

# Safe Sleep Partnership

Tennessee Department of Health  
and Tennessee Birthing Hospitals



# Background: Safe Sleep

- In 2011, the American Academy of Pediatrics released updated guidelines for infant safe sleep
  - *Update to “Back to Sleep”*
- Specific recommendations included:
  - *Infants should sleep alone (no bed-sharing)*
  - *Infants should sleep on their back*
  - *Infants should sleep in a crib or bassinette*

# Background: Why Tennessee?

- Each year in Tennessee, **nearly 600 infants** die before reaching their first birthday
  - *Twenty percent of infant deaths in Tennessee are attributable to **preventable** unsafe sleep practices<sup>1</sup>*
- Among sleep-related infant deaths in TN between 2009-2011<sup>1</sup>:
  - *84% were not sleeping in a crib or bassinette*
  - *68% were not sleeping alone*
  - *46% were not sleeping on their back*



# Background: Why Safe Sleep?

*If we could eliminate  
these preventable sleep-related deaths,  
we would **move from the bottom five states**  
in infant mortality  
**to the national average!***

# Background: Why Intervene?

- Health care providers may not always provide the most up-to-date information or model correct safe sleep practices
  - *2006 study: Only 52% of NICU nurses provided discharge instructions for exclusive back sleeping<sup>1</sup>*
  - *2007 study: Only 74% of pediatricians and 62% of family physicians recommended exclusive back sleeping<sup>2</sup>*
  - *2009 study: 72% of nurses knew back sleeping protective for SIDS; only 30% regularly placed infants on back<sup>3</sup>*

1. Aris C, et al. NICU nurses knowledge and discharge teaching related to infant sleep position and risk of SIDS. *Advances in Neonatal Care*. 2006; 6(5): 281-294.  
2. Moon RY, et al. Physician Recommendations Regarding SIDS Risk Reduction: A National Survey of Pediatricians and Family Physicians. *Clinical Pediatrics*. 2007; 46: 791-800.  
3. Carrier CT. Back to Sleep: A Culture Change to Improve Practice. *Newborn and Infant Nursing Reviews*. 2009; 9: 163-168.

# Background: Why Hospitals?

- AAP recommends that health care professionals endorse risk-reduction strategies
  - *Nearly all (98.7%) of Tennessee births occur in hospitals<sup>1</sup>*
- What parents see matters!
  - *1998 study: Among parents who observed stomach sleeping in hospital, 93% intended to place infant on stomach at home<sup>2</sup>*
  - *2001 study: Parents who saw exclusive back sleeping in nursery more likely to put baby on back at home<sup>3</sup>*



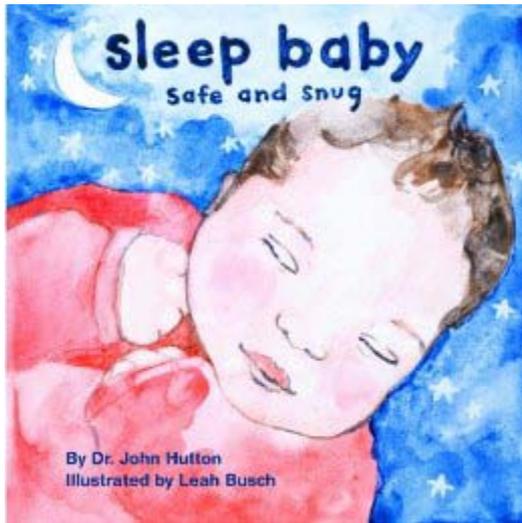
1. Tennessee Department of Health, Division of Policy Planning and Assessment.  
2. Brenner RA et al. Prevalence and Predictors of the Prone Sleep Position Among Inner-City Infants. JAMA. 1998; 280(4): 341-346.  
3. Colson ER et al. Position for newborn sleep: associations with parents' perceptions of their nursery experience. Birth. 2001. Dec; 28(4): 249-53.

# Background: What Can Be Done?

- Interventions are available for hospital use
  - *Large metropolitan level II nursery: NICU staff education and trigger tool and rapid-cycle change → increased use of appropriate bedding and parent education<sup>1</sup>*
  - *Large TX NICU: Safe sleep algorithm, crib card, education for staff/parents, crib audit tool, and postdischarge telephone reminders → increased supine positioning (39% → 83%); improved parental compliance (23% → 82%)<sup>2</sup>*
  - *York, PA hospital: Educational DVD, face to face review with nurses, parental acknowledgement statement → improved parental intent for supine positioning (82% → 97%) and use of crib/bassinette (81% → 92%); improved understanding of AAP guidelines (75% → 99%)*

1. Carrier CT. Back to Sleep: A Culture Change to Improve Practice. *Newborn and Infant Nursing Reviews*. 2009; 9: 163-16  
2. Gelfer P et al. Integrating "Back to Sleep" Recommendations Into Neonatal ICU Practice. *Pediatrics* 2013;131:e1264–e1270  
3. Goodstein M. Creating a Hospital and Community Based Infant Safe Sleep Education and Awareness Program: The York Hospital Experience. Presentation on Cribs for Kids website. Available at: [http://cribsforkids.org/wp-content/uploads/2012/09/DrGoodstein\\_ISSProgram\\_SSS.pdf](http://cribsforkids.org/wp-content/uploads/2012/09/DrGoodstein_ISSProgram_SSS.pdf)

# Hospital Incentive Bundle



- **Free** “Sleep Baby, Safe and Snug” board book for each birth in your facility
- **Free** TDH “ABC’s of Safe Sleep” materials
- **Free** Recognition on TDH website (<http://safesleep.tn.gov>)



- Signed certificate from TDH Commissioner
- Press release template



# Hospital Requirements

- Identify main hospital contact for communication with TDH and submit intent pledge
- Develop hospital Safe Sleep policy
- Implement Safe Sleep policy, which at a minimum must include:
  - At least annual education to all perinatal staff (OB, peri/postpartum, and pediatrics) on safe sleep recommendations
  - Requirements for staff to model safe sleep recommendations
  - Plan for at least quarterly internal compliance audits with hospital policy
- Submit annual report on educational activities and staff compliance in order to receive books

# Hospital Requirements

- Intent Pledge
  - Signature by one of the following: CEO, CMO, CNO, NICU or NBN Director
  - Commitment to develop safe sleep policy, train staff at least annually, implement safe sleep practices and conduct quarterly internal audits
  - Estimate number of births (inborns plus outborn transfers not previously discharged home)

# Next Steps for Hospitals

- Identify main hospital contact and submit intent pledge
  - Send name, email address, and phone number to Rachel Heitmann ([rachel.heitmann@tn.gov](mailto:rachel.heitmann@tn.gov))
- Review sample hospital policies available on TDH website
  - <http://safesleep.tn.gov/hospitals.shtml>
- Develop and implement policy

# Contact Information

- TDH Safe Sleep Website
  - <http://safesleep.tn.gov>
- Questions/information
  - Rachel Heitmann, Director of Injury Prevention and Detection
  - Email: [Rachel.Heitmann@tn.gov](mailto:Rachel.Heitmann@tn.gov)
  - Phone: 615-741-0368

# Partnership Acknowledgement

