



Geisinger Community Medical Center

Problem

- Every year, approximately 3,500 infants in the United States die of sleep-related instances
- The American Academy of Pediatrics published recommendations to reduce the risk of sleep related deaths
- Newborn nursery staff and parents/family of newborns need education on these safe sleep recommendations

Plan

- Continue previous interventions, assess/reassess for potential modifications
- Update outpatient Safe Sleep policy and current practices to reflect Safe Sleep principles and ensure multiple points of exposure throughout pregnancy and postpartum

Results

Month	Safe Sleep Followed	Total Audits	%
Mar-24	3	4	75%
Apr-24	0	1	0%
May-24	10	26	38%
Jun-24	1	8	13%
Jul-24	1	3	33%
Aug-24	3	3	100%
Sep-24	2	2	100%
Oct-24 no data	no data	no data	
Nov-24	24	32	75%
Dec-24	28	30	93%
Jan-25	27	30	90%
Feb-25	28	29	97%
Mar-25	28	30	93%

Safe Sleep

2024 Work:

- Maintaining Staff Education
 - Require new staff to complete mandatory Safe Sleep education after hire
 - Require staff to complete yearly competencies related to Safe Sleep topic
 - Encourage staff to complete the Subject Matter Expert training provided by the PA Safe Sleep Collaborative
- Enhance Parent Education
 - Require parents to watch Safe Sleep videos prior to discharge
 - Provide “Just in Time” education when unsafe practices are identified
 - Include written Safe Sleep education in discharge process
- Utilize safe sleep tools at home
 - Invest in sleep sacks to be sent home at discharge
 - Utilize crib cards that can be used as a reference both in the facility and at home

Current focus:

- Update outpatient policy and practices to reflect Safe Sleep principles and increase parent exposure to content

Status

Sustainment

Question for you:

Has your platform identified ethnic or racial disparities related to Safe Sleep? What are your strategies for mitigating this?

Interventions

Outpatient Safe Sleep created 7/23/24 and last updated 3/24/25

- Policy includes:
 - Timing of education
 - Important education points
 - Links to additional resources/handouts for parents
- Per policy, education provided is to be documented in the medical record
- Outpatient “dot phrase” created to help staff document efficiently:
 - “Discussed safe sleep with pt. Referred to page 36 in “A guide to help you prepare for delivery.” Appropriate handout for trimester given. Reinforced that safest place for baby to sleep is in his/her own sleep space, crib, bassinette or safety approved play yards on his/her back. Advised there should be nothing placed in the crib with baby such as blankets, bumpers or pillows. Stuffed animals should not be in or near the sleep area. Baby should be dressed in one layer more than you to be comfortable. These actions have been shown to reduce the incidence of SIDS.

