

Safe Sleep & SIDS

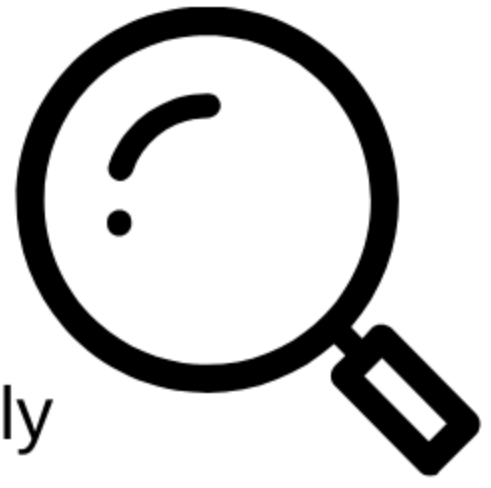
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- Prone or side sleeping position
- Maternal smoking during pregnancy
- Environmental tobacco smoke
- Overheating
- Soft sleep surface
- Late or no prenatal care
- Young maternal age
- Prematurity or LBW
- Male sex
- African American or American Indian



IDENTIFY



- Any sudden death that occurs before 1 year of age in a previously healthy infant
- Cause of death unexplained after a thorough investigation, including a complete autopsy, death scene investigation, and review of child's health history
- A diagnosis of exclusion

INTERVENE

DO

- Place infants supine (on their backs) to sleep until they are at least 1 year of age
- Allow an infant that can roll to remain in whatever position is assumed while sleeping
- Put infants to sleep on a firm crib mattress covered by a fitted sheet with no soft toys, pillows, or extra blankets.
- Dress infants appropriately for the environment, with no greater than 1 layer more than an adult would wear to be comfortable.

DO NOT

- Force the use of a pacifier, reinsert it, hang it around the baby's neck, or attach stuffed toys to it as these are choking hazards
- Put infants to sleep in adult beds because there is a risk of entrapment and suffocation.
- Expose infants to second-hand smoke
- Use apnea monitors as a strategy to prevent SIDS

DISPOSITION

If SIDS is suspected



- Call the coroner
- Make a CPS referral
- Inform a social worker
- Document extensively and diligently

PEM NUGGETS

- Healthy babies always sleep on their backs and have only one baby per crib.
- Monitor sleeping babies and supervise tummy time for awake babies.
- Teach staff about safe sleep policies and practices.
- Provide parents with safe sleep policies.

