

# Resident Safe Sleep & Early Literacy Project: *Book-facilitated Anticipatory Guidance*



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# Learning Objectives

At the conclusion of this presentation, learners will be able to:

- Differentiate between Sudden Unexplained Infant Death (**SUID**), Sudden Infant Death Syndrome (**SIDS**) and Accidental Suffocation and Strangulation in Bed (**ASSB**)
- Describe one example of a **residency-wide project design to promote safe sleep**
- Summarize **preliminary project results and future directions**

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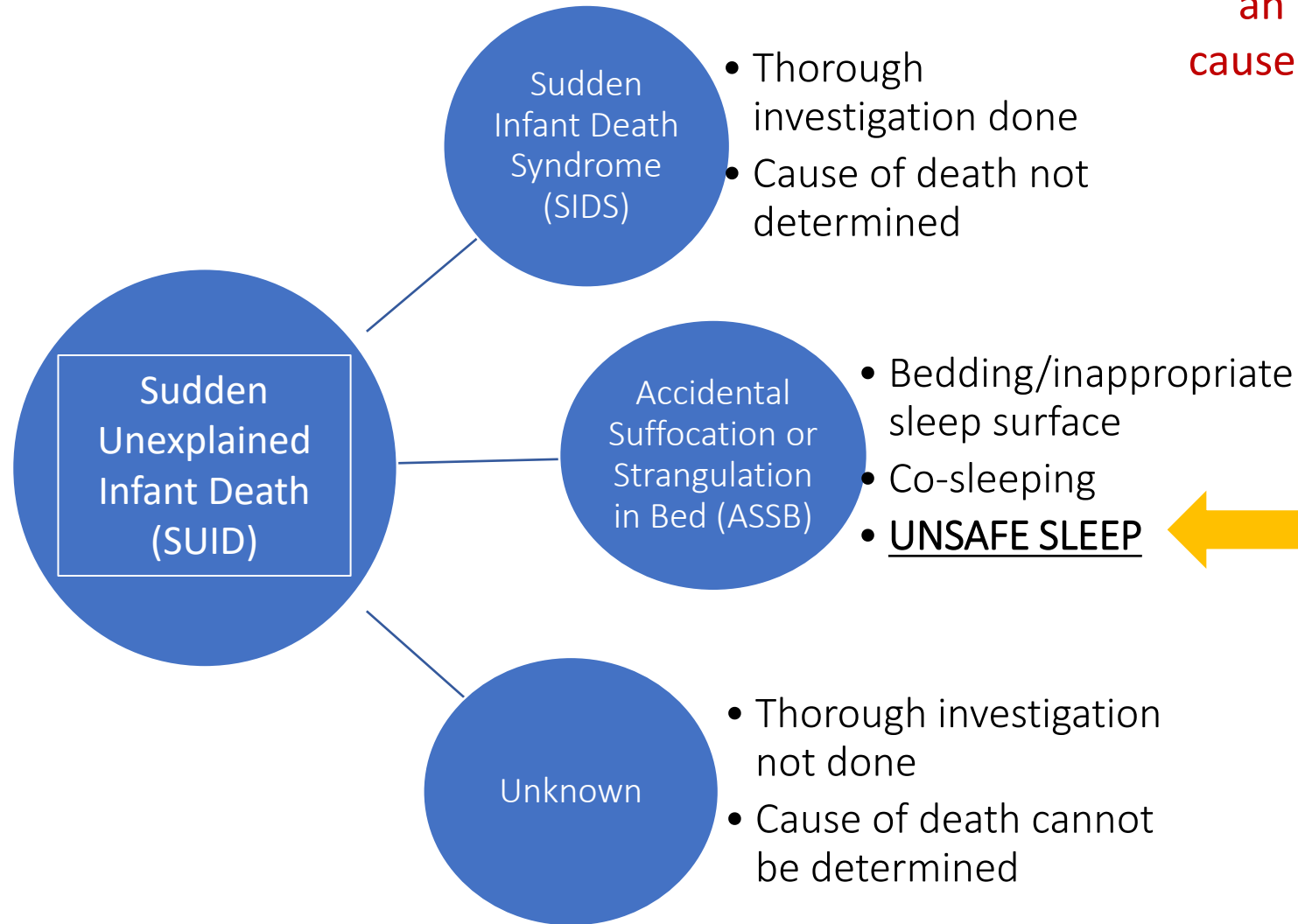
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# Sudden Unexplained Infant Death (SUID)

The sudden and unexpected death of an infant < 1 year old in which the cause was not readily attributable to a discrete medical event



Area where our patient-facing interventions as pediatricians can make the biggest difference

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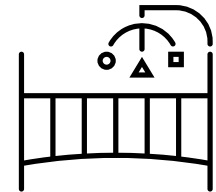
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# Why Safe Sleep & Early Literacy?

