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
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.

- **Sudden Infant Death Syndrome (SIDS)**
  - Thorough investigation done
  - Cause of death not determined

- **Accidental Suffocation or Strangulation in Bed (ASSB)**
  - Bedding/inappropriate sleep surface
  - Co-sleeping
  - **UNSAFE SLEEP**

- **Unknown**
  - Thorough investigation not done
  - Cause of death cannot be determined

**Area where our patient-facing interventions as pediatricians can make the biggest difference**
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
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
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*
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)
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
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
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
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"
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
Q & A

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