

Beaumont® | HEALTH SYSTEM

INFANT SAFE SLEEP EDUCATION

Discharge Safety Checklist and talking points with the family.

- **Back to sleep for every sleep**
 - ▶ Place infant on back for every sleep until 1 yr. of life even if baby can roll over
 - ▶ Alone in a crib, portable crib, or bassinet
- **Use a firm sleep surface**
 - ▶ A firm crib mattress covered by a fitted sheet
 - ▶ Car seats and other sitting devices are not recommended for routine sleep
- **Keep baby's face uncovered for easy breathing**
 - ▶ Use a sleeper instead of a blanket
- **Room-sharing without bed sharing**
 - ▶ Baby may sleep in the same room as parents, but **not** in the same bed
- **Keep soft objects and loose bedding out of the crib** to reduce the risk of SIDS, suffocation, entrapment, and strangulation
 - ▶ No pillows, bumper pads, blankets, comforters, stuffed animals or other soft objects
- **AVOID commercial devices marketed to reduce the risk of SIDS** (wedges, positioners)
- **Avoid overheating**
 - ▶ Dress appropriately for the environment (no more than one layer more than an adult)
- **Do not use home cardio-respiratory monitors** as a strategy to reduce the risk of SIDS
 - ▶ There is no evidence that this decreases the incidence of SIDS
- **Avoid smoke exposure**
 - ▶ Do not allow anyone to smoke around baby
- **Consider offering a pacifier at nap time and at bedtime** (if breastfeeding, introduce pacifier when breastfeeding is fully established around 3-4 wks. of age)
- **Immunize** following AAP and CDC recommendations - evidence shows this reduces the risk of SIDS by 50%
- **Breastfeeding is recommended** and is associated with a reduced risk of SIDS
- **Provide supervised, awake tummy time** - this can be started before hospital discharge - an example is holding baby on your chest slightly reclined or in your lap with slight elevation
 - ▶ This will facilitate muscle development and minimize the risk of positional plagiocephaly or "flat head"
- **Provide Infant Safe Sleep brochure to family** - It is available in the following languages: English, Spanish, & Arabic

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Beaumont Health System
Infant Safe Sleep (< 1 year of age) Post-Test

Name: _____

Wendy J. Buer

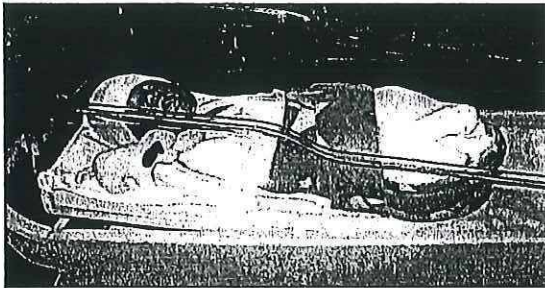
Please refer to Corporate Maternal Child Health Policy 6068 as reference and the following American Academy of Pediatrics Policy Statement and Technical Report regarding Sudden Infant Death Syndrome (SIDS) and other Sleep-Related Infant Deaths

<http://pediatrics.aappublications.org/content/128/5/e1341.full.html>

<http://pediatrics.aappublications.org/content/128/5/1030.full.html>

- 1.) Infant safe sleep practices should be modeled and maintained for
- a. All infants less than one year of age
 - b. All infants \geq 32 weeks gestation and with stable respiratory status
 - ☒ c. Both a and b

2) What is incorrect in this photograph regarding Infant Safe Sleep?



- a. A stuffed animal is in the sleep environment
 - b. Head of bed is elevated and not ordered by physician
 - c. Arms are wrapped and extended in blanket
 - d. A and C only
 - ☒ e. All of the above
- 3) Infant home monitoring should not be used as a strategy to prevent SIDS.
- a) True
 - ☒ b) False
- 4) Parents and caregivers can help a baby minimize the risk of developing "positional plagiocephaly" and promote motor development by:
- ☒ a) Offering supervised "Awake Tummy Time" on a daily basis
 - b) Allowing baby to sleep prone at any time
 - c) Changing the location of Baby in its crib weekly (rotate which end of the crib is considered the head and foot)
 - d) Both A and C
- 5) If an infant is found in the arms of a sleeping adult, the infant will be removed and placed in its own crib in the supine position.
- ☒ a) True
 - b) False

- 6) It is okay to use soft bedding or sleep on an adult bed when the infant is at his/her grandmother's house.
- a) True
 - ☒ b) False
- 7) Which of the following are recommendations to reduce the risk for SIDS?
- a) Avoid overheating
 - b) Room-sharing without bed sharing
 - c) Avoid smoke exposure
 - d) Immunize following AAP and CDC recommendations
 - e) A and B only
 - ☒ f) All of the above
- 8) A pacifier should be:
- a) Offered at nap time and bedtime for infants who have fully established breastfeeding (around 3-4 weeks of age)
 - b) Offered at nap time and bedtime for infants who are formula fed
 - c) Reinserted if the baby falls asleep
 - ☒ d) Both A and B
 - e) all of the above
- 9) Accidental suffocation or death has occurred in the following situations:
- a) Bed-sharing including small children
 - b) Use of a pillow or soft mattress
 - c) Infant sleeping on an adult bed
 - d) Sleeping on a couch with or without an adult
 - ☒ e) All of the above
- 10) An environment for an infant to sleep should consist of:
- a) Alone in a crib with a firm mattress and tight fitting crib sheet
 - b) Supine position
 - c) In a sleep sack
 - ☒ d) All of the above
- 11) The American Academy of Pediatrics (AAP) does not recommend the use of bumper pads.
- ☒ a) True
 - b) False
- 12) Health-care providers as role models are not an important factor in educating parents on "Infant Safe Sleep".
- ☒ a) True
 - b) False

I have received education on "Infant Safe Sleep". I understand the written Infant Safe Sleep corporate nursing policy 6068 and will incorporate this into my nursing practice and family education.


RN Signature


Date