



Optimizing Workflow of Safe Sleep Education and Resources in a NICU within a Freestanding Pediatric Facility

Mirtha Gonzalez, MSN, APRN • Melody Hernandez, PhD, MD, MS, BSN, RN
Amanda Morales, MSN, APRN, CPNP-PC, CCRN, C-ELBW, NPD • Ann Olson, BSN, RN
Yesica Peraza, MSN, RN, CPN, CCRN • Flor Tena, MSN-Ed, RN, CCRN-K



Objectives

- Describe strategies to implement safe sleep practices in the Neonatal Intensive Care Unit (NICU)
- Demonstrate an understanding of the role of nursing and caregiver education during NICU admission
- Describe potential positive outcomes of an enhanced focus on SSE

Introduction

- Sleep-related deaths remain the leading cause of mortality for infants under one year of age
- Infants admitted to the NICU are at a higher risk for unexpected sudden death
- Inconsistencies in the process of transitioning eligible patients to a safe sleep environment (SSE) were noted

Methods

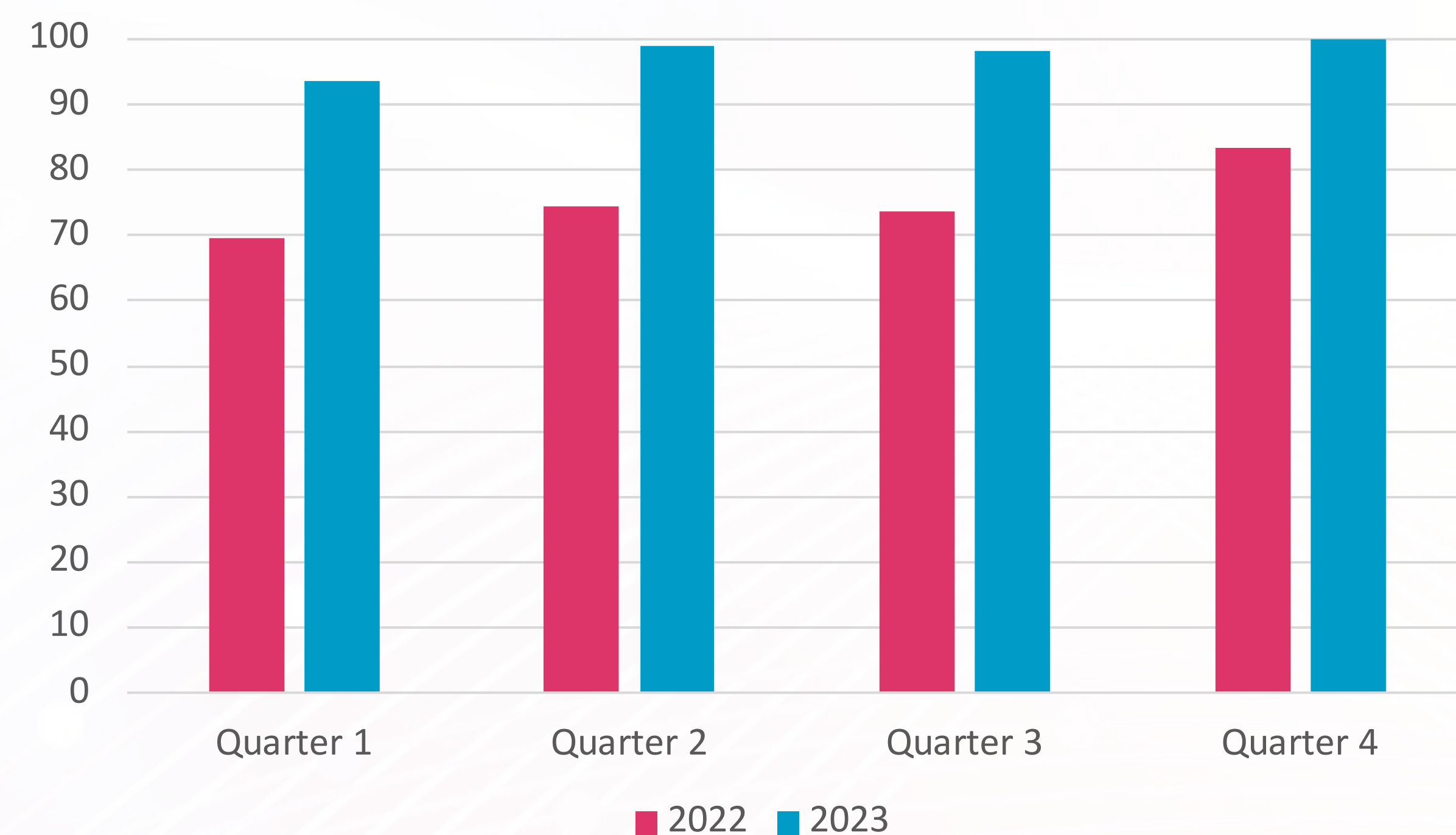
- An inter-professional team was created with a goal of increasing SSE education to staff and patient caregivers
 - Team members include: Clinical Education Specialist (CES), NICU Nurse Navigator, NICU PRN RN, and NICU charge nurses
- A multimodal approach was utilized to increase SSE education and compliance
- Educational interventions:
 - Annual mandatory SSE training for staff
 - Just-in-time education during weekly safe sleep rounds
 - Inclusion of SSE education in the caregiver discharge teaching provided by the NICU Nurse Navigator with inclusion of pre- and post- survey assessing caregiver SSE knowledge
 - Hospital wide promotion of SSE during national safe sleep month using trivia and interactive "clear the crib" challenge
 - Provided community outreach education during local March of Dimes event
- Technological interventions:
 - Assigning all patient caregivers an educational safe sleep video upon admission to the NICU
 - Modifications to the electronic health record (EHR) nursing task which prompts nurses to provide SSE education to caregivers
 - Caregiver follow-up post discharge with the NICU Telehealth nurse regarding safe sleep practices at home
 - Creation of SSE module on virtual learning management system
 - Chart audits verifying documentation of safe sleep education
- Structural interventions:
 - Weekly unit rounds performed by the inter-professional team assessing readiness for transition to SSE
 - Addition of SSE section on the NICU standardized patient nursing report sheet
 - Inclusion of SSE task for parents on their discharge maps

