



# Safe Sleep Updates for Atrium Health Wake Forest Baptist

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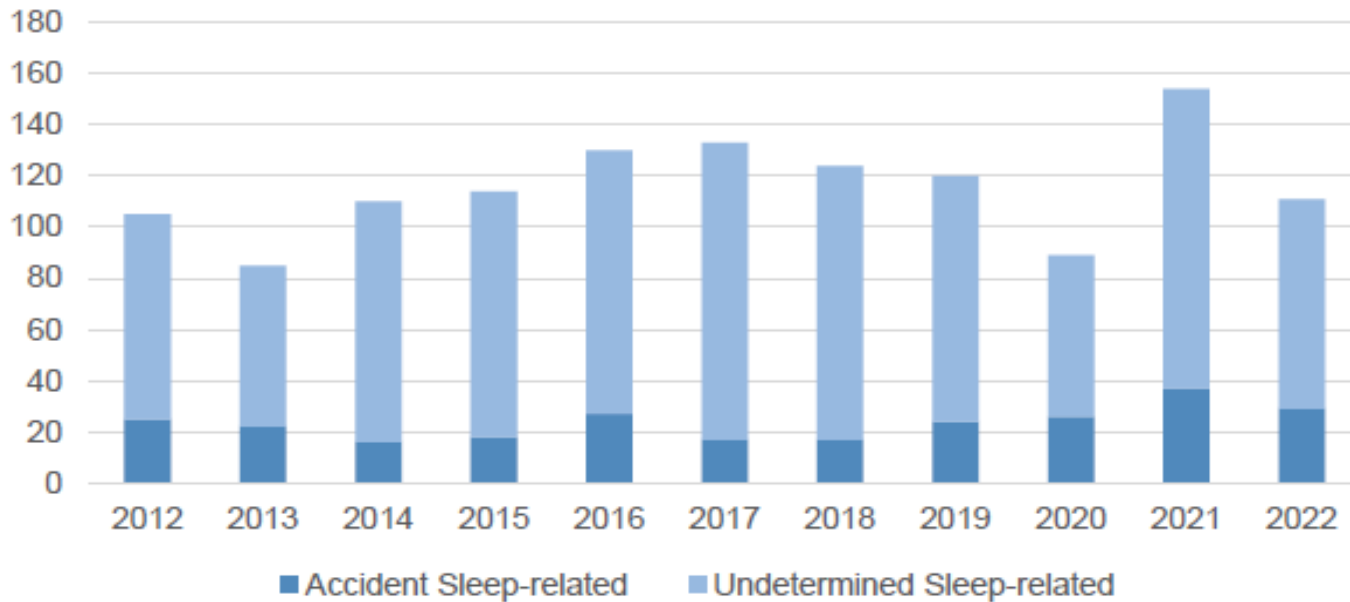


North Carolina Office of the Chief Medical Examiner

Spotlight on Infant Death Report

2022

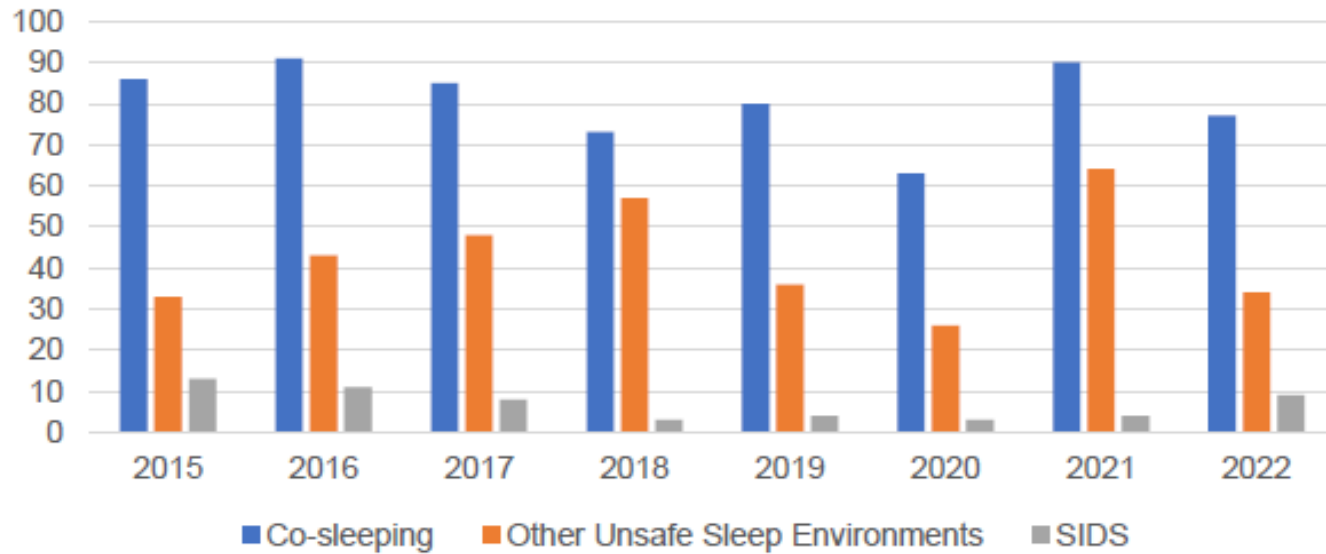
## 2012-2022 Sleep-related Infant Fatalities



