

Becoming a Safe Sleep Hospital Champion

The NE DHHS and the Nebraska Hospital Association invite you to join the Nebraska Safe Babies Initiative: Safe Sleep Campaign. In 2017, Nebraska had 54 Birthing Hospitals that routinely deliver babies, touching the lives of over 26,500 new babies, parents, and caregivers. Every day, health providers can educate and model the safe sleep message to protect our babies from SUID. Your hospital can make an impact by joining our exciting venture.

How to become a Safe Sleep Hospital Champion: 5 steps

1. Take the NE Safe Babies: Safe Sleep Campaign Pledge

-**Designate an Internal Safe Sleep Coordinator** to supervise and guide the hospital based Infant Safe Sleep Program and become the main point of contact for the NE DHHS Safe to Sleep Campaign State Coordinator.

- **Sign and Return Pledge:**

- [Hospital Pledge Form](#)
- The CEO, hospital administrator, or director of the hospital and the Safe Sleep Coordinator signs the pledge and returns the form:

By MAIL: Jackie Moline, MCH – 6th Floor
P.O. Box 95026
301 Centennial Mall South
Lincoln, NE 68509

By EMAIL: Jackie.Moline@nebraska.gov with “Hospital Pledge”
in the subject line

2. Develop or update current safe sleep policy

Develop, update, or incorporate Infant Safe Sleep guidelines into a policy, procedure, protocol, guidelines, or standard operating procedure, to address the following minimal criteria:

- Meet State Statute guidelines.
- Yearly education for all nurses caring for patients one year or younger (**initial baseline NICHD / NIH online education for all nurses & new employees**, and then yearly education)
- Yearly internal compliance audits for employee education (most hospitals already have this in place for required education)
- Requirements for staff to model safe sleep recommendations
- Quarterly internal compliance audits for modeling safe sleep to patients
- Patient education on safe sleep according to the American Academy of Pediatrics (AAP) Safe Sleep Guidelines



- Staff guidelines for finding infant in bed, couch or chair with parents sleeping (gently wake parent, place baby in bassinet, and educate parents about sleeping with infant)
- If medical reasons require a baby to sleep in another position other than supine for sleep, encourage a physician's order, documented explanation to parents, as well as transitioning back to supine sleeping prior to discharge.

➤ □ **Links of Sample Policy:**

- [DHHS Safe Sleep Policy Template](#)
 - [Mary Lanning Policy](#)
 - [Regional West Policy](#)
 - [Kansas Pediatric Protocol](#)
- Before hospital policy is implemented, send completed policy (or equivalent for what your hospitals uses) and education plan to NE DHHS State Safe Sleep Coordinator:
- By MAIL: Jackie Moline, MCH – 6th Floor
P.O. Box 95026
301 Centennial Mall South
Lincoln, NE 68509
- By EMAIL: Jackie.Moline@nebraska.gov with "Hospital Policy and Education Plan" in the subject line.

After we receive the implemented policy and the education plan, your hospital name and logo will be placed on the [DHHS Safe Sleep Hospital Champion Site](#).

3. Hospital Personnel Education and Education Plan

Create an education plan for all hospital personnel who care for children under one year of age providing **baseline education using the *Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death from the National Institute for Health***. Areas to include may be Labor and Delivery, Post-Partum, Pediatrics, Outpatient Surgery, and Emergency Room. This FREE online, one hour, evidenced based education provides 1.5 nursing continuing education.

Hospital Personnel Education:

- Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death:
*The national Safe to Sleep® campaign (formerly Back to Sleep), led by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), recently launched an updated **free continuing education (CE) activity**,*

[Risk Reduction for Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death](#), now available online for nurses and health care providers to update their knowledge about Sudden Infant Death Syndrome (SIDS) and other sleep related causes of infant death. The updated CE activity gathers the latest research on SIDS and other sleep-related causes of infant death and the safe sleep recommendations from the American Academy of Pediatrics into one place so that **nurses and health care providers** can learn risk-reduction practices quickly and easily. In addition to providing key messages that nurses can share with parents and caregivers, the updated CE activity also offers specific communication practices that nurses can easily incorporate into their work day. It is approved by the Maryland Nurses Association, an accredited approver of the American Nurses Credentialing Center's Commission on Accreditation, for 1.5 contact hours: <https://www.nichd.nih.gov/sids/Pages/sidsnursesce.aspx>

- [Sample Personnel Education Plan](#)

4. Provide patient / client education

Provide patient education on safe sleep according to the American Academy of Pediatrics (AAP) Safe Sleep Guidelines and fulfill State Statute guidelines.

DHHS [ABCs of Safe Sleep](#)

5. Complete internal audits:

Complete yearly internal employee education compliance audits (most hospitals have this already in place for required education) **and** internal quarterly compliance audit for modeling safe sleep to patients.

- [Sample Quarterly Compliance Audit Form](#)

- Example of a correct hospital crib:

