Modeling Safe Sleep and Engaging Staff

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Aultman Hospital
Aultman Hospital’s Journey

Where we were…
- Swaddling with multiple blankets
- Additional items in the crib
- Staff teaching safe sleep, but not modeling in the hospital setting

Where we are now…
- Alone
- Back
- Crib
- Staff modeling safe sleep environment
- Shared Governance committee
Education/Skills Day

Staff educated
- Nurses
- Family Educators
- Lactation Consultants
- Birth certificate
- Nurse Aides
- Technicians

Information included
- Infant mortality data
- AAP safe sleep recommendations
- Modeling safe sleep in a hospital setting
- ODH Safe Sleep information
- Halo sleep sack implementation plan
Changes made to model safe sleep

- Education
- Halo sleep sacks
- ODH Flyers
- Model crib
- Safe sleep crib audit tool
- Crib cards
- Revised policy
- OHA bags distributed
- ODH Safe sleep brochures
- Staff huddles
## Safe sleep audit tool

<table>
<thead>
<tr>
<th>Room #</th>
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<tbody>
<tr>
<td>Date</td>
<td></td>
<td></td>
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<tr>
<td>Baby sleeping supine?</td>
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<td>Baby able to move legs?</td>
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<td>Multiple blankets?</td>
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<tr>
<td>Stuffed animals?</td>
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<td>Fluffy large blankets?</td>
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<td>Positioning device used?</td>
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<td>Loose items in crib?</td>
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<tr>
<td>*Asleep in/on caregivers bed?</td>
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<td>*Caregiver asleep with baby?</td>
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<tr>
<td>One piece sleeper or sleep sac in use?</td>
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<tr>
<td>Has family watched safe sleep video #408?</td>
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<tr>
<td>Has family been educated on safe sleep?</td>
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*Notify nurse
Y=yes
N=no

Surveyor ____________________________
Date ____________________________
Time ____________________________
Safe Sleep Audit Results

- One piece sleeper
  - Improved use of one-piece sleeper following Halo implementation
- Multiple blankets
  - Decreased use of multiple blankets
- Family educated on safe sleep
  - More families verbalized understanding following continual updates and education to staff
- Family viewed Safe sleep video
  - Needs improvement-barriers identified
Additional Education

- Physicians (group and individual)
  - OB Department meeting
  - Pediatric Department meeting

- Students
  - 4 colleges/universities
  - Faculty education
  - Clinical rotations
Safe sleep education provided throughout pregnancy

- Prenatal Education
- In-patient education
  - Nurse, staff, and students
  - Flyers in patient rooms
  - Videos on demand
- Home-Going Class
Barriers

- Staff perceptions
  - Continue updating staff with current evidence-based practices
    - Swaddling
    - Personal experiences
    - Lack of knowledge (staff and patients)
- Inconsistent message between providers and staff
  - Local Health Department will be reaching out to physician offices
- Resources: number of sleep sacks with high census
- Video
- Usage of correct size of sleep sack

Don’t Forget...
Watch Safe Sleep video on demand
#408 (English)
#409 (Spanish)
Community Engagement

- Family Educators providing outreach
  - >1,500 people reached
- Includes: safe sleep crib set up, brochures, handouts, games (what is wrong with this picture?)
  - Clergy members
  - Health Fairs (grandparents too)
  - WOW (Working on Wellness) van
  - Churches
  - Perinatal Symposium
  - Clinic
  - Area hospitals working together to promote the same message (THRIVE)
Reducing Infant Mortality: Leadership Engagement in Modeling Safe Sleep for the Community

Presented By:
Karen Thompson, B.S.N., M.S.N., WHNP-BC, RNC-REIN
Director, Maternal Child Services and Safe Surroundings Licking Memorial Health Systems
Infant Mortality Stats

• The United States has one of the worst infant mortality rates among industrialized nations.

• According to 2010 statistics, 6.15 babies out of every 1,000 born in the U.S. die before their first birthday. This compares with an average of 5 babies for all other industrialized nations.

• Each week in Ohio, 3 infants die in unsafe sleep environments, according to the Ohio Department of Health.
Leadership Initiatives

• LMHS is already involved in support of OPQC initiatives in reduction of infant mortality: Reducing elective births prior to 39 weeks and directed physician involvement.

• Senior Leadership in collaboration with the OB physicians supported ACOG recommendation for no elective deliveries without medical indication before 41 weeks – the policy was adapted.

• Leadership is aware of CDC report on infant morbidity and mortality, with Ohio being the 5th worst in the nation.
Leadership Initiatives

• LMHS President/CEO Rob Montagnese hosted a meeting with OHA representatives to discuss the OHA Safe Sleep is Good4Baby campaign.

• President & CEO, OB Division Chair, Vice President of Patient Services, Assistant Vice President of Inpatient Services, and Maternal Child Director met with OHA to champion infant safety campaign.

• LMHS committed to move forward with Baby Friendly Hospital Initiative (BFHI); Senior Leadership support/approved resources for Safe Sleep & BFHI.
Safe Sleep Environment at LMHS

• Maternal Child Director completed the survey, and LMH became a participating hospital in the OHA Safe Sleep campaign in April 2014. Director appointed Clinical Supervisor and staff RN as Co-Champions for Safe Sleep.

• Leadership support given to enable the Hospital to implement and model infant safe sleep practices throughout the facility to provide education for consistent and repetitive education for parents.
Safe Sleep Education

• Two staff nurses presented a PowerPoint presentation for maternal child staff, to emphasize the importance of the staff modeling safe sleep practices for parents to follow, while in the hospital and once home.

• A “Safe Sleep” policy has been developed with approval through LMHS leadership.

• LMH ordered ABCs for Safe Sleep brochures and posters from ODH, as well as 200 Safe Sleep is Good4Baby kits.
Safe Sleep Education

- Safe Sleep for Your Baby is included in the Postpartum teaching packet.

- Audit tool developed to ensure that “safe sleep” practices are being followed by staff and parents while infants are in the Hospital.

- LMH researched and ordered the HALO program brochures and door hangers to give to Moms during “safe sleep” teaching.
Safe Sleep Audit

- Safe Sleep Audit:
- Date: ___________ Time: ___________
- 1-Infant’s location: L&D PP Nursery
- 2-Infant feeding: YES/NO
- 3-Infant in bed with mom: YES/NO
- 4-Mom sleeping: YES/NO
- 5-Infant in bassinet: YES/NO
- 6-Bassinet empty except infant: YES/NO
- 7-If swaddled, is blanket below shoulders: YES/NO
- 8-Does mom know the Safe Sleep ABCs: YES/NO
- Comments:
Involvement of Leadership Is Key

• Poor health for pregnant women and infants reveals poor overall health for our community.

• CDC report ranks Ohio as the fifth worst in the country for infant morbidity/mortality, which motivated Ohio and community leaders to take action.

• LMHS Board and Senior Leadership are key stakeholders in women’s and infant’s health, supporting many programs to improve the health of infants in our community.
LMHS Mission:
Improving the Health of the Community

• LMHS Breastfeeding Support and Education Program supported for over 5 years (women go home with free electric breast pump, if enrolled in an education program).

• President & CEO Rob Montagnese and Senior Leadership sourced a smoking cessation program in the Women’s Health offices/Maternity unit with smoking cessation counselors onsite, as well as an incentive program/rewards for those who complete the program.

• 46 pregnant women have enrolled in the program, with 88% of the women, either refraining from or still counseling with reduced usage.
Ensuring a Safe Sleep Environment

- Senior Leadership approved the HALO in-hospital sleepsack program, but also the purchase of a sleepsack with LMH logo for every mother to take home for their infant.

- Public Relations ordered T-shirts, to wear under uniform tops, for staff in the Maternity unit, as well as Women’s Health offices, with the safe sleep message of “THIS SIDE UP.”
Future Initiatives

• Education will extend to the community through the LMHP physician offices, health fairs and community events.

• Senior Leadership is reviewing programs to assist with providing a safe sleep environment, if programs such as Cribs for Kids or other resources are not available for families.

• Educational material provided to parents which outlines all the AAP guidelines and recommendations for Safe Sleep.
References

• http://ohiohospital.org/safesleep

• http://www.cdc.gov/sids/Parents-Caregivers.htm

Mount Carmel Welcome Home Program

Presented by:
Mary Jo Dickinson, Clinical Manager
October 9, 2014
Making A Difference
• The Welcome Home program began in 1998
• Free in-home visit by RN
• Provide wellness visit to mom and baby
• Offers continuity from hospital to home
• Goal is that every baby starts life healthy
• Make community referrals
Funding

- Initially funded through Early Start Grant
- Funding changed to Help Me Grow
- Fiscal Year 2010 funding was eliminated through HMG
- Received funding through OCTF (Ohio Children Trust Fund)
- 2010Began receiving monetary assistance from Mount Carmel Foundation
- 2012 100% supported by the Mount Carmel Foundation
Who Do We Serve?

- Any mom who gives birth at a Mount Carmel Birthing Hospital and Moms2B participants
- Provide visits within Franklin County and all contiguous counties: Delaware, Licking, Fairfield, Pickaway, Madison and Union
- Focus on first time moms, teen moms, single moms, moms who request a visit, and if concern noted by social worker
Home Visit Protocol

• Maternal Assessment
• Newborn Assessment
• Check Vitals
• Weight Check
• Post-Partum Depression Screening
• Complete Newborn Home Instruction Sheet
2014 Fiscal Numbers

- Completed 1294 Home Visits
- 64% (824) were single moms;
- 45% (588) were first time moms
- 9% (113) were teen moms
- 21% (271) babies were premature
- 715 completed phone calls without a visit
- 277 follow up phone calls
- 2286 total service points with 3.2 FTE’s

Data provided from Mount Carmel 2014 Roster
Top Concerns Noted by RN

- 81% Breastfeeding/infant feeding
- 16% Smoking in the home
- 16% Safe sleep concerns
- 16% Postpartum depressions
- 13% Lack of support by father of the baby
- 8% Gun safety

Safe Sleep

- 24 (2%) babies had no safe place to sleep
- 254 (20%) had safe sleep but not using it appropriately
Referrals Made

• 81% (1052) moms referred to Outpatient Lactation
• 74% (959) referred to car seat check stations
• 59% (766) referred to PCP
• 27% (353) referred to POEM
• 16% (206) referred to smoking cessation programs
• 11% (148) referred to Help Me Grow
• 7 mom and/or babies seen sent to ER upon nurse arrival
Foundation Support for Infant Mortality

- RN’s now have direct access to Car Seats
- RN’s have direct access to Pack-n-Plays made possible through MCHS Foundation
- Every mom is given a safe sleep sack at home visit made possible through donation from Kemba Financial Credit Union and MCHS Foundation
- RN’s provide increased education on safe sleep
- Mount Carmel has partnered with the OSU Moms2B program for site at MCW
Patient Testimonials

• “Mom thought the visit was great because she had so many questions once she got home.”
• “Mom said having someone to talk to was wonderful. Mom was fearful the nurse might be judgmental and critical of her home, but that was not the case at all.”
• “Mom said the nurse made her feel like she was doing well. The nurse helped immensely with breastfeeding. The baby had a poor latch and the support the nurse provided in the home was so helpful.”

• “The visit was very helpful because the nurse talked about the crib and safe sleep and not letting anyone smoke around the baby.

• “She came to my house as a nurse but left as a friend.”
Contact Information

• Mary Jo Dickinson, Clinical Manager
• 614-546-4207
• mdickinson@mchs.com

• Schedule a Welcome Home Visit call
• 614-546-4227