



Penn Medicine

Module 2 Suggested PSNA Application Content

“Teaching Safe Sleep Practices to Mothers, Families and the Community” On-Line Training Module

A. Description of professional practice gap:

Approximately 3500 infants die annually in the United States from sleep related infant deaths, including sudden infant death syndrome (SIDS), ill-defined deaths and accidental suffocation and strangulation in bed (American Academy of Pediatrics [AAP] 2016 policy statement). Philadelphia has a high rate of infant death. Philadelphia’s Department of Public Health’s (PDPH) most recent data published in April 2013, states that “approximately 50 infants per year died suddenly and unexpectedly in Philadelphia. In addition, “34 infants died of accidental suffocation, 10 of which were due to another person laying on top of them. Every one of these 34 suffocation deaths could have been prevented had the infant been placed in a safe sleep environment.”

To enhance HC providers knowledge this module was developed to deliver training on Sudden Unexpected Infant Death (SUID) accidental strangulation and suffocation and SIDS as well as incorporating evidence-based safe sleep practices and risk reduction methods for infants into the clinical setting. This, an independent-guided learning on-line module has been developed to train all nursing staff in the women’s health departments in Pennsylvania birthing hospitals. Module content will present effective ways to promote and role model safe sleep practices and increase awareness of unsafe practices in clinical care.

B. Evidence to validate professional practice gap:

Input from stakeholders such as learners, managers, or subject matter experts
Statistics from AAP Policy Statement and Philadelphia Department of Health
Data cited in section A (current state)

C. Educational need:

This education encompasses knowledge, skill, and practice. Through video vignettes, it will provide the learner with common conversations that often occur when health care providers are counseling their patients, childcare givers and their families about safe sleep practices and the skill to recognize when safe sleep practices are not followed and the proper actions to implement to correct the environment and the ability to model and practice safe sleep in their daily practice.

D. Target audience:

RNs at (*name of hospital*) in Women’s Health Department-Obstetrics/Neonatal

E. Desired outcome:

The Nurse will: 1. Describe, demonstrate, and role model the AAP evidence based recommendations related to promoting safe sleep for infants in the hospital environment. 2. Incorporate R.E.A.C.H. to Teach health literacy intervention for educating about safe sleep practices. 3. Identify when an unsafe sleep environment exists. 4. Demonstrate proper actions including verbal interactions to effectively reinforce education about safe sleep or correct an unsafe sleep environment.

Nursing professional development

Patient outcome

F. Content of activity and CNE calculation

See educational planning table

Content for this educational activity was chosen from:

Organization

CDC, American Academy of Pediatrics (AAP) – Safe Sleep Guidelines

Peer-reviewed journal articles

American Academy of Pediatrics, Task Force on Sudden Infant Death Syndrome. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. Pediatrics, 2016; 138 (5): 2016 -2938.

American Academy of Pediatrics, Task Force on Sudden Infant Death Syndrome. Technical Report. SIDS and Other Sleep-related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleeping Environment. Pediatrics, 2016; 138 (5): 2016-2940.

Expert resource

AAP Task Force on Sudden Infant Death Syndrome

G. Engagement strategies:

Time for self-check or reflection

Opportunities for problem-based learning

H. Criteria for successful completion

Credit awarded commensurate with participation

Completion/submission of evaluation form

Description of evaluation method:

A safe sleep environmental assessment audit tool has been created to compare results of pre and post-learning module practice compliance.

Short term evaluation option:

Intent to change practice

Long term evaluation options:

Self-reported change in practice

Change in quality outcome measure

Qualified Planners and Faculty/Presenters/Authors/Content Reviewers

Appendix A

Content of Activity and CNE Calculation

Objectives		
1. Describe, demonstrate and role model the AAP evidence-based recommendati		

<p>ons related to promoting safe sleep for infants in the hospital environment</p> <ol style="list-style-type: none"> 2. Incorporate R.E.A.C.H. to Teach health literacy intervention for educating about safe sleep practices. 3. Identify when an unsafe sleep environment exists. 4. Demonstrate proper actions including verbal interactions to effectively reinforce education about safe sleep or correct an unsafe sleep environment. 		
Content based on Objectives	References/Resources	Time Calculation
<ul style="list-style-type: none"> • Overview of the 19 American Academy of Pediatrics (AAP) Recommendations to reduce the risk of SIDS and other sleep-related infant deaths 	<p>AAP task force on sudden infant death syndrome. (2016)</p>	<p>5 min</p>

<ul style="list-style-type: none"> • R.E.A.C.H. to Teach overview: R = Relate to patient and Family E = Educate Simply A = Ask and answer questions C = check for Understanding H = Help promote Health Literacy 	<p>Cutilli (2016) AHRQ (2015) NAAPS (2017)</p>	<p>10 min</p>
<ul style="list-style-type: none"> • Seven video scenarios that demonstrate proper actions including a conversations approach during verbal interactions to effectively reinforce education about safe sleep, or correct an unsafe sleep environment using the R.E.A.C.H. to teach health literacy method. • Scenarios include: Adoptive Parents Learn SIDS Risk Reduction Measures Addressing Safe Sleep with Teenage 	<p>AAP task force on sudden infant death syndrome. (2016) Cutilli (2016) AHRQ (2015) NAAPS (2017)</p>	<p>25 minutes</p>

<p>Mothers Parents Learn Safe Sleep for Their Preterm Baby Breastfeeding and Pacifier Use Teaching Safe Sleep to Families with Limited English Proficiency Mother Falls Asleep While Breastfeeding A Grandmother Learns About Safe Sleep Safe Sleep for Multiples</p>		
<p>Full Reference List</p>	<p>AAP task force on sudden infant death syndrome. (2016) SIDS and other sleep-related infant deaths: Updated 2016 recommendations for a safe infant sleeping environment.</p> <p>Agency for Healthcare Research and Quality (AHRQ) (2015) Use the Teach-Back Method: Tool #5, Retrieved from: http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/healthlittoolkit2-tool5.htm,l Rockville, MD.</p> <p>Cutilli, Carolyn (2016) R.E.A.C.H. to Teach: Making Patient and Family Education "Stick", Orthopaedic Nursing. 35(4):248-252, July/August 2016. DOI: 10.1097/NOR.0000000000000260</p> <p>National Action Partnership to Promote Safe Sleep (2017) National Action Plan to Increase Safe Infant Sleep, Retrieved from: https://www.nappss.org/plan/plan.php</p>	