewing and SDOH education presented during Nursing Grand rounds February and March (mandatory).
- QR code Survey: I feel comfortable with how staff modeled safe sleep: 4/5 completely agree, 1 disagree

Community

- October Safe Sleep Crib of Horrors education in Lobby at Penn Highlands DuBois
- Participation in 2nd Annual Infant/Toddler Expo March 22nd : presented Safe Sleep with a poster, and miniature Safe Sleep Demo. Written Safe sleep information made available. Sleep Sacks given every hour at 1 hour and 2 hour mark prior to basket raffles.

