

## **Safe Sleep: Small Changes = Big Results**

**Satellite Conference and Live Webcast  
Wednesday, April 30, 2014  
12:00 – 2:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

**Catherine Wood, MD, FAAP  
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American Academy of Pediatrics  
Partners in Pediatrics  
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## **Conflict of Interest**

- I have no conflict of interest
- No commercial affiliation

## **Who Am I To Speak?**

- 28 years in primary care pediatrics with nursery responsibilities
- Can speak from my own experience with sleep position change through the course of practice
- Talk to new parents and grandparents everyday about how their baby should sleep

## **Statistics**

- Uptick in infant mortality in our state
- 8.1 / 1,000 to 8.9 / 1,000 from 2011 to 2012
- 87 of 519 infant deaths attributed to unsafe sleeping environments or co - sleeping
- Additional 6 deaths related to suffocation or strangulation possibly from unsafe sleep environment

## **PRAMS**

- Pregnancy Risk Assessment Monitoring System
- 2011 survey:
  - 66% of healthy full term infants placed on their backs to sleep
- Same survey
  - 36% placed on side or stomach for sleeping

### **PRAMS**

- **Healthy People 2020 objective to increase back sleep position to 76% of healthy term newborns**

### **CoINN**

- **Collaborative Improvement and Innovation Network to Reduce Infant Mortality**
- **Infant Mortality Summit held by Public Health Regions IV and V in January 2012**
- **Goal of Summit**
  - **Each of 13 states to develop plan to address infant mortality**

### **CoINN**

- **Alabama plan**
  - **“Blueprint for Change”**
- **CoINN initiative launched in Alabama after this meeting**

### **CoINN**

- **Support collaborative learning, innovation and quality improvement efforts to reduce infant mortality and improve birth outcomes**
- **Apply evidence based strategies to reduce infant mortality**
- **Stimulate action across states**

### **Strategies**

- **Reduce elective delivery prior to 39 weeks**
- **Expand access to interconception care**
- **Promote smoking cessation**
- **Promote infant safe sleep**
- **Improve perinatal regionalization**
- **Alabama is one of a few states participating in all 5 strategies**

### **Alabama CoINN**

- **Established CoINN Safe Sleep Team**
- **Developed CoINN website**
- **Developed and disseminated Safe Sleep Survey to all delivery hospitals in Alabama in March 2013**
- **Collaborated with Alabama Child Death Review System program to update their safe sleep brochure**

### **Alabama CoIN**

- Working with Children's Trust Fund / Alabama's Cribs for Kids Program

### **ADPH / NGA Conference**

- January 2014 - hospital staff, providers and stakeholders implement measures to address infant mortality with safe sleep as area of focus
- Attendees included representatives from 27 of 50 delivering hospitals in Alabama

### **ADPH / NGA Conference**

- Dr. Michael Ramsey provided overview of AAP's recommendations for a safe sleeping environment for infants
- Work groups established to develop policy and competencies for all staff
- Safe Sleep Champion in all hospitals

### **Real World**

- Poverty - Cribs for Kids
- Time limits
- Grandparent push back / cultural patterns

### **Cribs for Kids**

- Crib distribution in Alabama available in these counties
  - Baldwin, Clay, Conecuh, Coosa, Escambia, Jefferson, Mobile, Montgomery, Randolph, Talledega, Tallapoosa
- Children's Trust Fund –
  - 963 cribs in Jefferson and Mobile counties since 2010

### **Cribs for Kids**

- Gift of Life Foundation
  - 1,154 cribs since 2005

### **Time, Time, Time**

- Nursery time
- Discharge time
- First check time

### **Grandma Says**

- Make Grandma your ally in education
- Safe to Sleep message
- Specifically address co - sleeping

### **Special Needs Children**

- Premies
- GE Reflux
- Developmentally delayed

### **Health Enhancement**

- Good prenatal care with healthy behaviors throughout pregnancy
- Well baby care including recommended immunizations according to schedule
- Breast feed, breast feed, breast feed!
- Offer pacifier for sleep

### **What to Avoid**

- Overdressing
- Long-term swaddle
  - Stop after 2 - 3 months
- Sleep positioners
- Higher thermostat settings – home should be 68-72 degrees
- Commercial products with claims of reducing risk for SIDS

### **It is A Wonderful Life**

- Just a few minutes with a specific focus
- Requires no financial investment on a parent's part
- Save a life!