

Preventing Sleep Related Infant Deaths



sids
SUDDEN INFANT DEATH SERVICES
of illinois, inc.

Nancy Maruyama, RN, BSN
April 26, 2013

Maruyama (c) 2013 SIDS of
Illinois, Inc

CNE Disclosure

- I do not have any financial relationships to disclose prior to presenting



- I do not intend to discuss off-label uses for FDA-approved products

Back in the Day...

- Most of us were placed prone for sleep...
- We didn't have car seats...
- The moms who breastfed their babies were considered “poor” because they couldn't afford formula!
- Doctor said “if you smoke while you're pregnant, you will have a smaller baby and an easier delivery...”
- Our cribs were covered with bright, lead based paint...
- We rode our bikes and didn't wear helmets...

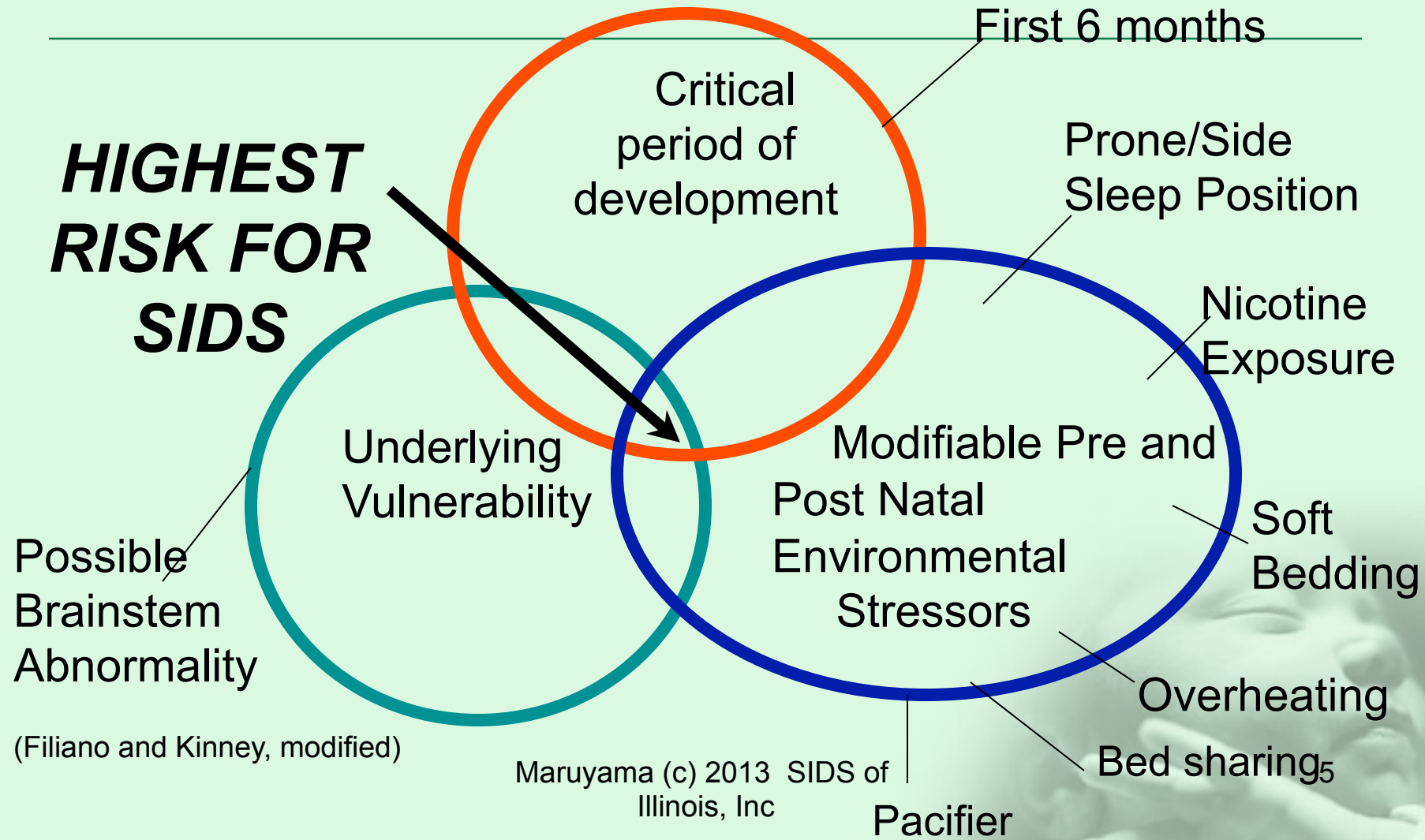


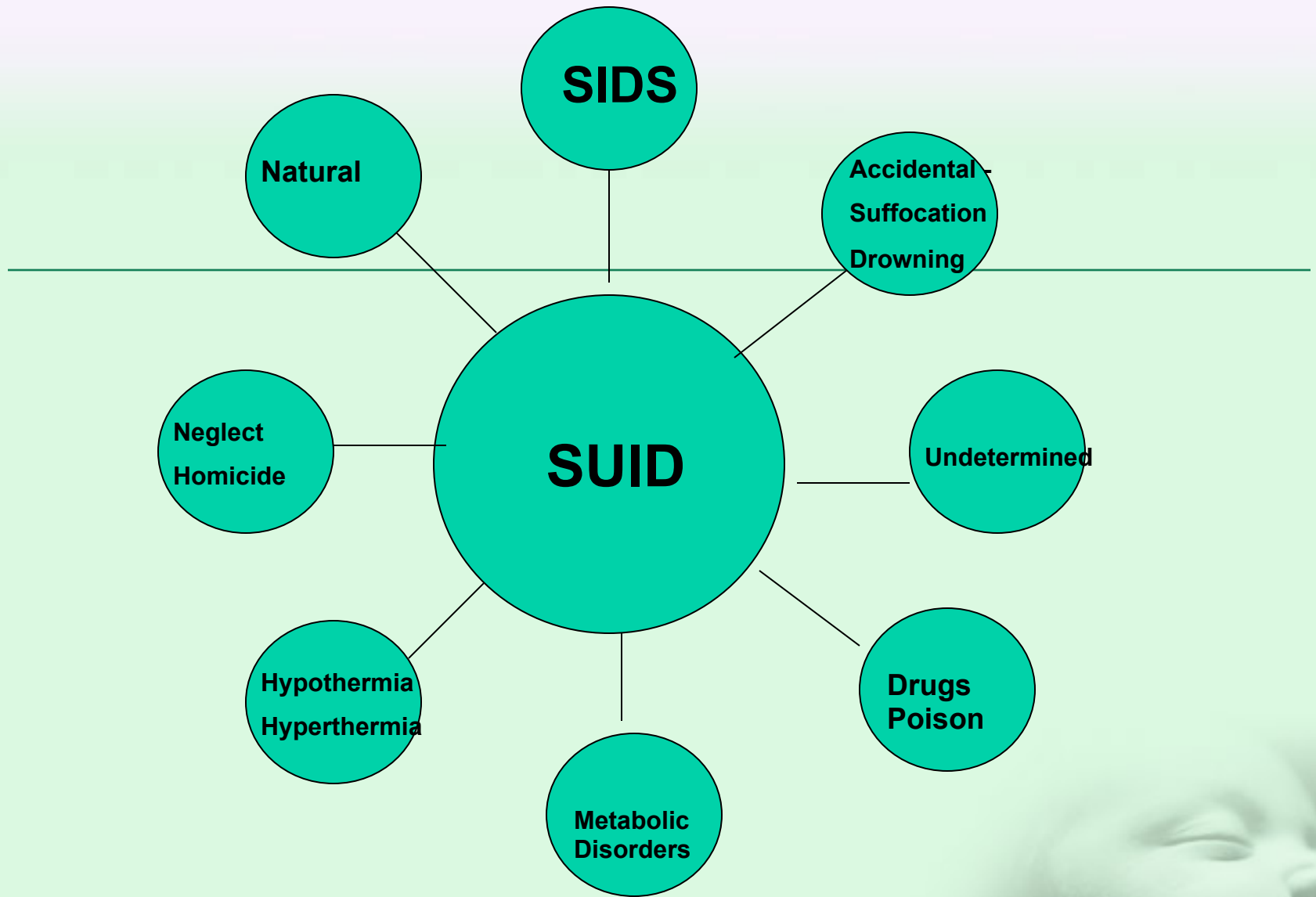


Little Bonner a delightful design for tiny tots
Boy and girl figures in bright shades of blue, red and gold

