

SLEEP deanah maxwell, mi

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OBJECTIVES

Upon completion of today's presentation, participants will be able to

- Understand the impact of SIDS in the US
- Understand the pathophysiology of SIDS
- Identify risk factors for SIDS
- Identify and understand the preventive practices and measures that are commonly used to prevent SIDS

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SUDDEN INFANT DEATH SYNDROME

 SIDS is defined as the sudden death of an infant younger than one year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history





SUDDEN INFANT DEATH SYNDROME

- SUID-The death of an infant younger than 1 year of age that occurs suddenly and unexpectedly.
- ½ of all SUID cases are SIDS

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SUDDEN INFANT DEATH SYNDROME

- An autopsy
- Examination of the death scene
- Review of the symptoms or illnesses the infant had prior to dying
- Any other pertinent medical history



SUDDEN INFANT DEATH SYNDROME

- SIDS is the leading cause of infant mortality between one month and one year of age in the United States
- The risk of SIDS in the United States is <1 per 1000 live births Higher rates (two to three times the national average) are found in Black and Native American/Alaska Native children
- A disproportionately high rate (15 to 20 percent) of SIDS cases occurs in childcare settings.
- The risk of SIDS is slightly increased in boys .



SUDDEN INFANT DEATH SYNDROME

- Infant mortality : the death of an infant before his or her first birthday
- Infant mortality rate: the number of infant deaths for every 1000 live births
- For 2020 the infant mortality rate in Alabama was 7.0 (national rate 5.5)
- A total of 404 Alabama infants died before reaching 1 year of age
- SIDS was the 3rd leading cause of death for this group; there were 43 SIDS deaths reported in 2020

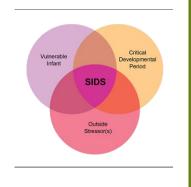


A TOTAL OF 404 ALABAMA INFANTS DIED BEFORE REACHING 1 YEAR OF AGE



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SUDDEN INFANT DEATH SYNDROME

$S_{\text{UDDEN}} \text{Infant} \, D_{\text{Eath}} \, S_{\text{YNDROME}}$

Vulnerable infant

- Brain abnormality
- Genetic Factors
- Developmental timing
- Most SIDS death occur during 2-4 months of age
- Environmental triggers
- Prone position
- Cardiac dysfunction
- Infection

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SUDDEN INFANT DEATH SYNDROME



$S_{\text{UDDEN}} \text{Infant} D_{\text{Eath}} S_{\text{YNDROME}}$

- While the exact etiology of SIDS remains elusive, researchers have identified multiple risk factors for SIDS.
- Risk factor modification has proven to result in fewer SIDS deaths



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- Maternal
- Neonatal
- Environmental

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SUDDEN INFANT DEATH SYNDROME: MATERNAL RISK FACTORS

SUDDEN INFANT DEATH SYNDROME

- Smoking
- Illicit drug use
- Young maternal age
- Poor prenatal care
- Short interpregnancy interval





Sudden Infant Death Syndrome

- Sleep position
- Exposure to secondhand smoke
- Over heating
- Sleep environment





Sudden Infant Death Syndrome

Charlie's Story



 https://video.search.yahoo.com/searc h/video?fr=mcafee&ei=UTF-8&p=parent+vide+on+sids&type=E21 1U51269GHid=3&vid=ade3c4be0a92 649d853b4513507c05b8&action=click

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Sudden Infant Death Syndrome prevention



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SUDDEN INFANT DEATH SYNDROME PREVENTION

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Sudden Infant Death Syndrome prevention

- Breast feeding
- Pacifier use
- Room sharing
- FansImmunizations





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SUMMARY

Upon completion of today's presentation, participants will be able to

- SIDS is a significant contributor to infant mortality in our country and state
- No singular cause of SIDS has been identified
- Multiple modifiable risk factors for SIDS have been identified
- Education remains our best tool for preventing SIDS

QUESTIONS?



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REFERENCES

Corwin, M (2022). Sudden infant death syndrome: Risk factors and risk reduction strategies. G. Mallory, L. Wilkie, & S. Misra (Eds.). Uptodate. Available from https://www.uptodate.com/contents/sudden-infant-deathsyndrome-risk-factors-and-risk-reductionstrategies?search-sids&source-search_result&selectedTitle=1-&1&usage_ type=default&display_rank=1#H29

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