

Infant Safe Sleep: A Guideline For Nurses

American Academy of Pediatrics Recommendations
for a Safe Infant Sleep Environment



Training Objectives

- To ensure that newborns have a safe sleep environment by using the AAP recommendations as a guideline
- To ensure that parents/caregivers receive consistent messages about safe sleep and to ensure that these messages are modeled by hospital staff
- Understand the necessity of documentation regarding Safe Sleep Education



FIMR Criteria

- Resident of Oklahoma, Canadian, Cleveland, Pottawatomie, and Logan Counties
- Must be 24 weeks gestation or later and weigh 500 grams or more
- No litigation attached

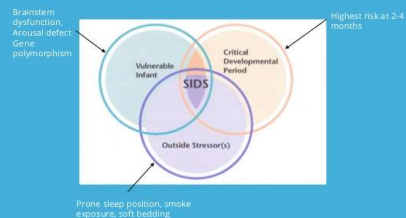


SIDS

- Sudden Infant Death Syndrome
- Sudden death of an infant that cannot be explained after:
 - ✓ Scene Investigation
 - ✓ Autopsy
 - ✓ Review of medical history



Triple Risk Model

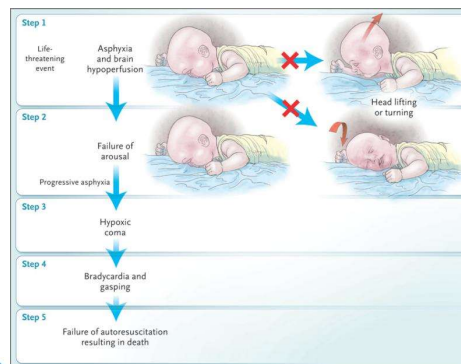


Filiano & Kinney



*University of Virginia School of Medicine
Dr. Rachel Moon, chair of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome (SIDS)

Failure of Arousal



University of Virginia School of Medicine
Dr. Rachel Moon, chair of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome (SIDS)

Safe Sleep Environment

Back	Place baby on their back for every sleep
Firm, Flat, Non-Inclined	Always place baby to sleep on a firm, flat, and non-inclined surface
Empty Crib	Keep soft objects and loose bedding out of the crib
No Overheating	Do not let your baby get too hot
Room-Sharing	Room-sharing not bed-sharing
Pacifier	Consider pacifier use when placing baby to sleep
Well Child Visits	Routine immunizations and go to all well child visits
Product Claims	Never rely on products that claim to reduce the risk of SIDS/Sleep-related Deaths
No Harmful Exposures	Avoid exposure to tobacco, alcohol, and other substances



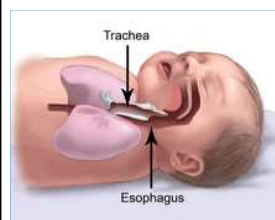
A baby should always be placed on their BACK to sleep



What if my baby chokes while sleeping on his back?



Supine position vs Prone position



“What if my baby gets a flat head from being on their back all the time?”



Tummy Time



- Supervised and awake
- Can begin right after hospital discharge
- A few minutes at a time, increasing to at least 15-30 min. daily by week 7
- Strengthens their muscles
- Helps prevent a flat head
- Helps brain development
- Builds motor skills



Safe Sleep Surface

- A firm, flat, non-inclined surface with a tightly fitted sheet
- Cribs, pack 'n plays, and bassinets, should conform to Consumer Product Safety Commission Standards
- Cribs with missing hardware should not be used
- Use mattresses designed for that product; no gaps around the mattress

www.saferproducts.gov



Not Approved For Sleep



Warning: Recalled



Kids 2 Rocker



Fisher-Price Rock 'n Play



Fisher-Price
Infant-to-Toddler Rocker



CPSC and U.S. Customs Warn Consumers About Deaths in a Kids2 Rocker. Advise: Rockers Should Never Be Used for Sleep. | CPSC.gov
CPSC and Fisher-Price Warn Consumers About 13 Deaths in Fisher-Price Infant-to-Toddler and Toddler-to-Toddler Rockers. Advise: Rockers Should Never Be Used for Sleep. | CPSC.gov

WHICH CRIB WOULD BE CONSIDERED A SAFE SLEEP ENVIRONMENT FOR A BABY TO SLEEP?