Maruyama (c) 2013 SIDS of Illinois, Inc

Triple Risk Model to Explain SIDS



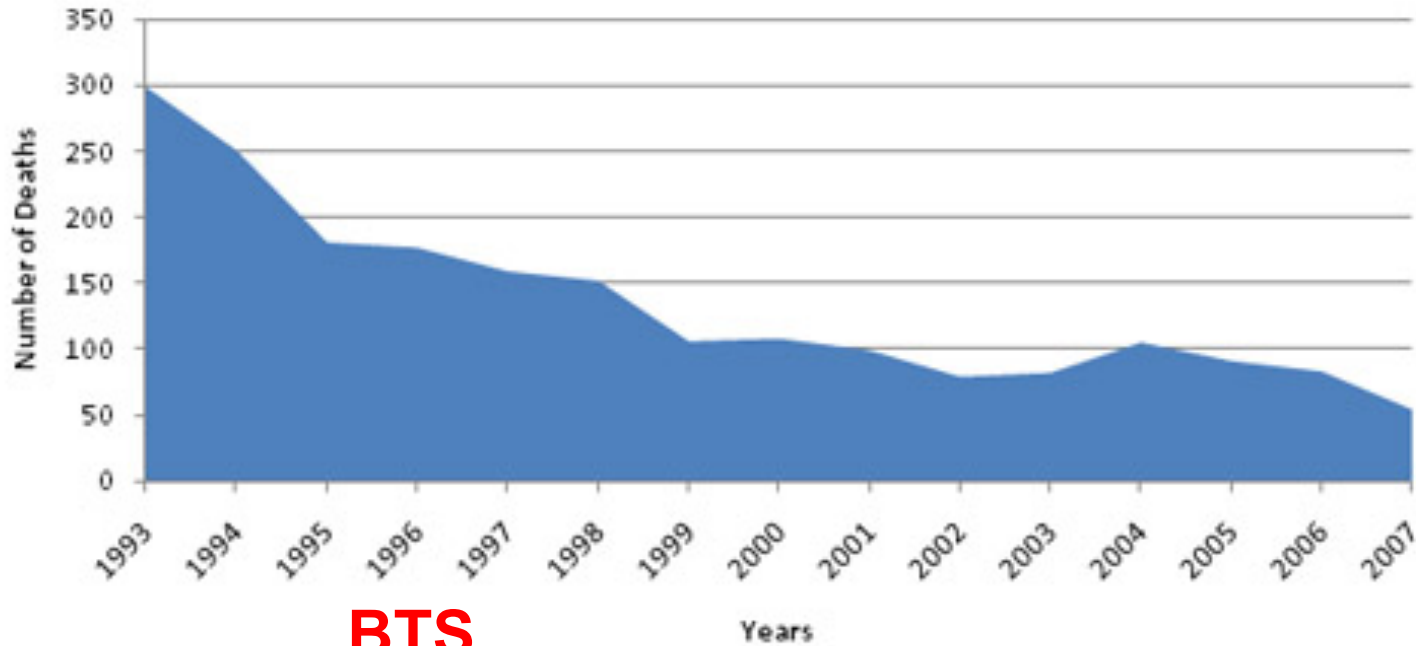


Carrie Shapiro-Mendoza, 2008

Safe Sleep?



SIDS Deaths (1993-2007)