North Carolina Office of the Chief Medical Examiner | Spotlight on Infant Death Report 2022

<b>Classification</b>	<b>Accident</b>	<b>Undetermined</b>	<b>Total</b>
Co-sleeping	21	56	= 77 Co-sleeping deaths
Unsafe Physical Sleep Environment	8	26	= 34 Unsafe Physical Sleep Environment deaths
<b>Total</b>	<b>29</b>	<b>82</b>	<b>111</b>

## 2015-2022 Co-sleeping vs Other Unsafe Sleep Environments vs SIDS







Brenner  
Children's

# Action Items Taken – Brenner Children’s Hospital

- Cribs for Kids designation
  - Bronze in April 2019
  - Reapplying for Silver Certification
- No longer allow depictions of unsafe infant sleep on hospital-associated social media pages (including pictures of NICU babies in costumes on holidays).
- All of our printed materials from the hospital use imagery that complies with AAP safe sleep principles
- All virtual images displayed on our hospital website use safe sleep imagery

# Historical Pictures not Safe Sleep




<https://www.wfmynews2.com/article/life/heartwarming/brenner-childrens-hospital-nicu-babies-dress-up-for-halloween/83-182a975c-a78f-4a9a-9382-06577698e916>



# Action Items Taken – Brenner Children’s Hospital

- -Wrote a patient-facing Safe Sleep page for the Brenner website:
- -<https://www.wakehealth.edu/patient-and-family-resources/brenner-childrens-resources/safe-sleep>
- -Comprehensive hospital safe sleep policy (<https://atrium.policytech.com/dotNet/documents/?docid=102954&app=pt&source=favorites>).
- This existed before Cribs for Kids certification but it is up to date from the most recent AAP statement and very descriptive.



# Brenner Children's Hospital Commitment to Infant Safe Sleep

Atrium Health Levine Children's Brenner Children's Hospital is excited to announce that it has been officially recognized as a Cribs for Kids® National Bronze Certified Safe Sleep Hospital.

## National Safe Sleep Hospital Certification

Brenner Children's Hospital is excited to announce that it has been officially recognized as a Cribs for Kids® National Bronze Certified Safe Sleep Hospital. The Cribs for Kids National Safe Sleep Hospital certification program awards recognition to hospitals that demonstrate a commitment to reducing infant sleep-related deaths by promoting and educating on best safe sleep practices. Brenner Children's is proud of this partnership to reinforce our shared commitment to provide parents with the best practices for infant safe sleep.

Each year in the United States, almost 3,500 infants die unexpectedly while sleeping. Many of these deaths are linked to unsafe sleep environments. Our goal is to work together with families so that every infant has a safe sleep space. To protect your child, Brenner Children's Hospital follows the recommendations of the [American Academy of Pediatrics \(AAP\)](#) and [Safe Sleep North Carolina](#).

[More Information  
on Safe Sleep](#)

[Safe Sleep North Carolina](#)

[American Academy  
of Pediatrics](#)

## Brenner Children's Hospital's Commitments to Safe Sleep

- Our hospital has developed an Infant Safe Sleep Policy based on guidelines from the AAP to help keep our littlest patients safe when they are under our care.
- All of our nursing staff caring for patients less than one-year-old receive specific training on infant safe sleep to model safe sleep practices and educate family and caregivers on the importance of safe sleep practices.

## Tips for a Safe Sleep Environment

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Babies Should Sleep on Their Backs



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Use a Firm and Flat Sleep Surface



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Consider Room-sharing



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Never Put Baby to Sleep on a Couch, Sofa or Armchair



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Do Not Let Baby Get too Hot While Sleeping



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Ask Your Nurse, Doctor or Other Health Care Provider How to Properly Swaddle





# Safe Sleep Recommendations

[Home](#) / [Safe Sleep Recommendations](#)

<https://safesleepnc.org/safe-sleep-recommendations/>

## Safe Sleep 101

THE DALE & KAREN SISEL  
Neonatal Intensive  
Care Unit





# Action Items Taken – Neonatal Intensive Care Unit


- New Employees and Nursing education simulations – Pediatric Academy and NICU Academy
- A kangaroo care simulation and when infant returned to bed, they are instructed that this infant qualifies for safe sleep.
  - Even includes as part of sim, a grandparent stating that all their kids slept on their bellies. How to respond and educate?
- Order set – helps prompt the changeover.