Results

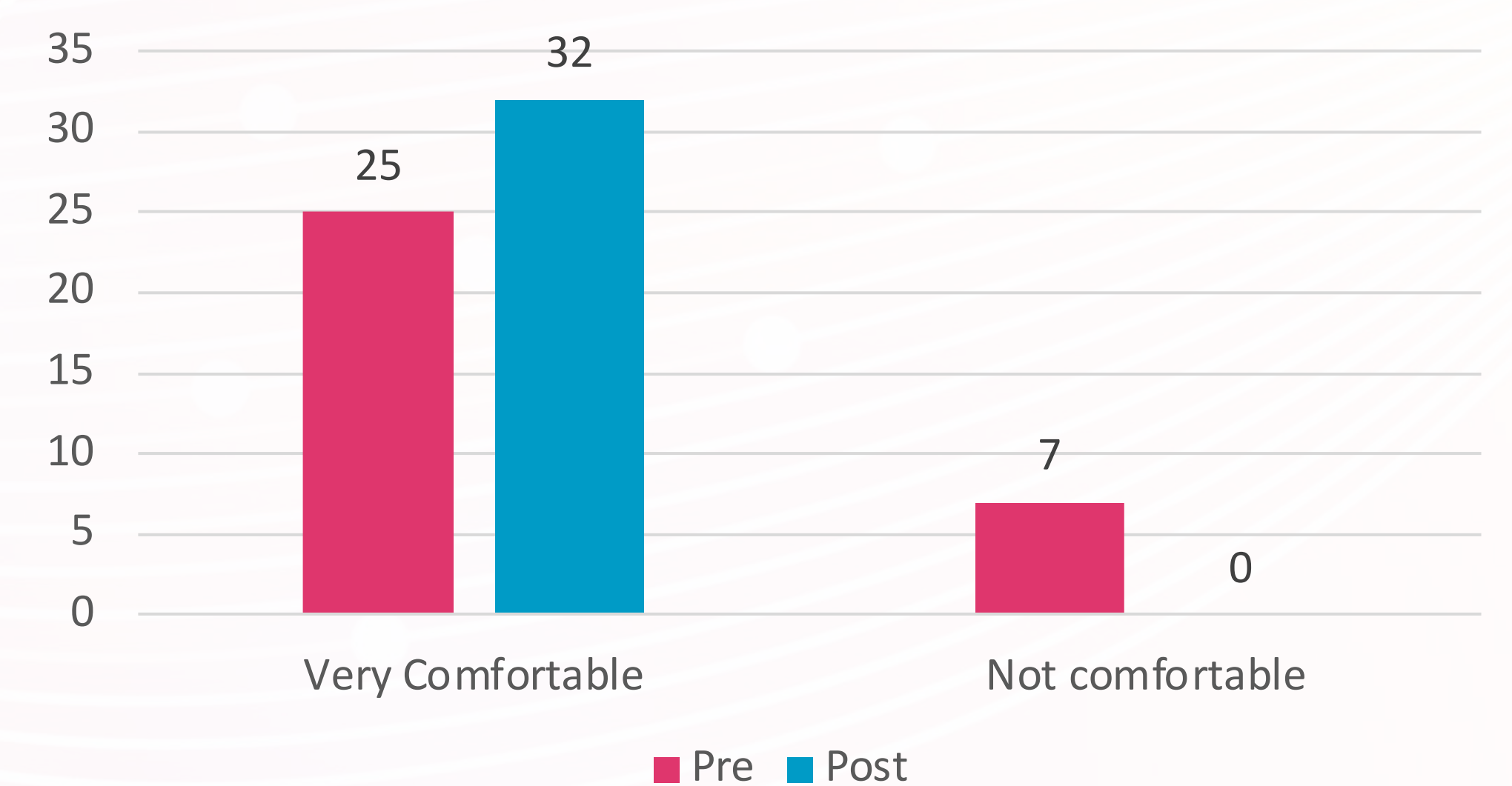
- Safe sleep rounds were initiated in quarter 3 of 2022.
- Nursing compliance on providing caregiver education steadily increased and was sustained beginning in quarter 3 of 2022
- Nursing compliance on providing caregiver education on safe sleep practices increased from 77.3% in 2022 to 97.9% in 2023
- After attending the NICU Nurse Navigator's enhanced parent education class, 100% of parents surveyed reported feeling very comfortable understanding safe sleep practices



Nursing Compliance of Caregiver Education on Safe Sleep Prior to Discharge from NICU



Parental Self-Rating of Level of Comfort with Safe Sleep Before and After Attending NICU Nurse Navigator Class



Conclusion

- Our multimodal approach to safe sleep education for nurses and patient caregivers is an effective way to increase the knowledge level and transition to a SSE prior to discharge from the NICU
- Educational, technological, and structural changes are effective methods to increase compliance with transitions to a SSE while admitted to the NICU
- Providing parents with SSE educational opportunities before discharge from the NICU increases parent level of comfort and knowledge of SSE
- Transitioning to a SSE prior to discharge from the NICU is an effective way to promote safe sleep

References

Beal, J. A. (2021). Transition to Safe Sleep at Home Needs a Consistent Approach for NICU Babies and Their Parents. *MCN: The American Journal of Maternal/Child Nursing*, 47(1), 53. <https://doi.org/10.1097/nmc.0000000000000781>

Goodstein, M. H., Stewart, D. L., Keels, E. L., Moon, R. Y., Cummings, J., Hand, I., ... & Hauck, F. R. (2021). Transition to a safe home sleep environment for the NICU patient. *Pediatrics*, 148(1).

Moon, R. Y., Carlin, R. F., Hand, I., & Task Force on Sudden Infant Death Syndrome and the Committee on Fetus and Newborn. (2022). Evidence base for 2022 updated recommendations for a safe infant sleeping environment to reduce the risk of sleep-related infant deaths. *Pediatrics*, 150(1), e2022057991.