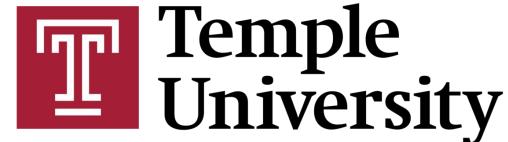


SIDS

Maya White & Hanane Mohamed



Learning Objectives

Objective 1: At the completion of this lesson, at least 80% of participants will be able to identify two preventative measures for SIDS on the post-test.

Objective 2: At the completion of this lesson, at least 80% of participants will be able to identify a safe sleeping environment free of infant hazards on the post-test.

Pre-Test

Take 2 minutes to fill out the Pre-Test!

Sudden Infant Death Syndrome

Sudden Unexpected Infant Death Syndrome (SUIDS): the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation.

Sudden Infant Death Syndrome: the sudden and unexplained death of a baby younger than 1 year old.

SIDS is one type of SUID.

Risk Factors: Environment

Poor sleep environment is an important factor in sleep safety.

- Sleeping position
 - babies who sleep on their stomach or their side rather than their back can overheat
- Sleeping surface
 - too soft, with fluffy blankets or toys
 - firm surfaces clear of blankets or hazards are ideal
- Sleeping location
 - Should not sleep in the same bed as anyone else

Other Risk factors

- Mother's Health History
 - Mothers who smoke during pregnancy (three times more likely to have a baby with SIDS).
 - Mothers who are younger than 20 years old at the time of their first pregnancy.
 - Babies born to mothers with little to no prenatal care.
- Baby's Health history
 - Premature or low birth weight babies.
 - Have a sibling who died from SIDS.

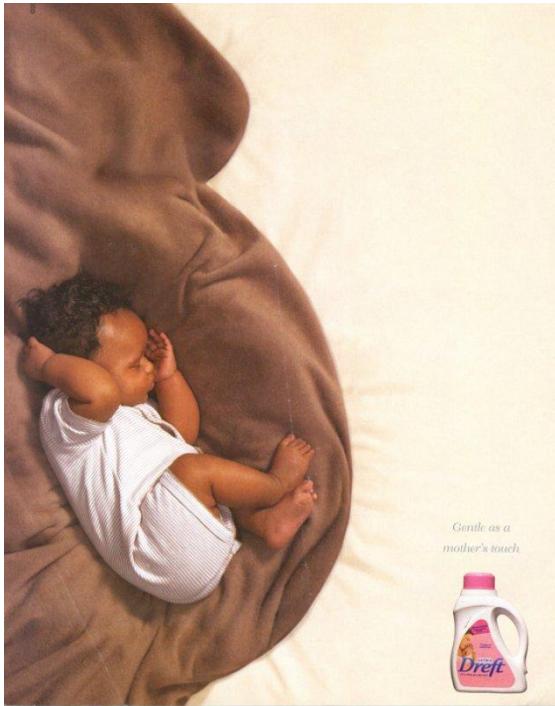
Practice Scenario 1:



Practice Scenario 2:



Practice Scenario 3:



*Gentle as a
mother's touch*



Practice Scenario 4:



Practice Scenario 5:



Prevention Techniques

There is no official way to prevent SIDS, but there are ways to reduce risk:

- Not smoking or exposing baby to smoke
- Breastfeeding
- Mothers receiving adequate prenatal care
- Putting your baby to sleep on his back
- Using a firm sleep surface and keeping fluffy blankets and stuffed animals out of his crib
- Not overheating your baby or his room when he sleeps

Sleep-Related Infant Death Causes

- Suffocation
 - E.g the mattress is too soft and the baby is lying face down
- Entrapment
 - E.g when the baby gets trapped between two objects, such as a mattress and a wall, and can't breathe
- Strangulation
 - E.g something presses on or wraps around baby's neck, blocking airways

Video: Safe to Sleep



Non-Modifiable Risk Factors

- babies between 1 and 4 months old
- males
- cold weather
- premature babies
- having a sibling who died of SIDS

Statistics and Epidemiology

- 38.7% of all sudden unexpected infant deaths were caused by SIDS in 2018.
- SIDS deaths have decreased dramatically from 1990 to 2017.
- SIDS deaths are highest among American Indian and Alaskan Natives, with non-Hispanic black coming in second.
- About 1,360 babies died of SIDS in 2017.
- 90% of all SIDS deaths occur before a baby reaches 6 months of age.
- More boys die of SIDS than girls.

Fill out Handout: Post-Test

Take this time to complete the post-test portion of the Safe to Sleep handout.

- What did you learn that was new?
- Did anything surprise you?
- Did you improve from the pre-test?

Thank you!

Questions?