



OBJECTIVES

- Explain Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) definitions and how the United States compares to other developed nations.
- Discuss the current controversy and barriers to the SIDS prevention (or Safe Sleep) strategies.
- Describe the American Academy of Pediatrics' (AAP) 2011 Safe Sleep Strategies, the rationale behind, and evidence supporting them.
- Describe practical tips every nurse can use to endorse the Safe Sleep Strategies in their sphere of personal and professional influence.

OUTLINE

- The Evidence!!!
- The "Triple-Risk" theory of SIDS pathogenesis and why SIDS is now considered preventable.
- Definitions – SIDS and SUID...What's the difference?
- Statistics – U.S. versus other developed nations.
- The controversy and barriers – Too many experts?
- The AAP Safe Sleep Strategies – The "ABCs" and beyond.
- Suggestions, tips, and resources for every nurse.
- Conclusion – SIDS is preventable...Spread the word!



SIDS PREVENTION IN AMERICA...



The results are in...and the scientific evidence is compelling!
"Strong and Consistent"

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Medscape
NEWS

Nurses Remain Nation's Most Trusted Professionals

Jenna Lachman

Dec 06, 2012

Medical professionals are among the most trusted people in the United States, a new Gallup survey shows, with 85% of survey respondents ranking nurses highest for honesty and ethics, followed by pharmacists (75%) and physicians (70%). The 2012 sampling was conducted via telephone November 26 through 29 among 1013 people aged 18 years and older in all 50 states and the District of Columbia. The survey results, published December 4, have a margin of error of ± 4 percentage points and a confidence interval of 95%.

The poll asked respondents, "Please tell me how you would rate the honesty and ethical standards of people in these different fields — very high, high, average, low, or very low?" A list of 22 professions was then provided in random order to each person contacted. Spanish-speaking respondents were interviewed in Spanish.

Nurses, who have led the rankings for 11 consecutive years, were ranked "high" or "very high" for honesty and ethics among 85% of respondents. The survey has been conducted annually since 1976, and nurses were first included in 1999.

"This poll consistently shows that people connect with nurses and trust them to do the right thing," said American Nurses Association President Karen A. Daley, PhD, MPH, RN. is an association news release. The only time nurses were not first on the list was 2001, after the terrorist attack of September 11, when firefighters ranked first. Firefighters have not been included in polling in any other years.

Engineers tied with physicians for third place, ranking 70%, followed by dentists at 62%, police officers at 58%, college teachers at 53%, and clergy at 52%. Psychiatrists ranked eighth, at 41%, and chiropractors ninth, at 38%, followed by bankers (28%) and journalists (28%).



A SIDS PREVENTION PRIMER...

"Safe Sleep" greatly reduces the risk of SIDS and other sleep accidents.

I Sleep Safest...

ALONE: Do not sleep with your baby!

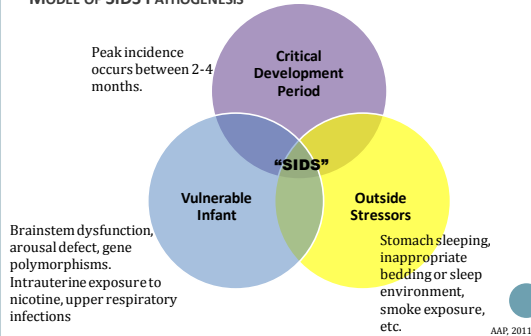
On my BACK: Tummy and side positions are not safe!

In a safe CRIB: With no fluffy or loose items.



THE "TRIPLE RISK HYPOTHESIS" - A WORKING

MODEL OF SIDS PATHOGENESIS



DEFINITIONS

SIDS

Sudden infant death syndrome is defined as the sudden death of an infant less than 1 year of age that cannot be explained *after a thorough investigation* is conducted. This includes

- (a) examination of the death scene
- (b) a complete autopsy
- (c) review of the clinical history.

Diagnosis or cause of death



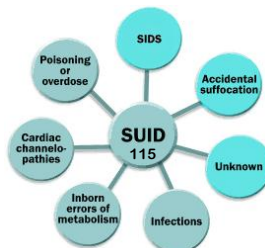
SUID

Sudden unexpected infant death is defined as the sudden death in an infant less than 1 year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious *prior to investigation*.

An "umbrella" term

CDC, 2012

SUID - A LITTLE MORE INFORMATION



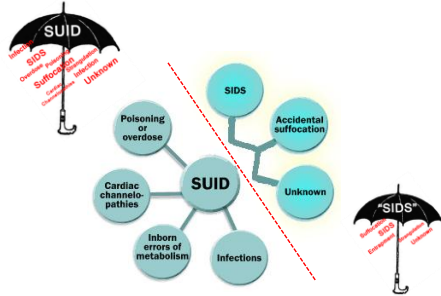
115 SUID deaths/100,000
4600 infant SUID deaths per year

The category **accidental suffocation** includes suffocation, strangulation and entrapment

The category **"unknown"** is usually used when there are risk factors present (i.e. smoke exposure or an unsafe sleep environment) but unclear if it was the cause of death

CDC, 2012

WHAT EXACTLY DO WE MEAN WHEN WE SAY "SIDS"?

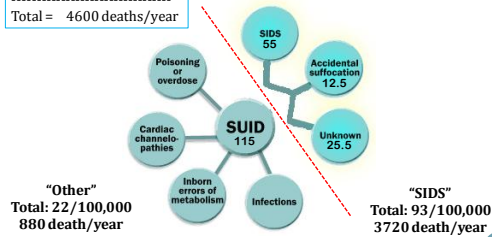


CURRENT SIDS RATES...

"SIDS" = 3720 death/year
Other = 880 death/year

Total = 4600 deaths/year

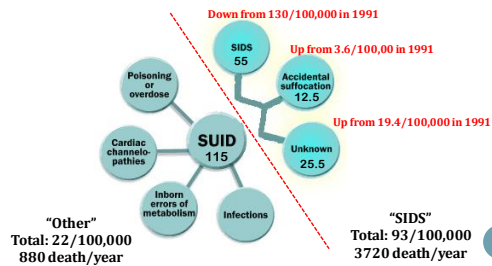
115 SUID deaths/100,000 =
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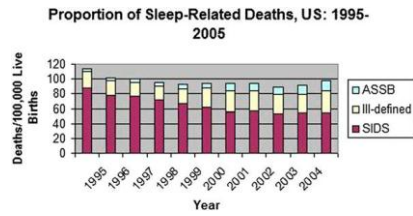
In 2011, Arizona had 77 preventable SIDS deaths

WHAT ON EARTH IS "DIAGNOSTIC SHIFT"???

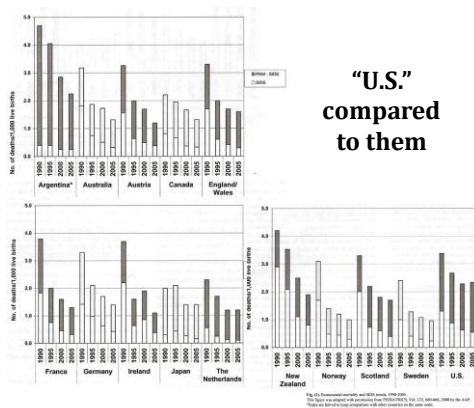
115 SUID deaths/100,000 =
4600 infant SUID deaths per year



DIAGNOSTIC SHIFT...A LITTLE MORE

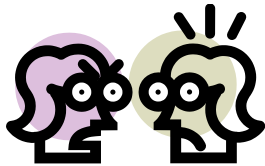


Pediatrics in Review, 2012



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THE CONTROVERSY!!!



Why is this such a **HOT** topic???