BTS

Illinois Department of Public Health, Health Statistics


Maruyama (c) 2013 SIDS of
Illinois, Inc

Risk factor changes for SIDS after the BTS campaign

Trachtenberg et al Pediatrics 2012;129:630

SIDS infants with

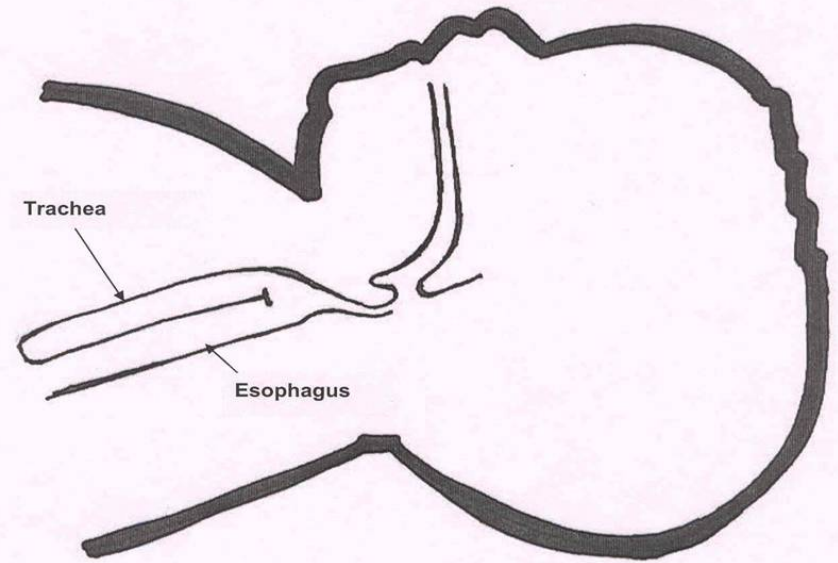
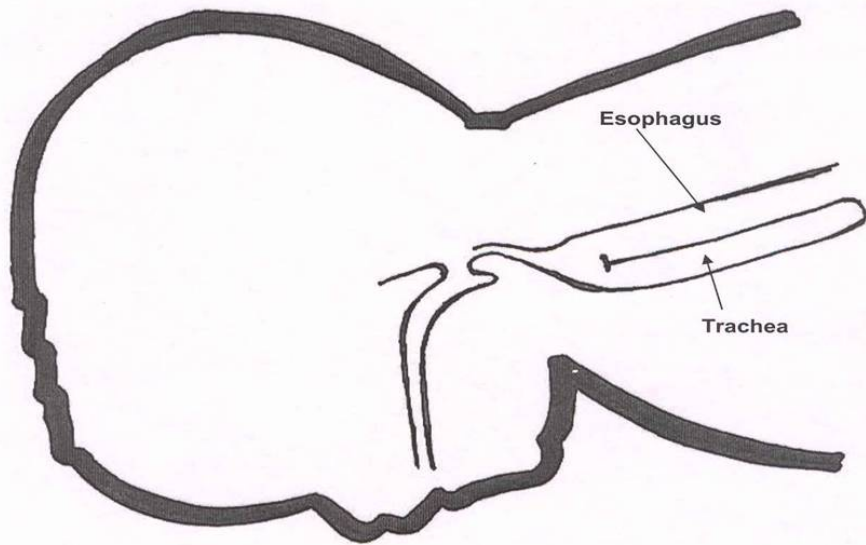
1 risk factor	99%
2 extrinsic, 1 intrinsic factor	57%
no extrinsic risk	5%

 Educate caretakers, “not think of avoiding a single risk factor because it is the constellation of risk factors that matters.”

Fear of Choking



Won't my baby choke or aspirate?






- Prone: pooling that could be prone to aspiration
- Back: fluid has to go against gravity to be aspirated
- COUGH or GAG: a protective reflex
- No evidence of increased incidence of aspiration since Back to Sleep

AAP policy statement
SIDS and other sleep related infant deaths: expansion of
recommendations for a safe sleep environment
Pediatrics 2011;128:1030

- Back to sleep for every sleep
- Use a firm sleep surface
- Room sharing without bed sharing
- Keep soft objects and loose bedding out of the crib
- Pregnant women should receive regular prenatal care
- Avoid smoke exposure during pregnancy & after birth
- Breast feeding
- Consider offering a pacifier at nap & bedtime
- Avoid overheating
- Do not use monitors as a strategy to reduce the risk of SIDS



Smoking During Pregnancy

Cigarettes Per Day	Cumulative Fetal Exposure (Cigarettes per day x 270)	Full Packs of Cigarettes
1	270	13 
5	1350	67 
10	2700	135 

Larry Burd, Ph.D. | Fetal Alcohol Syndrome Center | laburd@medicine.nodak.edu



A component of the Face up to wake up™ Resource Kit to help reduce the risk of Sudden Infant Death Syndrome, produced by the CJ Foundation for SIDS.





Soft Bedding



IS YOUR CHILD SLEEPING IN A DROP-SIDE CRIB?

7 million drop-side cribs have been recalled
At least 32 babies have died



WHAT SHOULD YOU DO?

1. Do not buy a new or used drop-side crib.
2. If you already own a drop-side crib, check www.cpsc.gov to find out if your crib has been recalled. If your crib has been recalled, follow the recall instructions carefully.
3. If your drop-side crib has not been recalled, check the crib for missing, broken or loose parts or hardware. Make sure to tighten the hardware from time to time.
4. If you have had an incident with a drop-side crib, contact the Consumer Product Safety Commission (CPSC) immediately at 1-800-638-2772.
5. If you have any questions or concerns about a recalled or dangerous product, call the Illinois Attorney General's Product Recall Hotline at 1-888-414-7678 (TTY: 1-800-964-3013).