Crib A?



Crib B?



Answer:

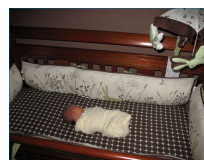
Crib B is the safest sleep environment for a baby.



Avoid soft objects in the crib

- Blankets/weighted blankets
- Pillows
- Stuffed animals/toys
- Bumper pads

They can obstruct the nose and mouth and cause suffocation



These images show unsafe sleep environments!



What a crib should look like



Avoid Overheating

- Do not overdress baby
- Avoid over bundling and covering of the face and head
- Avoid putting hats on babies indoors, except in the first few hours of life or in the NICU
- Dress baby in no more than 1 layer more than an adult would wear to be comfortable



Alternative to Blankets



- Sleep Sacks/Wearable Blankets or footed pajamas should be used rather than blankets
 - Check on the baby for signs of overheating
- Baby may be:
- Flushed
 - Sweaty
 - Fussy



Provide Visuals



- Provide a separate sleep space for the baby (crib, bassinet or portable crib)
- Room sharing NOT bed sharing
- Room sharing is recommended for at least 6 months, continuing for up to a year or more
- No bed-sharing devices e.g. Dock-a-Tot or Snuggle Me Organic



FIMR Fact:

Of the 378 infant death cases documented by FIMR from 2015-2019, 27% (102) were sleep-related.

- 51% of those cases were found in an adult bed
- 11% were found on a couch
- 54% were found surface-sharing
- 25% were in prone position
- 8% slept on their sides



Source: FIMR Infant Mortality Data 2015-2019. Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information. Vital Statistics 2015 to 2019, on Oklahoma Statistics on Health Available for Everyone (OKSHARE).

Feeding of Human Milk

- Reduces the risk of SIDS
- Recommended to be **exclusively fed for at least 6 months**, with continuation until **1 year or longer** as **mutually desired** by parent and infant
- If unable to or choose not to feed human milk, it is still important to follow Safe Sleep Recommendations
- Be aware that breastfeeding/chest feeding relaxes parents
- When feeding at night, if getting tired, make sure to place back in crib and avoid bedsharing



Human milk

Contains anti-infective and anti-inflammatory factors

Six months of exclusive breastfeeding is associated with reduction in:

- Lower respiratory tract infections
- Severe diarrhea
- Ear infections
- Obesity
- SIDS



Provides safe, pasteurized milk donated by healthy, screened breastfeeding mothers, to ensure that our most vulnerable babies will receive full human milk feedings.

<http://www.okmilkbank.org>



Pacifier Recommended

- Although the mechanism is yet unclear, studies have reported a protective effect of pacifiers on the incidence of SIDS
- Typically dislodges within 15 minutes to 1 hour of sleep
- Never coat the pacifier with anything sweet
- Don't use a string or anything else to attach a pacifier around your baby's neck or clothing
- If breastfed/chestfed, wait until it is fully established.



Schedule and Go to all well-child visits

- There is NO evidence of any causal link between immunizations and infant death
- Recent studies suggest that immunizations may have a protective effect against infant deaths
- Talk to your health care provider



Do not rely on products that claim to reduce the risk of infant death

- These include wedges, positioners, special mattresses and special sleep surfaces
- Manufacturers should not claim a product protects against SIDS unless there is scientific evidence to prove it



The Risks with Tobacco Use

- Out of all sleep related infant deaths, **48%** of moms used tobacco.
- **52%** of moms/babies were exposed to Second-hand and third-hand smoke
- The SIDS/Sleep-Related Death rates among mothers who smoked was **11 times** higher than nonsmokers
- Non-Hispanic White mothers who smoked was **12 times** higher
- Non-Hispanic Black Mothers who smoked **11 times** higher



Source: FIMR Infant Mortality Data 2015-2019, Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information, Vital Statistics 2015 to 2019, and Oklahoma Statistics on Health Available for Everyone (OSHAHE)

SMOKING DURING PREGNANCY AFFECTS THE BABY BY...

