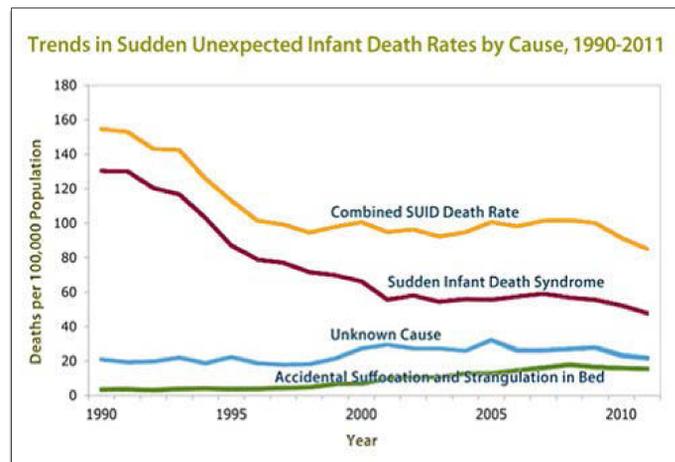


Background

- SIDS, strangulation, and accidental suffocation are the leading causes of death for infants beyond the neonatal period in the United States
- American Academy of Pediatrics issued the *Back to Sleep* Initiative which includes infant sleep environment
- Despite the recommendations, new parents are still engaging in unsafe sleep behaviors with their newborns
- Interventions put in place at Sister's of Charity Hospital of Buffalo in 2013 are being used to educate parents on safe infant sleep behaviors



Methods

- IRB approval was obtained from both the University at Buffalo and Sister's Hospital
- Design: Systematic literature review and cross-sectional survey
- Participants: Convenience sample of women who gave birth at Sister's Hospital in July-August 2015
- Procedure: Telephone interview with an investigator developed interview guide "Safe Sleep: Knowledge and Practice Questionnaire"
- Analysis: Content analysis of the literature and descriptive statistics of the survey

Research Question

- What influences newborn sleep in the home?
- Is the hospital based teaching program effective?

Results

Literature Review:

- Databases: CINAHL, PubMed
- Keywords: Infant, Sleep, Safe Sleep in Infants, Safe Sleep Education
- Inclusion Criteria: Written in English
- Total Number of Articles Reviewed: 18

Major Findings from the Literature:

- Safe sleep awareness and education are being promoted in order to better prepare parents for safe infant sleep at home
- Safe sleep guidelines can conflict with cultural or familial values regarding sleeping arrangements
- Parents seem to know about Back to Sleep, yet they choose not to comply for various reasons
- Caregivers are influenced in many different ways, including health providers and family members

Telephone Interviews:

- A total of 44 mothers were contacted and interviewed by phone
- Ranged in age from 19-37 years of age; thirty-six (82%) participants were primigravida
- Most commonly identified sources of safe sleep information were books about parenting and infant care and expectant parent magazines
- All participants recalled receiving a demonstration of infant positioning when they were admitted to the maternal newborn unit
- All participants responded that newborns should not be covered with loose blankets, placed on their tummy, or have toys in the crib



Conclusions

- Limitations: small sample size and the risk for social desirability
- Patients are influenced by more than one factor when it comes to safe infant sleep education
- The findings of this study demonstrate the effectiveness of the evidence based teaching program at Sister's Hospital
- Continuity of content and continuous modeling and reinforcement may be more effective than an isolated teaching event
- The teaching program needs to be updated to include the use of infant carriers as sleep environments
- An essential role of the professional nurse is to educate new parents and advocate for the well-being of the newborn

