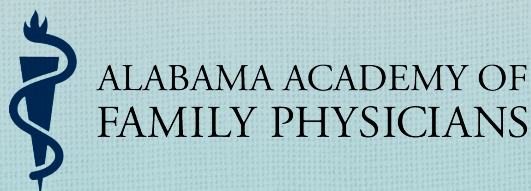
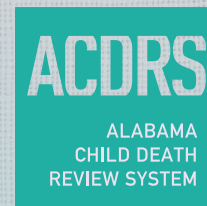
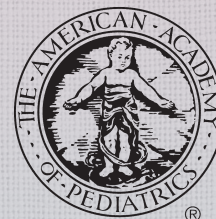


# Alabama Collaborative On Safe Sleep:

A Step-by-Step Blueprint for Hospital Safe Sleep Champions



# Alabama Collaborative On Safe Sleep Action Tool: A Step-by-Step Blueprint for Addressing Safe Sleep in Hospitals

The Alabama Collaborative on Safe Sleep Workgroup is providing hospital staff and physicians with an easy to use checklist, along with helpful resources to ensure that your babies' sleep environments are as safe as possible. If you already have a safe sleep program in your facility, thank you for your dedication to educate and ensure infant safe sleep. However, it is important for you to review and compare your safe sleep program to the state's position statement and other evidence-based national resources. We encourage you to ensure that your facility's practices match current recommendations, and if not, that you make any needed updates to your policies. Here are some easy steps to assist in this process:

## STEP 1: Perform an internal safe sleep audit

- Identify a safe sleep physician and nurse champion to review current practices taking place in your facility and compare these practices with the state's position statement to ensure you are following evidence-based practices. These include:
  - › Babies are placed on their backs to sleep at all times.
  - › Never use devices that are marketed to reduce SIDS/SUID.
  - › Babies sleep on firm mattresses with fitted sheets (no other objects are placed in the crib to include bumper pads, toys, stuffed animals, pillows, or blankets)
  - › Babies should be dressed in clothing that cannot come off easily (no flowing garments, garments with strings, or loose ties).
- Have a policy that ensures parents, families, and staff are educated on safe sleep. When parents, families, and staff are found to be in non-compliance with the policy, have a system in place to address and re-educate the identified issue.  
**Please refer to the “Alabama Collaborative on Safe Sleep Position Statement.”**
- Based on your facility's compliance with the above practices, next determine:
  - A. If you have a safe sleep policy that meets the Alabama Collaborative on Safe Sleep Position Statement, and your hospital currently follows that policy:
    - o Congratulations! Please skip to STEP 6 to establish a way to maintain compliance.
  - B. If you have a safe sleep policy that meets the Alabama Collaborative on Safe Sleep Position Statement, but it is not currently being utilized, please implement the following:
    - o Pull together a work team to identify gaps in utilization of the policy and to implement strategies to ensure compliance.
  - C. If you do not have a safe sleep policy that meets the Alabama Collaborative on Safe Sleep Position Statement:
    - o Start with STEP 2 listed below.

## STEP 2: Identify your leadership team

- If your facility does not have a safe sleep policy and needs to develop one, it will be essential to secure appropriate approval from your administration for its development.
- Identify a broad-based team of individuals to assist in the development and implementation of a safe sleep policy.

## STEP 3: Establish a timeline and your key goals

- Take into consideration the amount of time it will take to develop a safe sleep policy and plan accordingly.
- Set realistic and measurable goals. (i.e. By the end of year one, this facility will implement a safe sleep policy that will have 100 percent of babies in the nursery sleeping alone, in their cribs, and on their backs, and 100 percent of babies rooming in will be sleeping alone, in their cribs, and on their backs). If found sleeping incorrectly, provide education and resources about safe sleep.

## STEP 4: Use available resources

- Use available resources that have been adopted by the Alabama Collaborative on Safe Sleep to provide consistent safe sleep messaging statewide. These include:
  - o American Academy of Pediatrics: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment  
<http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf+html>
  - o Eunice Kennedy Shriver National Institute of Child Health and Human Development Safe to Sleep (free educational material) <http://www.nichd.nih.gov/sts/Pages/default.aspx>

## STEP 5: Develop a safe sleep policy

- Begin developing a safe sleep policy for your facility that does the following:
  - Fits with your patient population.
  - Has input from your staff members that provide care for infants.
  - Aligns with evidence-based practices as outlined in the Alabama Collaborative on Safe Sleep Position Statement (See STEP 1).
  - Includes a component for educating all staff regarding your facility's policy on safe sleep (See STEP 6).
  - Includes a way to measure and evaluate your facility's safe sleep program (See STEP 7).
- Your facility may want to pilot your safe sleep program with one unit or one group of employees/physicians before implementing throughout the entire facility.

## STEP 6: Educate and ensure compliance

- Education should include not only nursery staff, but all facility employees (even those in non-delivering, non-maternal child health areas, such as dietary and housekeeping employees).
- Education on safe sleep policies should be included in annual employee continuing education classes.
  - o Continuing education units are already developed and available through the National Institute of Child Health for nurses and pharmacists at:  
<http://www.nichd.nih.gov/SIDS/nursecepartners/Pages/index.aspx>  
<http://www.nichd.nih.gov/SIDS/Pages/PharmacistCE.aspx>
- Ensure that all education and training are thoroughly documented.
- Education should include neonatal intensive care, ensuring that safe sleep is being modeled for discharge once a NICU baby is clinically stable.

## STEP 7: Assess and measure

- Perform random assessments in the hospital to determine compliance with practice changes.
- Develop a means for measuring and evaluating the achievement of stated goals.

## STEP 8: Evaluate improvement and successes

- Continue to add champions in your facility as they become interested.
- Collect data to show your facility's status of change and improvement in safe sleep practices.
- Share successes!

