

Back to Sleep. Every Time.

Geisinger Medical Center, Danville, PA

Problem Statement

More than **3500 infants die** each year from sleep-related deaths.

These deaths include sudden unexpected infant death syndrome (SUIDS), sudden infant death syndrome (SIDS), and accidental suffocation in the sleeping areas.

SIDS is the most common cause of death in babies before they turn one.

Geisinger Medical Center lacked education for nursing staff regarding safe sleep guidelines.

Focus

Reduction in the number of sleep-related deaths in infants. The plan to reduce infant deaths include:

- Implementation of nursing staff education on safe-sleep guidelines
- Early education during postpartum period for parent/caregiver regarding safe sleep practices
- Continued education throughout the first year of life at pediatrician clinics.

Measures

Provide education to all parent/caregiver(s) regarding safe sleep environments and habits.

Increase the number of staff who complete the safe sleep education modules to 100% by end of 2024.

Complete 52 post-implementation sleep environment surveys

Key Interventions

Partnered with PA Safe Sleep Program to provide staff educational modules.

Completed sleeping environmental audits of newborns pre and post implementation of education.

Staff to complete parent/caregiver safe sleep guideline education within 24 hours postpartum.

Staff to maintain current with evidence-based practice regarding safe sleep guidelines.

Results

Three months post implementation, safe sleep practices increased by 12%.

After implementation, 100% of nursing staff received the safe sleep training.

Educational materials are updated, and posters are in visible areas for patients to view.

Status

Sustaining educational plan for nursing staff

Sustaining education for parent/caregiver

Review nursing policies for updates

References

1. PA Safe Sleep. [Pasafesleep.org](https://pasafesleep.org)