

Infant Safe Sleep: A Hospital-Wide Commitment to Decrease SUID

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Background

The AAP states that establishment of safe sleep as normative behavior begins with consistent modeling by physicians, non-physicians, clinicians, and childcare providers. Proper modeling from the healthcare provider is associated with increased safe sleep practices at home. This hospital's initiative began in 2017 after a lack of safe sleep practice was identified.

Aim of the Project

To model and teach infant safe sleep according to current AAP best practices as outlined in the Cribs for Kids Certification Manual and Hospital Certification Toolkit. This hospital aims to apply for gold level certification by June 2024.

Intervention

2017 safe sleep pilot on a single pediatric unit

- EBP lit search
- Pre-test to unit RN's and select MD's
- Develop safe sleep pilot guidelines
- Multi-D collaboration
- Education (staff/family/caregiver)
- Audit
- Order sleep sacks
- Roll-out unit safe sleep champions

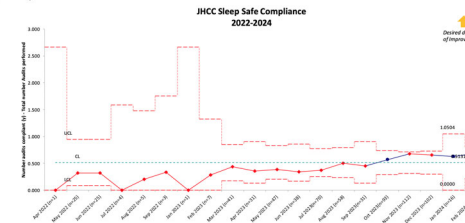
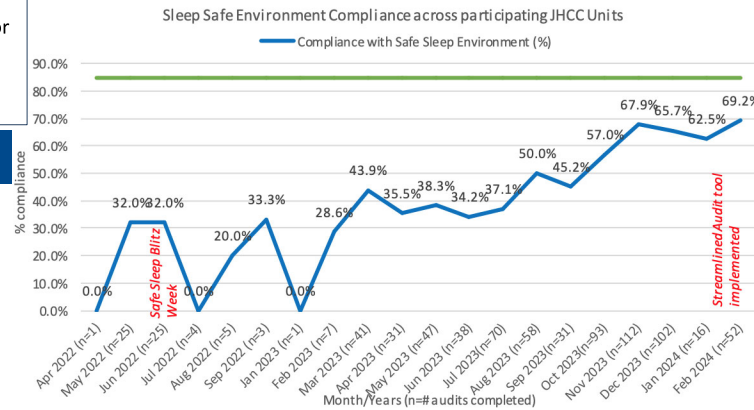
2022 Post COVID-19 hospital-wide engagement

- Champion identification
- Re-educate all multi-D specialties
- Update education (staff/family/caregiver)
- Safe sleep policy
- Hospital website
- Wearable blanket program
- Safe sleep space
- Community/social media outreach
- Compliance and Assessment



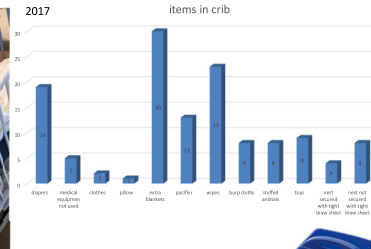
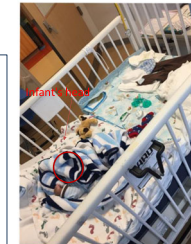
Description of Data Collection and Analysis

The Lean Six Sigma model and A3 were utilized. In 2017, unit champions performed crib audits via Qualtrics to identify focus areas. Diapers, wipes, and extra blankets were the most commonly found items in the crib. The team worked with the nurse manager to purchase diaper caddies for each room and sleep sacks from HALO. The team worked with hospital leadership to obtain fitted crib sheets, as the sheets being used were too big. In 2022, a new audit tool was made via Teams. This audit had a chart review component to track safe sleep education documentation. In 2023, as engagement from leadership and the patient education committee increased, the team facilitated an EPIC change whereby safe sleep education is automatically included in the discharge paperwork and education plan for every patient under the age of one. In 2024, the team partnered with Quality Improvement. Together they identified chart review as a barrier to audit completion, and in February they restructured the audit tool. As a result, the team saw a higher volume of audits, less variability, and improved compliance.



Outcomes/Results

- As part of the 2022 hospital-wide engagement, unit safe sleep champions were established on every pediatric unit as well as the nursery, departmental champion meetings were held, and a "Safe Sleep BLITZ" week was planned.
- Multi-D educational PowerPoints were created and distributed, and the team presented to leadership and providers.
- The team created a safe sleep MyLearning for new nurses as well as a yearly required MyLearning for staff.
- AAP compliant signage was posted around the hospital and displayed on tv/computer screens.
- In collaboration with the Standards of Care team, a Safe Sleep Policy was published to reflect the 2022 AAP guidelines.
- In collaboration with the hospital's marketing team, a safe sleep page was created on the hospital website.
- The team utilized the HALO In-Hospital Modeling Program to purchase sleep sacks. CY2023 data showed 21% of audited patients did not have sleep sacks as a unit resource. As of 2024 each unit has budgeted for in-hospital and/or take-home sleep sacks.
- The hospital hosts a yearly radiothon. The team spoke about safe sleep and was gifted funds to buy Pack n' Plays for families in need. The team is working to add "safe sleep space?" to the required admission screenings.
- The team is collaborating with community partners, B'More for Healthy Babies and the Baltimore County Health Department. The team is raising funds via grant money and a 5K and hopes to host a community baby shower.

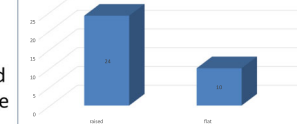
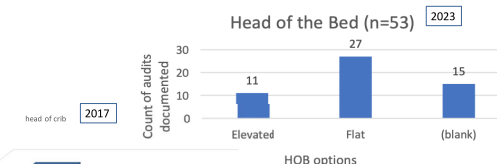


Implications for Practice

Certification promotes in-hospital and public safety, unites the healthcare team, and elevates the hospital's reputation within the community. The local and national recognition will be experienced and recognized by staff, leadership, and community members. As a gold level certified safe sleep hospital, the staff and caregivers will receive consistent AAP compliant education and model infant safe sleep to reduce SUID. Once certified, the team will continue to collaborate with the healthcare system to assist other hospitals with certification.

Lessons Learned

- Changing practices that have been integrated into staff workflow, i.e., HOB elevation for reflux/respiratory illness is challenging. If starting again the team would engage a provider from the quality and safety team earlier.
- As a large hospital within a healthcare system, many key stakeholders need to be involved, in support of, and consistent in safe sleep. In turn, EPIC changes need to be made in partnership with the healthcare system. Developing a point person within each of the other hospitals was vital.
- The cost of sleep sacks is an ongoing barrier, especially for the nursery. The team is working with leadership for funding.



References/Resources