- Slowing the development of the baby's lungs
- Constricting the blood vessels in the placenta leading to oxygen and nutrient deficiencies and fetal growth restriction
- Increasing the risk of the baby being born too early
- Increasing the baby's heart rate

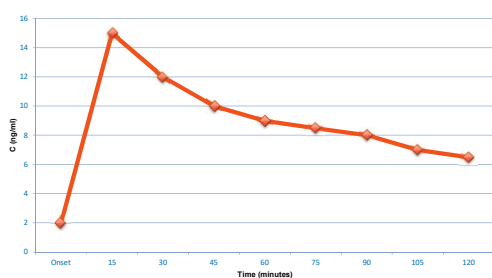


Tobacco Risks don't end with Pregnancy

- Effects of tobacco exposure on an infant
 - Prematurity
 - Low birth weight
 - Under-developed lungs
 - Addiction
 - Behavioral
- Reduce Exposure
 - Limit number of cigarettes per day
 - Timing breast feeding
 - Smoking away from infant
 - Avoid 3rd hand smoke



Nicotine concentration in the body

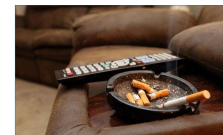


Avoid all cigarette smoke

Second-Hand Smoke

7000 chemicals and 69 cancer causing agents

- Lingers in the air for hours
- Can be brought in from outside



Third Hand Smoke

- Residue from second-hand smoke that remains on surfaces
- Can be harmful when it comes into contact with baby's skin
- Can linger on surfaces for years



What About Vaping?

The recommendations still apply

Contains dangerous chemicals

Contains nicotine

Harmful to growing lungs and brain development

Long-term effects are still unknown



Source: American Academy of Pediatrics healthychildren.org, Centers for Disease Control

Other Postnatal Exposures

- Avoid using alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth
- Can increase the risk of SIDS especially when someone bedshares with baby



What can YOU do



When should I start educating?

Early as Possible

Start educating pregnant people and **families** in the prenatal period

Once infant is medically stable, start implementing safe sleep recommendations



Things To Keep In Mind . . .

- Remember to talk to the caregivers with **respect**, be **culturally appropriate** and be **non-judgmental**
- Be prepared to **address concerns, misconceptions, and barriers** about safe sleep
- Have **quick helpful information** on **overcoming barriers**, such as programs that provide free cribs, resources, etc.
- Let them know how important it is to start implementing safe sleep guidelines at home from night one



Set the example

- Model safe sleep practices in the hospital
- Verbalize what you're doing
- Explain medical exceptions



Some Tips From Our FIMR Nurses

Talk	Repeat	Anatomy	ALL
Make sure to TALK about safe sleep and don't just click through the screen	Have them repeat what they learned <ul style="list-style-type: none"> "Can you tell me what you learned" "Can you tell me what ABC stands for again?" 	Make sure to always show ANATOMY when explaining certain concepts, such as the importance on sleeping on their backs	Make sure to talk to ALL caregivers <ul style="list-style-type: none"> Grandparents Aunts/Uncles Siblings Children Friends Everyone!



Document, Document, Document !

Document receipt of education

Document any signs of need for re-education

Document any non-compliance

Confirm understanding

Document verbalized or demonstrated understanding

Protect yourself!



Most Importantly

You are **KEY** promoters of these safe sleep behaviors



Remember your ABC's

Baby should sleep...

Alone, on their
Back, in a
Crib with the
Dangers **E**liminated

- No pillows
- No blankets
- No bumper pads
- No stuffed animals
- No toys
- No clutter
- No cords
- No smoking
- No bibs



Questions?

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