Ban on the sale of dropside cribs

More babies die every
year from suffocation in
plush sleeping
environments than from
defective cribs. (CPSC, 2010)



Should I swaddle my baby?

Insufficient data to make a recommendation

Swaddling: physiologic data

Decreases startling

Increase sleep duration

Decreases spontaneous awakenings

Decreases arousability



Avoid swaddling hazards

Too tight- increased RR

Contribute to hip dysplasia

Loose swaddle – contribute to head covering



Swaddling in prone Meruyama (c) 2013 SIDS of Illinois, Inc

SAFETY ALERT

Crib Bumper Pads Pose a Suffocation, Strangulation & Choking Hazard for Babies

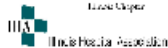
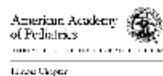


Do not use crib bumpers in cribs, bassinets and other sleep environments.

What You Need to Know

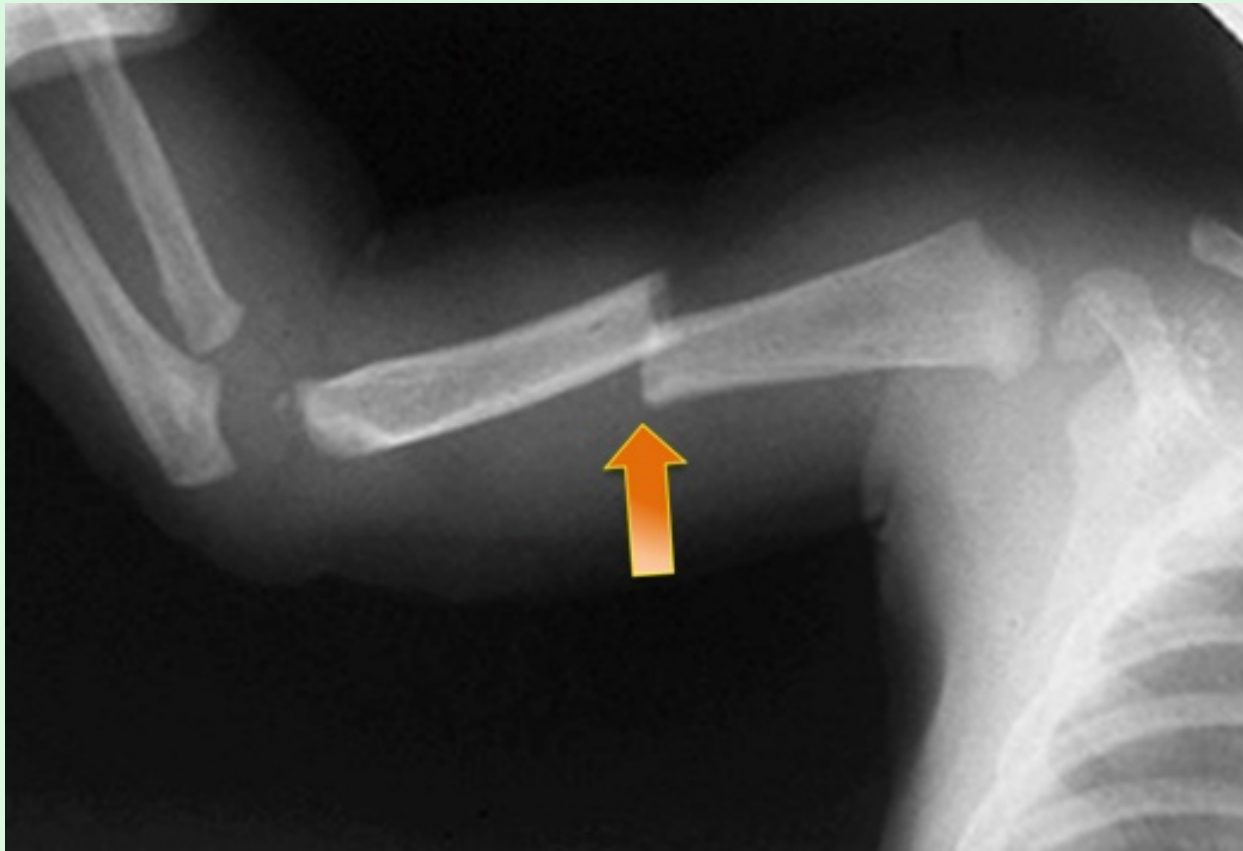
- ✓ Due to their lack of strength and motor development, infants may suffocate, choke and/or become strangled in a crib bumper.
- ✓ The American Academy of Pediatrics, Kids in Danger, American SIDS Institute, SIDS of Illinois, and the Canadian Health Department all warn parents not to use crib bumpers.
- ✓ The U.S. Consumer Product Safety Commission is re-examining the safety of crib bumpers.