- **Why safe sleep?**

- SIDS + ASSB = 3rd leading cause of infant mortality in South Carolina



- **Why early literacy?**

- ≤50% of 3rd-8th grade students in South Carolina meet or exceed expectations on SC READY ELA testing



- Key issues to the health of South Carolina's children and our role as pediatricians

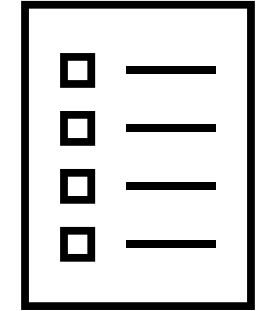
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# Our Project Goals



- Provide **education** on SUID, safe sleep and early literacy
- Focus on **resident perspective** with respect to anticipatory guidance regarding safe sleep & early literacy in newborn nursery and newborn clinic visit
- Make an impact in our community with the long-term goal of **decreasing mortality from ASSB**

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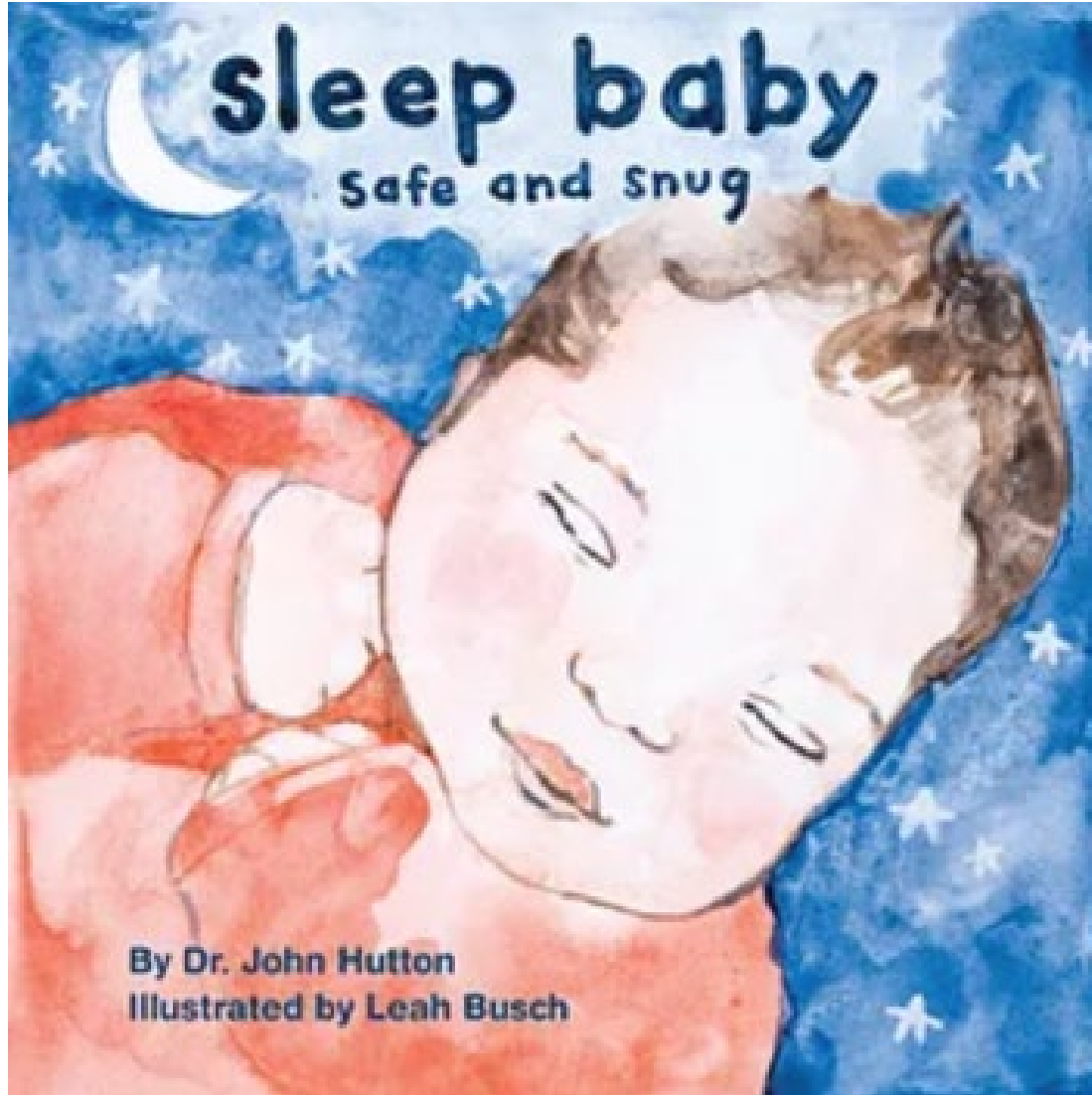
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# Supporting Grant: Charlie's Kids