# Safe Sleep Education Module




After completing this course, the learner should be able to:


- Define Safe Sleep
- Define SIDS
- Describe best sleep practices for infants
- Identify education opportunities for parents

 **Accommodation Note/Regional Disclaimer Awareness**

 **Safe Sleep Guidelines**

 **Safe Sleep Practices in NICU**

 **Parent Education**

 **Wrap-up and References**

# Unsafe Sleep Spaces



Source: fisher-price.mattel.com



Source: daydreamer



Source: SnuggleMe



Source: Alibaba.com



Source: Today's Parent



Source: summerinfant.com



Source: CNET

# Unsafe Sleep Practice



Source: Berkowitz CD. Sudden infant death syndrome, sudden unexpected infant death, and apparent life-threatening events. *Adv Pediatr.* 2012;59(1):183-208. doi: 10.1016/j.yapd.2012.04.011. PMID: 22789579.

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# Action Items Taken – Neonatal Intensive Care Unit

- Skin-to-skin care/kangaroo care practices should include:
  - Infant's face can be seen
  - Infant's head in “sniffing” position
  - Nose and mouth not covered
  - Infant's head turned to one side, neck is straight and not bent
  - Infant's shoulders and chest face parent's chest
  - Infant's legs are flexed
  - Infant's back is covered with blanket
  - Parent/caregiver-infant dyad is monitored continuously by NICU staff
  - If parent/caregiver become drowsy, infant is placed back in incubator, warmer, or crib/bassinet



## Order and Order Set Search

SAFE SLEEP



Bro

☰ Order Sets, Panels, & Pathways (No results found)

Search order sets a

🔍 Medications (No results found)

🔍 Procedures ⤴

	Code	Name	Type	Phase of Ca...	Pref List
🔍	NUR1310	Begin Safe Sleep Modeling	Nursing		AH IP FA

## Begin Safe Sleep Modeling

Priority:

Routine



Routine

Frequency:

Until discontinued

Starting

11/22/2024



Today

Tomorrow

For



Hours

Days

Weeks

At

0825



Starting: Today 0825

Ending: Until Specified

Comments:

Start facility policy/procedure for Safe Sleep.

Next Required

Link Order

# Action Items Taken – Neonatal Intensive Care Unit

- **Providers**

- Rounding checklist to include safe sleep review during AM rounds
- Magnet on door frame
- Safe sleep cue card at the bedside once qualifies
- >32 weeks CGA, >1500 grams
  - Assess when ready to transition from developmental positioning to Safe Sleep practices

- **Nurses**

- Safe sleep maintenance
- HOB flat
- No burp cloths or loose swaddles

# Action Items Taken – Neonatal Intensive Care Unit

- May use a pacifier with parents' permission.
- Encourage breastfeeding and breastmilk provision
- Audits – happens in the Children's hospital and the NICU

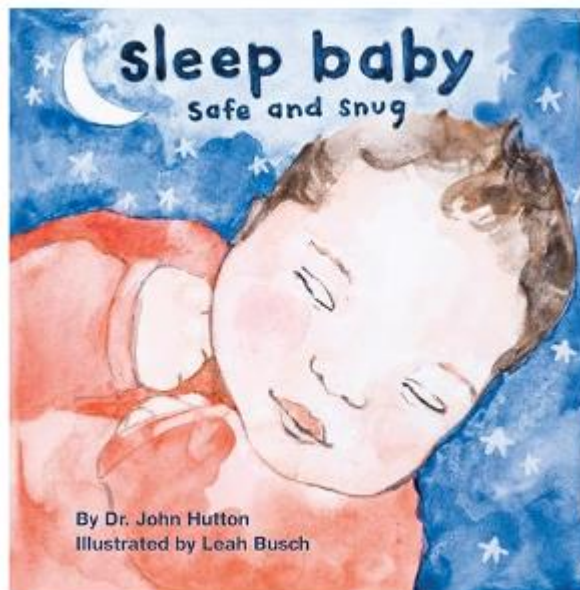
# Action Items Taken – Neonatal Intensive Care Unit

- Assess home sleep environment prior to discharge – do they have a bassinet, crib, pack n play.
- Fitted sheet with no other loose sheets.
- Bundled/swaddled no higher than the shoulder level.
- No swaddling when infant showing signs/readiness to roll over. At that time, begin to use a “wearable” blanket.



# Infant/NICU Follow Up Clinic

- Initial visit –



- Reinforce safe sleep guidelines
  - Particularly co-sleeping

# FaceBook video

- <https://www.facebook.com/watch/?mibextid=7eNqk6&v=1414268619508631&rdid=ZySsPPkJKL3sng69>