Questions? Please visit www.illinoisattorneygeneral.gov or call 1-888-414-7678 (TTY: 1-800-964-3013).



Ban on the sale of
crib bumper pads
in the city of
Chicago
April 5, 2012
Support HB3250

Broken arm from getting stuck in the crib rails?



Maruyama (c) 2013 SIDS of
Illinois, Inc

KEEP BABY SAFE IN PLAY YARD SPACE

Starting February 28, 2013, testing for play yards will be more rigorous.

Play yards that meet new safety standards must have:

Side rails that resist forming a sharp V when folded to prevent strangulation

Stronger corner brackets to prevent sharp-edged cracks and side rail collapse

Sturdier mattress attachments to the play yard floor to prevent entrapments and injuries

SAFE SLEEP TIPS:

- Always place baby on back to sleep.
- Only use the mattress sold with the play yard.
- Keep pillows, quilts, comforters, and cushions out of play yards, cribs, and bassinets.
- Dress baby in footed pajamas for warmth.

A play yard is a framed enclosure with a floor and mesh or fabric side panels. It may be folded for storage or travel. It is primarily intended to provide a play or sleeping environment for children who are less than 35 inches tall who cannot climb out of the product.



New Recommendations from CPSC February 28, 2013

Recommend this for all your families!



Your Online Resource for Recalls

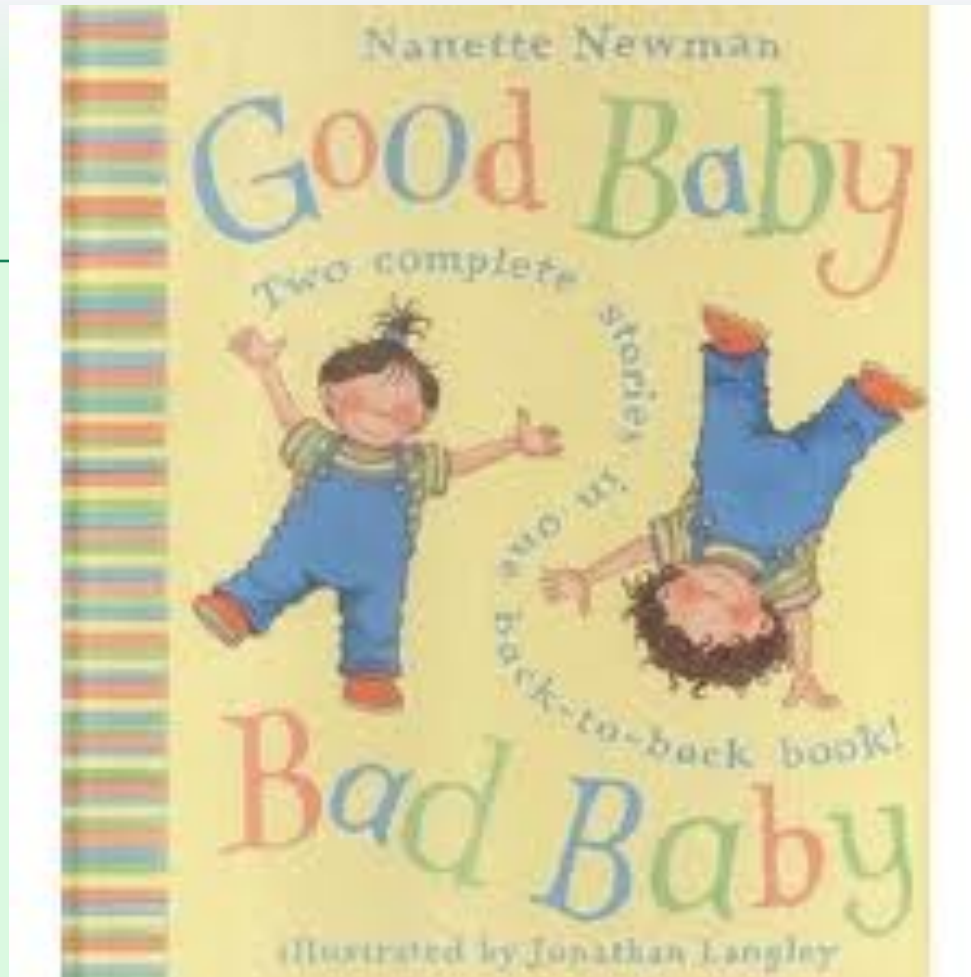


IT'S FREE, FAST AND COULD SAVE YOUR LIFE.

