Sudden Infant Death Syndrome (SIDS) is the leading cause of death for infants 1-12 months of age in the United States. Infants are cared for and discharged from many inpatient environments, often with inconsistent sleep safety practices. A multidisciplinary work group at the UICH was organized to evaluate and improve the safety of the sleep environment for infants across all our inpatient settings.

**Goal**
To evaluate and improve safe sleep practices among inpatient infants at UI Children’s Hospital.

**Background Issue**
- Sudden Infant Death Syndrome (SIDS) is the leading cause of death for infants 1-12 months of age in the United States.
- Infants are cared for and discharged from many inpatient environments, often with inconsistent sleep safety practices.
- A multidisciplinary work group at the UICH was organized to evaluate and improve the safety of the sleep environment for infants across all our inpatient settings.

**Methods**
- **Data Collection:** Our workgroup created a before-and-after observational survey administered by bedside nurses.
- **August 2013:** Baseline data collection
- **August 2014:** Follow-up data collection after focused education and product implementation
- **August 2015:** Two year follow-up data collection

**Interventions Continued**
- **Products**
  - Sleep sacks for infants on all units
  - Bedside storage containers
  - Fitted crib sheets on all units

**Interventions**
- **Staff and Parent Education**
  - Education module and live safe sleep training in September 2013, August 2014 and March 2015
  - Discussed project at pediatric faculty lunch and distributed by email to residents
  - Laminated crib cards at bedside for parents and staff
  - Safe sleep screen saver on bedside computers
  - Computer module and handouts for parents
- **Community Outreach Events**
  - March 2014 - UI Children’s Hospital
  - April 2014 - Iowa Children’s Museum
  - May 2014 – Poster presentation at Pediatric Academy Society
  - July 2014 – Kid’s Day at Johnson County Fair
  - November 2014 - UI Staff Health Fair
  - April 2015 - UI Children's Hospital
  - May 2015 - Poster presentation at Iowa Organization for Nursing Leaders Conference
  - July 2015 – Kid’s Day at Johnson County Fair
  - September 2015 - Nurse Recognition Day
  - October 2015 - Poster presentation at AANPCP Annual Conference

**Future Work**
- **Staff Education and Dissemination**
  - Continue annual module and live education
  - Article development for pediatric journal
- **Community Outreach Events**
  - November 2015 - UI Staff Health Fair
  - Safe sleep crib display outside the nurseries
  - 2016 - Iowa Children’s Museum
  - March 2016 – Poster presentation at ANA Conference
- **Products**
  - Sleep Sacks for each new family at discharge
  - Explore complimentary crib for discharged families
- **Certification**
  - Beginning stages to acquire National Safe Sleep Hospital Certification

**Conclusions**
- **Unnecessary objects were often found in sleeping infants' cribs in our inpatient setting**
- **Unsafe sleep positioning was common among inpatient infants**
- **Our quality data shows a significant decrease in the percentage of in-hospital infant cribs with unsafe objects. We continue to work towards improvement.**

**References**

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