



Preventing Infant Mortality in the Emergency Department: Imagine the Possibilities of Using Evidence-Based Research to Provide Knowledge and Resources to Caregivers Regarding Safe Baby Sleep

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“Did you know the most dangerous thing an infant can do is sleep?”

Background

Based in Fort Worth, Texas, Cook Children’s is a not-for-profit 430-bed free-standing children’s hospital

Cook Children’s Emergency Department:

- 140,000 visits/year
- Level II Trauma Center
- Magnet Designation
- ENA Lantern Award Recipient
- 10 triage rooms, 77 ED rooms with five trauma and five behavioral health rooms, and one bereavement room

Clinical Problem

- 3500 infants die annually from **sudden unexpected infant death** (SUID)
- Factors contributing to infant mortality include lack of knowledge and resources to provide safe sleep environments

Desired Outcomes

- Reduce the number of infant deaths related to unsafe sleep

Methods

- **Assess** sleep-related needs at primary assessment
- **Educate** caregivers for all patients under 12 months and include information in the after-visit summary
- **Give** resources based on needs assessed, including sleep sacks and pack n plays
- **Community outreach** by attending health fairs and other events aimed at educating parents and caregivers

Terms to Know

- **Bed sharing:** more than one person sleeping in the same sleep space
- **Room sharing:** more than one person sleeping in the same room
- **Room sharing** is recommended up to 12 months of age
Bed sharing is not safe for infants and is not recommended

ABCs of ZZZs

- **Alone** – baby is alone in a safety-approved crib without another person or loose items
- On their **Back** – important for babies to sleep on their back at all sleep times
- In a **Crib**/Bassinet/Pack n Play – important for babies to sleep on a firm surface with a tight-fitted sheet

Recommended until 12 months of age



Sleep-Related Infant Deaths Reviewed at Cook Children’s



Sleep-related deaths are 100% preventable when given the knowledge and using the correct resources

References

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