THE OTHER "EXPERTS"

- Dr. Spock – advise not based on evidence
- Dr. McKenna - anthropologist
- Dr. Sears
- Breastfeeding Advocates
- Parent Groups – "The Family Bed"



THE OTHER "EXPERTS"

ASK DR. SEARS - A Trusted Resource for Parents

Home | A-Z Topics | About Us | Contact Us

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Navigation: Pregnancy & Childbirth | Breastfeeding | Parenting | Attachment Parenting | Family Nutrition | Vaccines | Family Wellness

Scientific Benefits of Co-Sleeping

Co-Sleeping by Dr. Sears

Popular media has tried to discourage parents from sharing sleep with their babies, citing the worldwide practice of co-sleeping. Medical science, however, doesn't back this conclusion. In fact, research shows that co-sleeping is actually safer than sleeping alone. Here is what science says about sleeping with your baby.

Based on research:

- Research shows that co-sleeping infants actually nurse more often during sleep and wake up during the night compared to solo sleepers who wake repeatedly throughout the night and spend 4 times the number of minutes crying.
- Sleeping and crying releases adrenaline, which increases heart rate and blood pressure, interfere with restful sleep and leads to long term sleep anxiety.

Infant physiology:

Studies show that infants who sleep near to parents have more stable temperatures, regular heart rhythms, and fewer long periods in breathing compared to babies who sleep alone. This means baby sleeps physiologically safer.

Decreases risk of Sudden Infant Death Syndrome

Worldwide research shows that the SIDS rate is lowest (and even without it) in countries where co-sleeping is the norm, rather than the exception.

Subscribe to our FREE House Calls Email Newsletter!

Get parenting advice, special product offers and more from Dr. Sears weekly.

Sign up today!

THE OTHER "EXPERTS"

breastfeeding.com

Use it like the 80 ways website

The Snuggly Pillow Now designed for travel.

[Shop Snuggly](#)

Log in | Join For Free | Send to Friend | Make Homepage | Add to Favorites

Home | Breastfeeding | Baby & Toddler | For Moms Only | Co-Sleeping

[Breastfeeding](#) | [Reading Room](#) | [The Benefits of Co-Sleeping](#)

The Benefits of Co-Sleeping

Lower your baby's risk of stress disorders, SIDS and more
by Jennifer Coburn courtesy of [The Complete Mother](#)

Harvard psychiatrist Michael Commons and his colleagues recently presented the American Association for the Advancement of Science with research that suggests that babies who sleep alone are more susceptible to stress disorders.

Notre Dame anthropology professor and leading sleep researcher, James McKenna, has long held that babies who sleep with their mothers enjoy greater immunological benefits from breastfeeding because they nurse twice as frequently as their counterparts who sleep alone.

THE OTHER "EXPERTS"



THE OTHER "EXPERTS"



WHAT THE CITY OF MILWAUKEE IS DOING...



THE 1994 **“BACK TO SLEEP”** CAMPAIGN
IS NOW THE
2013 **“SAFE TO SLEEP”** CAMPAIGN



NICHQ, 2013



ALONE: Do not sleep with
your baby!

**Do not co-sleep in a bed, chair,
couch, or waterbed**

- **HOT** topic
- Decreases SIDS by 50%
- No co-bedding devices
- There are no bed-sharing situations that are safe per the AAP
- **Room-share Instead!**



AAP, 2011



On my BACK: Tummy
and side positions are not safe!

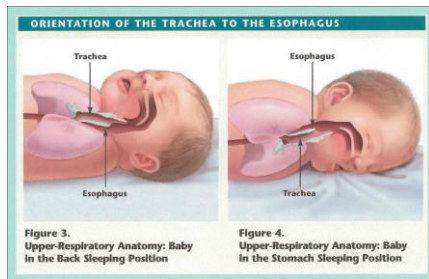
**“Back to Sleep” for Every
Sleep**

- “Back to Sleep” campaign-1994
- Decreased SIDS by 53% over 10 years
- “Unaccustomed stomach sleeping”
- Concerns about aspiration



AAP, 2011, NICHQ, 2012

WHY BABIES DO NOT CHOKE MORE ON THEIR BACKS VERSUS ON THEIR STOMACHS



In a safe CRIB: With no fluffy or loose items.