- Accurate, approachable and practical resources for families including the book that was central to our project: *Sleep Baby Safe and Snug*

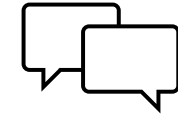
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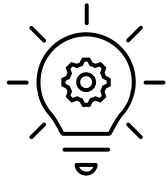
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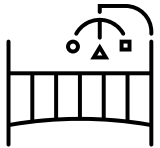
# Our Aims



By **December 31, 2023**:



1. At least **75%** of residents will understand safe sleep practices (measured by self-reported survey results)



2. At least **85%** of residents will counsel on safe sleep in at least 75% of newborn visits during newborn nursery and primary care clinic encounters (measured by self-reported survey results)



3. At least **75%** of eligible families will receive a book and counseling on safe sleep either in the newborn nursery or primary care clinic (tracked by ICD10 code: Z71.9)

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# Our Project Design

1. Give grant-supplied *Sleep Baby Safe and Snug* books prior to discharge from newborn nursery for at-risk families or at initial primary care clinic visit
  - a. Use the book to facilitate discussion of safe sleep practices
  - b. Give families a reference material that also supports early literacy
2. Document if book given with specific ICD-10 code
3. Evaluate change in resident practice and perspectives on safe sleep and early literacy counseling

## Criteria for book distribution in newborn nursery:

- First time parents
- Maternal age <25
- Multiple Gestation

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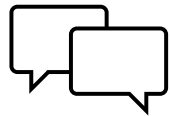
# Baseline Survey Data



- **Knowledge:** 72% of residents knew ABCs of safe sleep

- **Counseling Practices:**

- 72% of residents counseled on safe sleep in at least 75% of newborn visits
- 17% of residents counseled on early literacy in at least 75% of newborn visits



- **Documentation:** 0% documentation of Z71.9 ICD10 code in the Level 1 Newborn Nursery and Pediatric Residents' Continuity Clinic

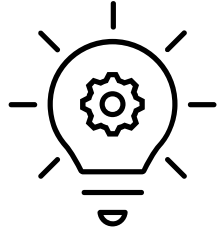
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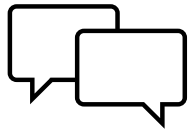
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# Post Survey Data



- **Knowledge:** 100% of residents knew ABCs of safe sleep (increased from 72%)



- **Counseling Practices:**
  - 89% of residents counseled on **safe sleep** in at least 75% of newborn visits (increased from 72%)
  - 26% of residents counseled on **early literacy** in at least 75% of newborn visits (increased from 17%)



- **Documentation:** under review

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# Preliminary Narrative Data

Majority of residents reported that **having the book made them more likely** to discuss safe sleep in nursery or clinic:

1. "Prompts discussion [of safe sleep] when giving parents the book"
2. "Helped parents with **reinforcement** and [repetition] to ensure safe sleep"
3. "**Pushed me to talk about [safe sleep] more**, especially with parents who feel strongly about co-sleeping"
4. "The fact that there's a **tangible book** to give parents is super beneficial"
5. "Great way to start the conversations for both safe sleep and early literacy. **Families also seem to appreciate it**"



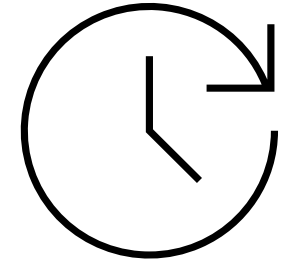
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# Future Directions



**Given that our project is still underway, there is a lot to come and many directions we can take this project!**

- Get **more books!**
- Follow-up **post-intervention data** and documentation
- Enhanced **focus on early literacy**
- Evaluate **parental perspective** with a future survey
- Earlier initiation in nursery to **address unsafe sleep within the newborn nursery**
- **Spread throughout hospital** to facilitate discussions on other floors when unsafe sleep is observed

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# Q & A

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# THANK YOU!

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