Safe to Sleep Initiative Quality Improvement Abstract

Title: SAMMC Safe to Sleep: An Effort to Reduce Sudden Unexpected Infant Deaths (SUID)

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Purpose of Study: A recent spike in SUID nationally proved in the local San Antonio area is disproportionately elevated, and most due to unsafe sleep conditions including bed-sharing. Many hospitals, including SAMMC, lack a standardized system of safe sleep and are devoid of safe sleep outreach programs at newborn follow-up clinics. Total staff education regarding safe sleep is generally not universal or standardized and data regarding safe sleep modeling prior to hospital discharge is lacking.

Objectives: The aim is to develop a system of safe sleep modeling in the Maternal Child Section by enhancing nursing and provider education, documentation, and distribution of safe sleep practices to families with the ultimate goal of reducing the local rate of Sudden Unexpected Infant Death (SUID) in San Antonio. National Silver certification as a Safe Sleep Leader is a secondary objective.

Theoretical Framework: Includes all nursing phenomena of interest (person, environment, health, nursing)

Design: The project was implemented at San Antonio Military Medical Center (SAMMC) and Wilford Hall Ambulatory Surgical Center (WHASC). A standard operating procedure using the AAP and NICHD guidelines was implemented. Placards were created and placed on cribs. Standard order sets were added to the electronic medical record. Halo sleep sacs were used in place of excess blankets or positioning devices. Universal education of nurses and providers was accomplished via online modules and didactic teaching sessions.

Implications for nursing: This project proved with results how education can change provider and nursing staffs compliance on reinforcing safe sleep options and how Placards can serve as reminder to parents and staff for newborn crib safety both during hospital stay and at home. SUID rates can be reduced with continued nursing intervention, reinforced patient education and staff compliance in keeping this topic at forefront.

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