Use a Firm and Safe Sleep Surface

- Use products only approved by the Consumer Product Safety Commission
- Avoid the use of sitting devices for sleep



AAP, 2011



In a safe CRIB: With no fluffy or loose items.

KEEP SOFT OBJECTS AND LOOSE ITEMS OUT OF THE CRIB

- “Keep the crap out of the crib” blankets, sheep skins, pillows, soft toys, and bumper pads
- Blanket sleepers
- Halo sleep sac



AAP, 2011; NICHD, 2012

HALO SLEEP SAC

Arm and neck openings sized for a safer fit —
Sleeves to help reduce the risk of overheating.
Inverted zipper for easy diaper changes.
"Back is Best" message reminds all caregivers to put babies to sleep on their backs.
Premium fabrics — always. Added chemicals — never.
Roomy sack design promotes healthy hip development. International Hip Dysplasia Institute approved.



AVOID SMOKING, ALCOHOL, AND ILLICIT DRUGS BEFORE AND AFTER THE BABY ARRIVES



BREASTFEED!



It has a protective effect
against SIDS.



AAP/2011

PACIFIERS

- Wait until breastfeeding is well established before offering a pacifier. Usually at about 1 month old.
- Give baby a pacifier that is not attached to a string for naps and at night.
- Do not force the baby to use a pacifier
- It does not need to be replaced once the baby falls asleep and the pacifier is dropped.



AVOID OVERHEATING WITH CLOTHES OR TOO WARM OF AN ENVIRONMENT

- Avoid over bundling or covering face/head
- Evaluate for signs of overheating
- Wear 1 layer more than an adult



AAP, 2011



RECEIVE REGULAR PRENATAL CARE WHILE YOU ARE PREGNANT



Infants should be immunized and seen routinely for well-baby checks

AAP, 2011



TUMMY TIME!

- Reduces the risk of plagiocephaly
- Facilitates development



AAP, 2011

AVOID THE USE OF COMMERCIAL DEVICES

- Wedges and Positioners
- Cardiorespiratory Monitors



AAP, 2011

MEDIA AND MANUFACTURERS SHOULD FOLLOW SAFE-SLEEP GUIDELINES IN MESSAGES AND ADVERTISING

- Media messages contrary to safe-sleep recommendations create misinformation about safe sleep practices



AAP, 2011

WHO IS RESPONSIBLE FOR ENDORSING SAFE SLEEP?

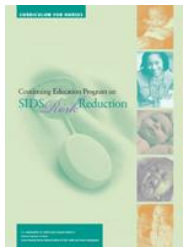
- You!
- Parents – Need to give explicit instructions to everyone who cares for their baby.
- Child care providers should receive specific education.



AAP, 2011, First Candle, 2012

EDUCATION...

The National Institute of Child Health Development (NICHD) offers a free continuing education program for SIDS Risk Reduction.



NICHD, 2006



TIPS AND TAKE HOME MESSAGES

"SIDS" IS PREVENTABLE!!!

1. Nurses are in a powerful position to help stop needless SIDS deaths.
2. Memorize the ABCs!
3. Educate yourself and everyone within your sphere of influence
4. Know your available resources

"Application of what we currently know could eliminate SIDS."

The challenge is to find ways of implementing our knowledge"
Mitchell, 2009

TOOL KIT OF RESOURCES FOR NURSES



Chicago  Tribune

Bed-sharing deaths of infants persist in Chicago area despite safety warnings

January 12, 2012 | By Kate Thayer and Duaa Eldeib, Chicago Tribune reporters

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