

“Sweet Dreams: Ensuring Safe Sleep for your Little Ones”

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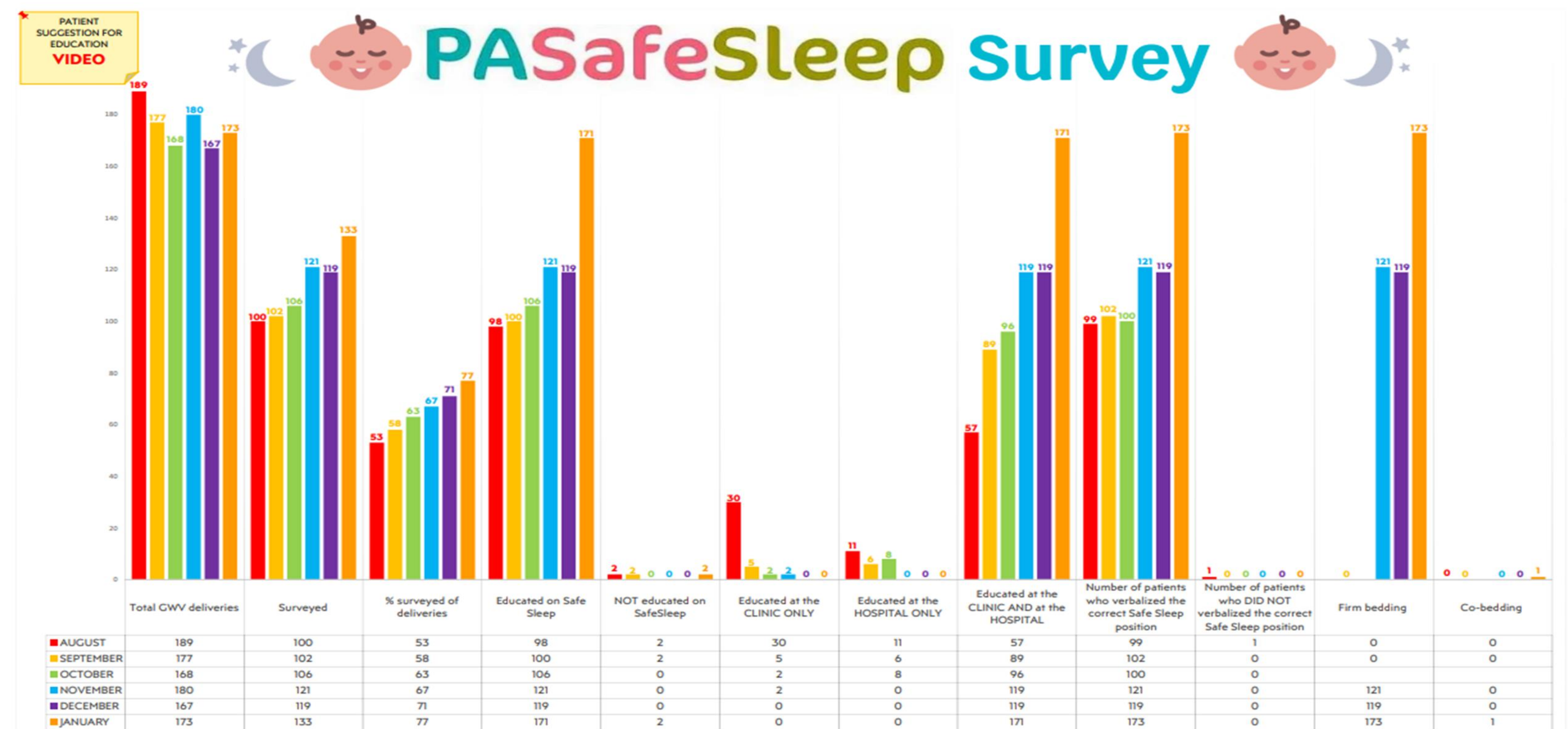
Problem Statement

- In the United States, approximately 3,500 infants die of sleep-related deaths, including sudden infant death syndrome (SIDS) and accidental suffocation and strangulation in bed.
- The causes of death for the sudden unexpected infant death cases include pending, unknown/undetermined, unintentional asphyxia, and SIDS.
- In 2020, nearly 19% of infant deaths reviewed in Pennsylvania were classified as SUID, with 61% of them occurring in unsafe sleep environments, often adult beds. (Jewish Healthcare Foundation, 2024)
- In Pennsylvania, black or African American infants die of SUID at more than twice the rate of white infants.

The American Academy of Pediatrics recommends a safe sleep environment to reduce the risk of all sleep-related deaths.

- Supine positioning
- Firm, non-inclined sleep surface
- Room sharing without bed sharing
- Avoidance of soft bedding and overheating

It is important that patients are educated on multiple platforms such as Inpatient and Outpatient settings, including Pediatrics and Obstetrics. It is a team responsibility for nurses and providers to frequently discuss safe sleep practices in order to reinforce education to parents.



Key Interventions

- The Outpatient team developed a Safe Sleep Policy
- Obtained educational resources in multiple different languages
- Developed a process to provide safe sleep education in all exam rooms for 2nd and 3rd trimester patients and their support system
- Developed a Survey Questionnaire for follow up phone calls, capturing the response rate for 6 months. Survey included:
 - Did patients receive safe sleep education, and where this education occurred?
 - Patients' ability to verbalize safe sleep positions and proper sleeping surfaces?
 - Final question asked if they Co-Bedded with their infant?
 - This information was shared with the Inpatient team.
- Developed “Making Strides Across America” Safe Sleep poster and displayed in the Women’s Health Clinics for patient reference

Status

Currently this initiative is moving towards sustainment.

We will continue to work on the following in sustainment:

- Monitor compliance for safe sleep education
- Include education on racial disparities
- Completion of the quarterly survey and data metric submission
- Uphold education and training for new staff
- Patient feedback suggests that they would like education in the form of a Video to reinforce education, QR code can be developed

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