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Safe to Sleep in the ICN

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Safe to Sleep in the ICN

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Children's Mercy Kansas City – Nurse Residency Program

Background

- The CDC states there were 1,545 infant whom passed away from SIDS in 2014 (CDC, 2014).
- Safe sleep includes supine, in a crib; head of bed flat, firm sleep surface; tightly fitted sheet; no loose blankets, toys or supplies in crib with infant.
- It is important for nurses to model safe sleep practices in the hospital setting
- Current compliance with safe sleep in the Intensive Care Nursery is 50%.



Breakdown the Problem

- Patients are not being placed in safe sleep for these reasons:
- Nurse fatigue
 - Level of priority
 - Lack of education
 - Habit/ current practice
 - Lack of supplies
 - Lack of accountability

AIM Statement

By August 1, 2019, we want to increase the compliance of modeling safe sleep behaviors for patients who qualify for safe sleep from 50% to 90% in the Intensive Care Nursery

Develop & Implementation

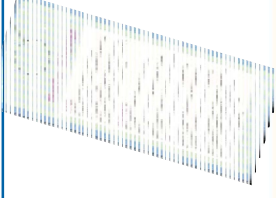
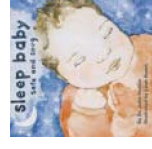
Safe Sleep Education

- Who & what qualifies for Safe Sleep
- Myths Debunked (reflux & positioning)

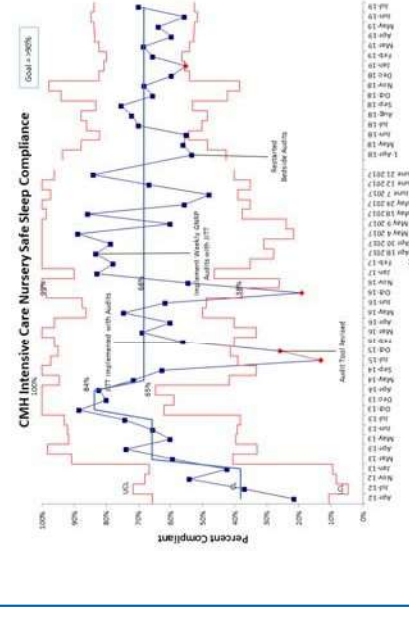
Formed Safe Sleep Bundle:

- Graduation to Safe Sleep Certificate & Door Hanger
- Updated Safe Sleep Video*
- Sleep Sacks at discharge*
- Book*

* In Process/Pending



Results



Conclusion

Our compliance increased by 20% with the interventions implemented, but our end goal of 90% compliance was not met.

Lessons learned:

- The process to implement change is challenging & there are many steps to change a unit's culture
- Having to depend on others for resources can slow down the process
- Importance of thorough staff education & Patient acuity can affect compliance & data

