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## Safe Sleep in the NICU

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# Safe Sleep in the NICU

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## Children's Mercy Kansas City

### Project Goals

Achieving safe sleep in the NICU setting can be difficult as prone positioning, elevation of the head of the bed and infant positioning devices are often used during the infants hospital stay. NICU patient's are at a higher risk of SUID due to specific risk factors such as prematurity and anomalies.

**Goal:** To evaluate a staff education program on approach to improve in the rate of eligible NICU infants in safe sleep in a busy 84-bed level IV NICU.

**Outcome Measures:** Improve safe sleep compliance for eligible patients to 90% or greater by December 2019.

**Process Measures:** Audits from bedside RN's showing compliance with safe sleep.

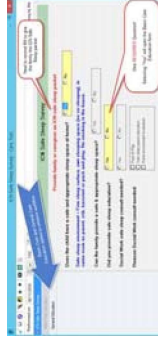
**Planned Intervention:** In December of 2018 a multidisciplinary workgroup brainstormed and implemented best practice safe sleep education for staff and parents. September 2019 a Safe Sleep Educational Toolkit was made available for staff.

### Workgroup Interventions

- Provided bedside RN education through unit update where a safety expert provided case study reports related to safe sleep deaths in the state of Missouri.
- Developed guidelines for use of swings
- **Safe sleep Toolkit included:**
- Nursing documentation changes:



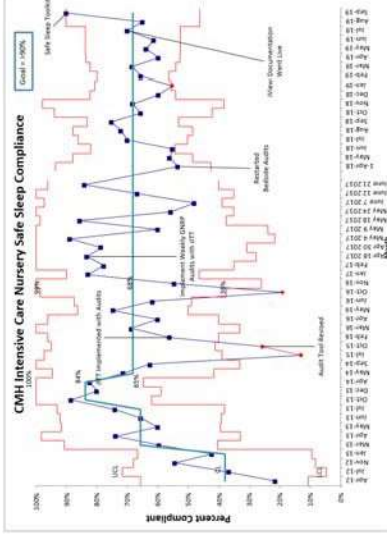
- Safe Sleep Task that fires when patient placed in crib:



- Safe sleep parent education folder which includes new safe sleep graduation certificate, do's and don'ts door knocker, educational DVD and pamphlet.



### Results and Conclusions



**Results:** Safe Sleep compliance has gone from 53% in April 2019 to 90% in September of 2019 after the initiation of a safe sleep toolkit.

**Conclusion:** Safe sleep toolkit is promoting improved compliance, ongoing efforts with sustainability are being continued through the workgroup.

- Bedside RN's continue to perform weekly audits of safe sleep along with providing in the moment education to staff.
- Continue to break down audits to find the exact reason for patients not in safe sleep.
- Start utilizing a Safe Sleep Ambassador program in the NICU.

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