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Infant Safe Sleep: A Curriculum for Nurses on Labor and Delivery Units

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Infant Safe Sleep
A Curriculum for Nurses on Labor and Delivery Units

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Acknowledgements

• I declare that there are no relationships, conditions, or circumstances that present a conflict of interest relevant to the content of this presentation

• There were no sources of funding for this project
Problem

• Approximately 3500 infants die annually in the United States from sleep-related deaths

• There is an inconsistent message being communicated by health care professionals to parents regarding infant safe sleep recommendations

• Parents are getting mixed messages about what safe sleep entails
Available Knowledge

- The American Academy of Pediatrics recommends a safe sleep environment that can reduce the risk of all sleep-related infant deaths.

- Education from health care professionals can influence a parent’s choice of sleeping positions for their infants.

- Educational interventions aimed at increasing staff knowledge and compliance with infant safe sleep recommendations has been shown to be effective at changing hospital staff behavior.

- Studies suggest that parents are likely to imitate infant sleep practices modeled by health care providers in a hospital setting.
Rationale

- Safe sleep practices are inconsistently adopted in communities and often rejected by parents
- Parental knowledge of safe sleep is key to decreasing the risk of unexpected infant deaths
- Nursing staff at birth hospitals are responsible for much of the initial education that new parents receive about safe sleep
- The nurse’s behavior is essential in influencing parents to place their babies in a safe sleep environment
- Staff education programs significantly increase the knowledge acquisition, attitudes, and practice intentions of these health care professionals
• To create an infant safe sleep educational module that will be used as an annual training curriculum for nursing staff on labor and delivery units within Vermont hospitals.

• To provide nurses with the best evidence and help them recognize their crucial roles in promoting safe sleep and providing parents with a standardized message.
This doctoral project is a component of an infant safe sleep campaign, initiated by the Vermont Department of Health.

The hospitals interested in using this educational module are North Country Hospital, Rutland Regional Medical Center, Northeastern Vermont Regional Hospital, Central Vermont Medical Center, Copley Hospital, Gifford Medical Center, Northwestern Medical Center, and Porter Medical Center.

This module will be incorporated into the healthcare learning management software and implemented as mandatory education for nurses on labor and delivery units.
Interventions

• An educational module was created for nursing staff on labor and delivery units in a number of Vermont hospitals

• Current safe sleep guidelines of The American Academy of Pediatrics
• Risk factors for sudden unexplained infant death
• Common misconceptions in regard to safe sleep practices
• Cultural aspects of infant safe sleep
• Nurses as role models and educators
• Evidence behind commonly advertised products such as baby slings, baby boxes, and owlet monitors.
Study of the Intervention

• **Measures:** Questionnaires for nurses to complete before and after viewing the module
  - Likert scale questionnaires focus on knowledge of evidence-based practices related to infant safe sleep and current practices, as well as current messages being given to parents
  - Post-educational module survey also includes an evaluation in terms of their perceived value of the educational curriculum

• **Analysis:** Qualitative analysis of participants’ responses to questionnaires
Ethical Considerations

• No individual identifiers will be collected from the participants

• The completed questionnaires will be shared only with the faculty advisor and clinical mentors
• The final product has not been implemented at this time due to delays in key informant interviews by John Snow Inc. (JSI)

• The data obtained from these interviews will be integrated into the final draft of the educational module by the VDH

• Nine labor and delivery nurse managers have viewed the most complete version of the module and have provided constructive feedback
• Nurse managers found module to be informative and believe it will help nurses to provide a consistent and evidence-based message about infant safe sleep

• Reported feeling better able to verbalize infant safe sleep teaching to parents after viewing the module

• Believed that providing module to their nursing staff would ensure a universal response during parent education

• Strengths included the information presented regarding slings, baby boxes, owlet monitors, risk factors of sudden unexplained infant death (SUID) with differences between cultures, and myths vs. truths about SUID.
Limitations

• Results were obtained from only nine participants, so the results and analysis components are limited

• These results are not generalizable

• Results are mainly opinion-based

• Nine people and a five-point Likert scale did not allow for a comprehensive analysis
Conclusions

• Once this module is complete, it can be used as mandatory education for nurses on labor and delivery units to help provide a consistent message to parents regarding evidence based infant safe sleep practices

• Easily modified as new information becomes available

• Initial dissemination on the labor and delivery units

• Future dissemination to pediatric primary care and specialty care, as well as women’s health and family practice settings

• The Department of Health will be using some slides from this module to be used in a generic presentation for all health care professionals in Vermont hospitals
References:


Questions?