**Sign Up
for E-Mail**

**Información
en Español**

**Recent
Recalls**



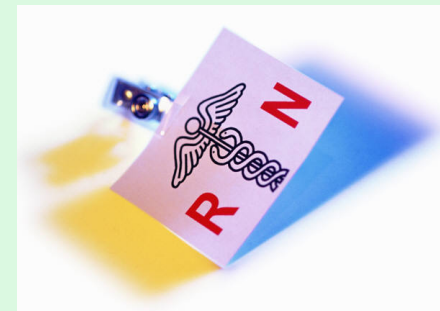
Do we
need to
change
our
thinking??

Back to sleep: educational interventions

Colson et al Pediatrics 2006;118:e243

Von Kohorn et al Arch Pediatr & Adolesc Med 2010;164:363

-
- Providers need to give advice
 - Providers need to give correct advice
 - Mothers will follow advice from doctors, nurses, media or family members when it is given
 - Model the correct behavior
 - Address parent concerns



What we are hearing from the parent's...

professionals are not
consistent with delivery of the
safe sleep message so that
makes it less plausible.

Sleep Related Infant Deaths

- Accidental deaths due to bed sharing
- Entrapment deaths
- Soft bedding deaths
- Overlay deaths
- Suffocation deaths



Family Bed?



SUDI: Sleep environment & circumstances

Schnitzer et al American Journal of Public Health 2012:e1-e9

Sample:

3136 SUDI from 2005- 2008, 9 US states,

At time of death:

24% in a crib

47% in an adult bed

13% on a couch or chair

64% were sharing a sleep surface



Adult beds

Adult beds do not meet safety standards for infants.

RISKS:

Overheating

Rebreathing

Exposure to tobacco smoke

Asphyxia

Falls

Airway obstruction

Head covering

Suffocation

Entrapment

Strangulation



IMR due to accidental suffocation
and strangulation in bed have
quadrupled since 1984.

Preventive efforts should target
those at highest risk on helping
parents and caregivers provide
safer sleep environment.

Carrie Shapiro-Mendoza



Bed Sharing – Infants are 40 Times more likely to die in an adult bed. (B. Thach, Washington Univ.)





Bedsharing

Many studies have examined factors

that increase risk with bedsharing

Risk factor

OR

1 or both parents smokers

2.3-17.7

Less than 3 mo of age

4.7-10.4

Soft surfaces (waterbed, sofa, armchair)

5.1-66.9

Soft bedding (pillow, blanket)

2.8-4.1

Multiple bedsharers/nonparent

5.4





Unsafe Infant Sleep Environment



Brendan (age 2 weeks) and daddy



Unstable sleep surface and sneaky tummy sleeping

Maruyama (c) 2013 SIDS of Illinois, Inc







Overlay – Body vs. Baby



Co-bedding Twins?



Safe Sleep?









Car Seat Sleeping

- Slumped infants can decrease their oxygen by 25%.



Positional Asphyxia



Maruyama (c) 2013 SIDS of
Illinois, Inc



Maruyama (c) 2013 SIDS of
Illinois, Inc



**“Baby must have a cot to itself;
else it runs the risk of being
over-laid or suffocated. Baby
must not be covered up too
much in bed, nor too little.”**

Florence Nightingale, 1861





Tummy Time is Important!



Positional Plagiocephaly

- Plagiocephaly is the asymmetrical or abnormal head shape of infants.





Maruyama (c) 2013 SIDS of
Illinois, Inc





- Babies who spend time on their backs with their face straight up can develop central occipital flattening
- If the baby spends time during the Day and Night in same position, the head can get very tall and the forehead prominent



Maruyama (c) 2013 SIDS of
Illinois, Inc

Not all Babies Enjoy Tummy Time at First!!



