Safe Sleep for Babies

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Today’s Goals

• Review SIDS and SUID Definitions
• Review AAP guidelines
• Share the OHA Safe Sleep Brochure
• Encourage you to think about how you can promote safe sleep in your daily practices
SIDS Defined

A cause assigned to infant deaths that cannot be explained after a thorough case investigation, including a death scene investigation, autopsy, and review of the clinical history. -American Academy of Pediatrics
SUID Defined

Any sudden and unexpected infant death, whether explained or unexplained (including SIDS) that occurs during infancy. After case investigation SUID can be attributed to suffocation, asphyxia, entrapment, infection, ingestions, metabolic diseases, arrhythmia-associated cardiac channelopathies, and trauma. -American Academy of Pediatrics
Triple Risk Model

Critical Development Period

Vulnerable Infant

SIDS

External Stressors

Modifiable
Oregon 2008-2009 Cause of Death

Oregon Child Fatality Reports (78 deaths)
Back To Sleep Campaign 1994

Always place your baby on his or her back to sleep.

Safe Sleep For Your Baby
Reduce the Risk of Sudden Infant Death Syndrome (SIDS)
POLICY STATEMENT

SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment

TABLE 1 Summary and Strength of Recommendations

<table>
<thead>
<tr>
<th>Level A recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to sleep for every sleep</td>
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<tr>
<td>Use a firm sleep surface</td>
</tr>
<tr>
<td>Room-sharing without bed-sharing is recommended</td>
</tr>
<tr>
<td>Keep soft objects and loose bedding out of the crib</td>
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<tr>
<td>Pregnant women should receive regular prenatal care</td>
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<tr>
<td>Avoid smoke exposure during pregnancy and after birth</td>
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<tr>
<td>Avoid alcohol and illicit drug use during pregnancy and after birth</td>
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<tr>
<td>Breastfeeding is recommended</td>
</tr>
<tr>
<td>Consider offering a pacifier at nap time and bedtime</td>
</tr>
<tr>
<td>Avoid overheating</td>
</tr>
<tr>
<td>Do not use home cardiorespiratory monitors as a strategy for reducing the risk of SIDS</td>
</tr>
</tbody>
</table>

Expand the national campaign to reduce the risks of SIDS to include a major focus on the safe sleep environment and ways to reduce the risks of all sleep-related infant deaths, including SIDS, suffocation, and other accidental deaths; pediatricians, family physicians, and other primary care providers should actively participate in this campaign.

<table>
<thead>
<tr>
<th>Level B recommendations</th>
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<tbody>
<tr>
<td>Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention</td>
</tr>
<tr>
<td>Avoid commercial devices marketed to reduce the risk of SIDS</td>
</tr>
<tr>
<td>Supervised awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly</td>
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<table>
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<th>Level C recommendations</th>
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<tr>
<td>Health care professionals, staff in newborn nurseries and NICUs, and child care providers should endorse the SIDS risk-reduction recommendations from birth</td>
</tr>
<tr>
<td>Media and manufacturers should follow safe-sleep guidelines in their messaging and advertising</td>
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<tr>
<td>Continue research and surveillance on the risk factors, causes, and pathophysiological mechanisms of SIDS and other sleep-related infant deaths, with the ultimate goal of eliminating these deaths entirely</td>
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</table>
Level A Recommendations

• Back to sleep for every sleep
• Use a firm sleep surface
• Room-sharing without bed-sharing
• Keep soft objects & loose bedding out of crib
• Pregnant women should receive regular PNC
• Avoid smoke exposure during preg & after birth
• Avoid alcohol and illicit drug use during preg and after birth
Breastfeeding is recommended
Consider offering a pacifier at nap time and bedtime
Avoid overheating
Do not use home cardio respiratory monitors as a strategy for reducing the risk of SIDS
Expand the national campaign to reduce the risk of SIDS to include a major focus on the safe sleep environment and ways to reduce the risk of all sleep-related infant deaths...
Level B Recommendations

• Infants should be immunized in accordance with recommendations from the AAP and CDC

• Avoid commercial devices marketed to reduce risk of SIDS

• Supervised, awake, tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly
Level C recommendations

- Health care professionals, staff in newborn nurseries and NICUs, and child care providers should endorse the SIDS risk-reductions from birth.

- Media and manufacturers should follow safe-sleep guidelines in their messaging and advertising.

- Continue research and surveillance on the risk factors, causes, and pathophysiological mechanisms of SIDS and other sleep-related infant deaths, with the ultimate goals of eliminating these deaths entirely.
Today
Safe Sleep for Babies

Always place your baby on his or her back for naps and at bedtime.
To make sure your baby is as safe as possible:

- Put your baby to sleep on his or her back.
- Make sure no one smokes around your baby.
- Breastfeed your baby.
- Put your baby to sleep in the room where you sleep.
- Remove soft fluffy bedding, pillows, stuffed toys and bumper pads from your baby’s sleep area.
- Avoid placing your baby to sleep on soft things like couches or upholstered chairs, waterbeds, beanbag chairs, quilts or comforters.
- Talk with grandparents and other caregivers about this safe sleep information.

Please talk to your health care provider about any concerns you may have.
Health Education does not equal behavior change

“mothers beliefs about her infant’s sleep will influence her decision, no matter how much advice she receives of from whom.” Von Kohorn
How often does your new baby sleep in the same bed with you or anyone else?

- Always: 23.2%
- Often: 18.1%
- Sometimes: 15.2%
- Rarely: 23.2%
- Never: 20.3%
AN EPIDEMIOLOGY PUBLICATION OF THE OREGON DEPARTMENT OF HUMAN SERVICES

CLEARING THE SMOKE AWAY FROM BED-SHARING

SIDS DEFINITION
SIDS is the sudden death of an infant less than one year of age that remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history. The “Triple-Risk Model” provides the most accepted theory as to how SIDS deaths occur.

RESOURCES

CD SUMMARY
SO WHAT SHOULD YOU RECOMMEND TO YOUR PATIENTS?

SID'S REDUCTION — MODIFIABLE RISK FACTORS

TRIPLE-RISK MODEL

The CD Summary (ISSN 0744-7035) is published biweekly, free of charge, by the Oregon Dept. of Human Services, Office of Communicable Disease and Epidemiology, 800 NE Oregon St., Portland, OR 97232
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“A. Because breastfeeding is the best form of nutrition for infants, any recommendations for infant care that impede its initiation or duration need to be carefully weighted against the many known benefits to infants, their mother, and society.”
Will babies choke if they regurgitate or throw up while sleeping on their backs?
Crib Safety

New Crib Guidelines

- Improve Slat Strength
- Improve Mattress Support Durability
- Make Hardware Stronger
- Prohibit Traditional Drop Sides
- Require Tougher Testing
http://healthoregon.org/safesleep
References

• National Institute of Child Health and Human Development, Back to Sleep Campaign [www.nichd.nih.gov]
• Breastfeeding Medicine, Vol. 3 No. 1, 2008
• Pediatrics, [http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284]
• Lahr MD, et al., Pediatrics, Vol 116;e530-543, 2005 Maternal smoking is an important risk factor for SIDS. Smoking mothers should not share bed with their infant.
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• Angi Flock

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What do you notice?
What do you notice?