

Evaluation of an Evidence Based Teaching Program for Newborn Safe Sleep

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Background

Educating new mothers about safe sleep practice for their infant is an important opportunity for nurses to use evidence based teaching protocols. In 2013 an evidence based safe-sleep program was implemented on the Mother-Baby unit at Sisters of Charity Hospital.

Literature Review

- Eisenberg et al (2015) concluding that mothers commonly report receiving either no advice or advice different from the AAP guidelines from healthcare providers about infant care, including sleep positions.
- National Infant Sleep Position Study (2013) showed a high percentage of mothers reported limited advice about safe sleep for their infant which included the sleeping environment and infant position.
- Mason et al (2013) found that safe sleep behaviors in the post-partum setting are often not consistent with the AAP recommendations.

Purpose

- A critical component of evidence based practice guideline development is evaluation of the guidelines effectiveness on patient outcomes.
- This evaluation study examines the effectiveness of our teaching program and mothers' practice of safe sleep behaviors at home the week following hospital discharge.

Safe Sleep Program

The teaching program is initiated at birth.

- The initial teaching involves demonstration and verbal explanation of safe infant sleep positions and sleeping environments or the *ABC's of safe sleep*.
- Mothers are given a colorful flyer to provide a visual reminder of the ABC of safe sleep in the hospital setting.
- Nursing staff role model safe sleep behavior such as offering to return baby to the crib after a mother is medicated, keeping the crib free of extra blankets, burp pads or toys, and positioning babies on their back .
- Every time nurses round on the mother, safe sleep teaching occurs, behaviors are modeled and the mother's behaviors and actions are reinforced if consistent with the recommended guidelines and additional teaching is provided for behaviors outside the recommendations.
- Providing positive reinforcement of maternal behavior is an important component of the on-going teaching program



Method

Design: A descriptive evaluation study

Sample: Women who gave birth in July-August 2015

Procedure:: Two data collection points

- Initial data collection: focused on evaluation of the unit's safe sleep teaching program and the mother's recall of hospital based teaching about safe sleep.
- Follow-up data collection: by phone during the week following discharge, focused on behaviors in the home.

Results

44 mothers were contacted and interviewed by phone

- Ranged in age from 19-37 years.
- Thirty-six (82%) participants were primigravidas.

Before hospital discharge all participants reported:

- Receiving a demonstration of back to sleep position
- Placing the infant on their back to sleep
- Learning how to swaddle the baby for sleep
- Knowing that no toys or blankets should be in the crib

During the post-discharge follow-up:

| Survey item: | Always | Sometimes | Never |
|---|--------|-----------|-------|
| How often... | | | |
| ...does your baby sleep in their own crib | 96% | 4%* | -- |
| ...are toys or blankets in the baby's crib | -- | -- | 100% |
| ...has baby slept in an adult bed | -- | -- | 100% |
| ...has baby slept on a sofa or other soft surface | -- | -- | 100% |
| ...has baby been placed on their back to sleep | 87% | 13%** | -- |

* car seat and infant carrier

** mother's arms, side-lying, tummy