Maruyama (c) 2013 SIDS of
Illinois, Inc

Is it safe for baby?
Just because they
sell it, doesn't
mean it's safe!





The
AirSoft
Tilter

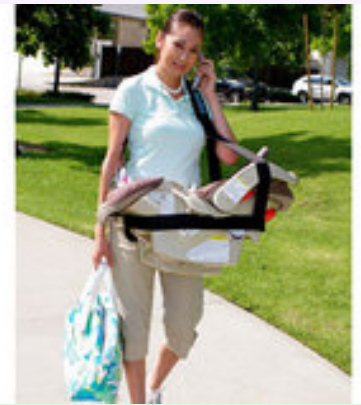




Snooze time



Shade time



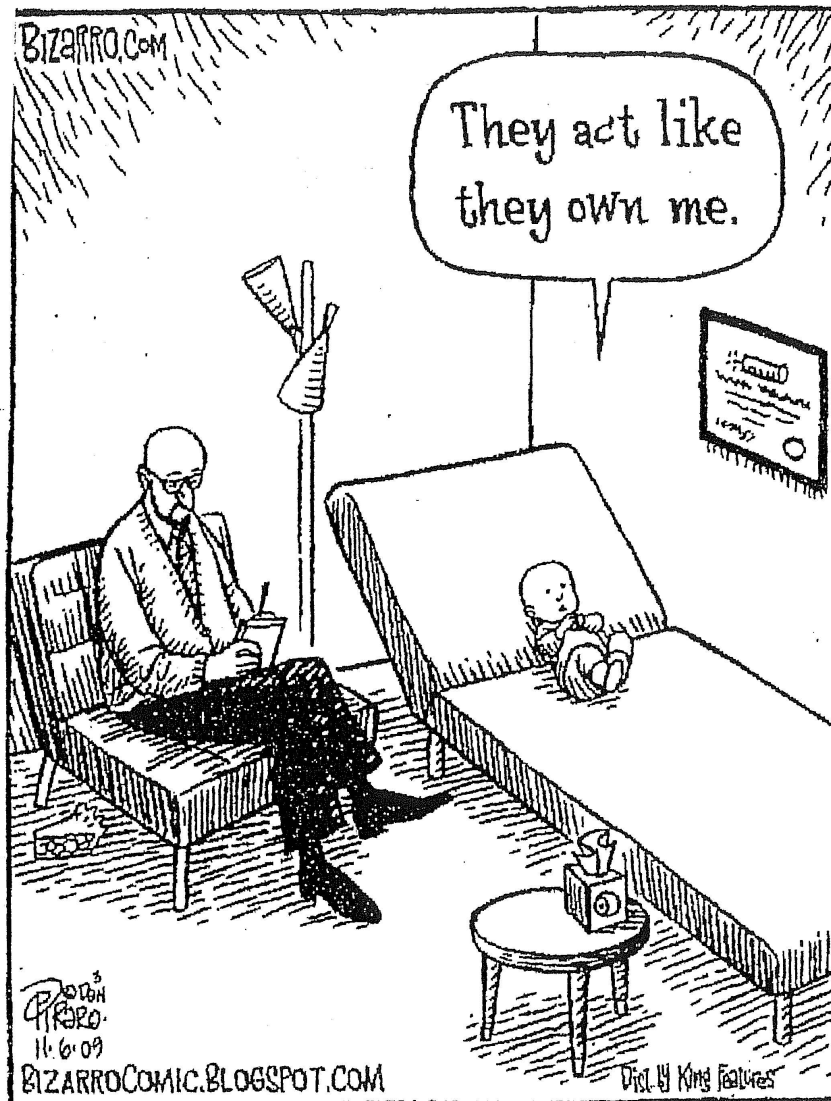








Keeping all our Rockstars Safe!!

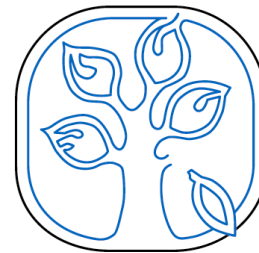


Maruyama (c) 2013 SIDS of Illinois, Inc

To contact the SIDS of Illinois directly, please call toll free

1-800-432-SIDS

- Sudden Infant Death Services of Illinois, Inc
6010 State Route 53
Suite A
Lisle, IL 60532
- 630-541-3901 office
- 630-541-8246 fax
- www.sidsillinois.org



sids
SUDDEN INFANT DEATH SERVICES
of illinois, inc.