Wrestling with Safe Sleep

Christy Schunn, LSCSW
Executive Director
KIDS Network
Sleep-Related Infant Death

- Sudden, Unexpected Infant Death (SUID)
  - Manner and cause of death are not immediately obvious prior to investigation

- Accidental suffocation or asphyxiation while sleeping

- Sudden Infant Death Syndrome (SIDS)
  - When an infant seems to be healthy, but dies usually while sleeping, for no other reason
  - Sometimes called “crib death”

- Unknown
Infant Mortality Data
Kansas in 2015

39,123 Babies born
230 died before their 1st birthday

KDHE, Annual Summary of Vital Statistics for 2015
Infant Mortality Data
By cause, Kansas 2010-2014

Figure A
Leading Causes of Infant Deaths
Kansas, 2010-2014

- Congenital Anomalies: 23.3%
- Maternal Factors and Complications: 10.3%
- Prematurity or Low Birth Weight: 19.8%
- Other External Causes of Mortality: 3.8%
- SUID: 17.0%
- All Other Causes: 25.8%
- Other External Causes of Mortality: 3.8%
- Maternal Factors and Complications: 10.3%
- Prematurity or Low Birth Weight: 19.8%
- SUID: 17.0%
- All Other Causes: 25.8%

Source: Bureau of Epidemiology and Public Health Informatics, KDHE
Infant Mortality Data
State Child Death Review Board, 2012

- SIDS Deaths = 25
  16 of 25 were in an adult bed
- 60% were co-sleeping with adults or other children
- 5% were co-sleeping with adult on sofa/couch
- 5% were found sleeping alone on sofa/couch
- 84% were less than four months of age
- 98% of all SIDS deaths had 1 or more unsafe sleep factors (smoking, blanket, prone)
- All of the infants placed to sleep in a crib or portable playpen had additional items in the sleep environment such as pillows, blankets, or stuffed animals, which contributed to an unsafe sleep environment.
Reducing Infant Mortality
Consistency along continuum of care

- Preconception
- Prenatal
- Birth
- Infancy
- 1 Year

- Prenatal Visits
- Hospital Care
- Well Child Checks
- Childcare / Foster Care
- Friends and Family
- Home Visitation
- Hospital Readmission
- Health Class
- Community Health Fairs
Reducing Infant Mortality

- Parents/caregivers are most likely to follow the safe sleep guidelines if they:
  - Received information from healthcare providers
  - Received consistent messages from multiple healthcare providers
  - Received consistent messages from trusted female friends and relatives
  - Observed healthcare providers following the recommended behaviors
Disparities
Deaths from SIDS (Rates per 10,000 births)

White 5.5
African-American 10.1
American Indian or Alaska Native 11.9

African-American babies are 1.8 times more likely to die from SIDS.
American Indians or Alaska native babies are 2.2 times more likely to die from SIDS.

Research
Triple Risk SIDS Theory

External Stress Factors
- Sleep position
- Bedding
- Temperature
- Season
- Swaddling
- Smoking
- Drug use
- Minor respiratory symptoms
- Poverty
- Limited prenatal care

Infant Physiologic Responses
Arousal response deficit
- Subtle brainstem dysfunction
- Slow development

Development
- (autonomic nervous system)
- 2-4 months – most unstable
- 4-6 months – decreasing instability

Hannah C. Kinney, Harvard Medical School, Boston
Research
AAP guidelines

www.aap.org
Safe Sleep Position

Healthy term infants should be placed on their back to sleep for every sleep.
Safe Sleep Position

Prone – “tummy”

Supine – “back”
Safe Sleep Environment

- Place the baby on a firm sleep surface in a safety approved crib.
- The sleep surface should be bare.
Cribs for Kids
Room Sharing without bed sharing
Unsafe Sleep Environment
Unsafe Sleep Environments

- Car seats
- Strollers
- Swings
- Infant Carriers
- Infant Slings
Commercial Devices

Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.
Safe Sleep and Breastfeeding

- Breastfeeding is recommended and is associated with a reduced risk of SIDS.
- There is a 68% decreased risk of SIDS for infants who are exclusively breastfed.
- There is a 32% decreased risk for SIDS for infants who are breastfed at all.
Tummy Time

• Needed to develop strong muscles

• For babies who are awake and being observed

• Offered 2 to 3 times a day and increase the amount as the baby becomes stronger.
Pacifier Use

Consider offering a pacifier at nap time and bed-time.
Maintaining Temperature

- Make sure the baby's head remains uncovered during sleep
- Consider using a wearable sleeper or other sleep clothing as an alternative to blankets.
- Dress the baby in light sleep clothing
Swaddling

• Swaddle a baby who wants to be swaddled
  • Not too hot
  • Not too tight
  • Not able to flip over
Avoid Smoke Exposure

- Go outside to smoke
- Wear an overcoat
- Removed the overcoat upon return
- Exposure to smoke in a room where babies sleep, is linked to an increased risk of SIDS.
Avoid Alcohol and Illicit Drug Use

- Increased risk of SIDS with prenatal and postnatal exposure to alcohol or illicit drug use
Immunizations

• Infants should be immunized
• Immunizations reduce an infant’s risk of SIDS by nearly 50%
Safe to Sleep
Campaign Materials

Safe Sleep For Your Baby

Ponga a su bebé a dormir sin peligro

Safe Sleep For Your Baby

Safe Sleep For Your Baby

SAFE TO SLEEP
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

SAFE TO SLEEP
Reduce el riesgo del síndrome de muerte súbita del bebé y de otras causas de muerte relacionadas con el sueño

SAFE TO SLEEP
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

SAFE TO SLEEP
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

KIDS
Kansas Infant Death & SIDS Network
Safe to Sleep
Campaign Materials

What does a safe sleep environment look like?

¿Qué es la apariencia de un ambiente seguro para dormir?

*For more information on safety guidelines, contact the Consumer Product Safety Commission at 1-800-795-0123 or visit http://www.cpsc.gov.

SIDS in Child Care
Rachel Y. Moon, MD, Children’s National Medical Center, Washington, D.C.

- Approximately 20% of SIDS deaths occurred while the infant was in the care of a nonparent caregiver.
  - 60% in family child care
  - 20% in child care centers

- Approximately $\frac{1}{3}$ of SIDS-related deaths in child care occur in the first week, $\frac{1}{2}$ of these on the first day.
Safe Sleep in Child Care
Create a Safe Sleep Policy

Benefits of a safe sleep policy

- Shows parents baby’s health and safety is a top priority
- Educates staff
- Promotes consistent care
- Educates parents
- Empowers the child care provider
- Reduces the risk of liability
- See policy example at www.kidsks.org
Safe Sleep for the Child Care Provider Course

- Online at: ks.train.org
- English & Spanish course ID #1054773
Licensing Requirements

- National Resource Center for Health and Safety in Child Care and Early Education (NRC)
  - nrckids.org
  - 800/598-KIDS (5437)
- Individual state licensing information
Healthy Child Care America
Safe Sleep Campaign

American Academy of Pediatrics

http://www.healthychildcare.org/sids.html
Safe to Sleep Materials

Video

safe sleep

Alone, on the Back and in a Crib

Safesleepkansas.org


Mason B, Ahlers-Schmidt CR, Schunn C. Improving Safe Sleep Environments for Well Newborns in the Hospital Setting. CLIN PEDIATR. 2013; 0009922813495954.


Referring to the KIDS Network

- Let the family know you will contact the KIDS Network to provide support
- Call of fax provisional information

Kansas Infant Death and SIDS Network, Inc.
1148 S. Hillside, Suite 10
Wichita, KS 67211
www.kidsks.org