

County of Los Angeles SIDS Program



SIDS Safety

Infant Sleep Positioning

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Committed to the attainment of optimal physical, mental,
and social health and well-being for all infants,
children, adolescents, and young adults

The American Academy of Pediatrics recommended **supine** infant sleep positioning as a SIDS risk reduction in 1992.



The **Back To Sleep** Campaign started in **1994**

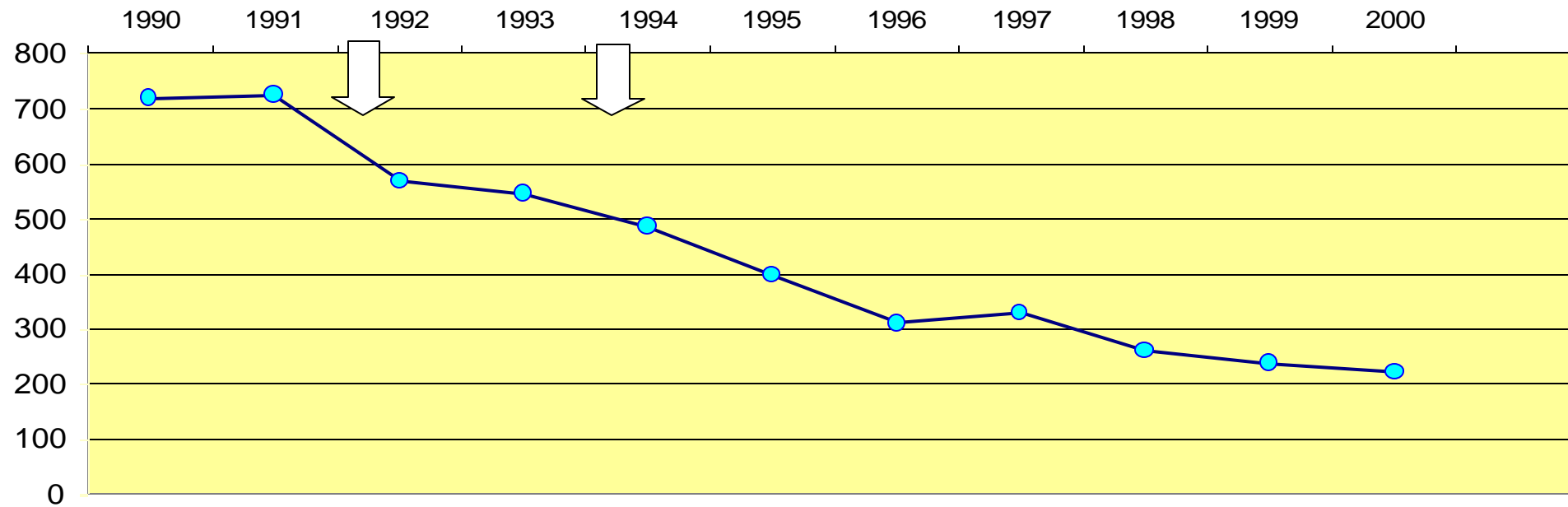
Early materials recommended side or supine sleep position.

In **2000** the recommendation became just for
supine sleep positioning.

Numbers of Sudden Infant Death Syndrome (SIDS) Deaths in California

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
SIDS	717	725	568	545	486	397	311	329	259	237	222
			American Academy of Pediatrics Sleep Position	CA Autopsy & Death Scene Protocols	Back to Sleep & Anti-Smoking Campaigns						

California SIDS



American Journal of Maternal Child Nursing

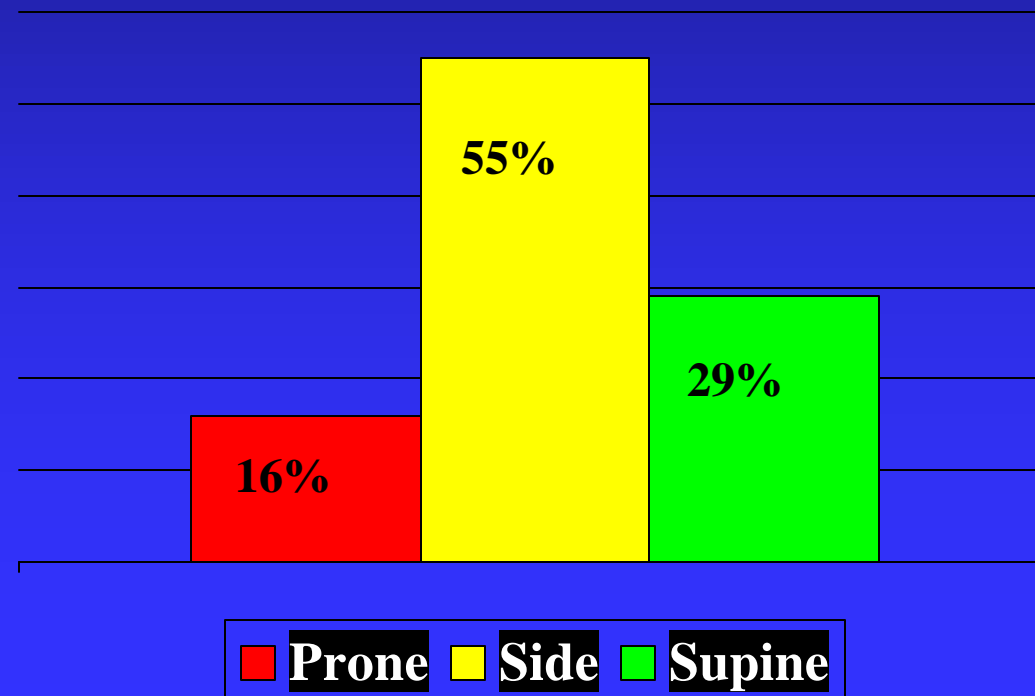
Nov/Dec 1999

Infant Sleep Positioning: Nursing Practice and Knowledge

Peek, Hershberger, Kuehn, & Levett

97% of 103 nurses surveyed were aware of the AAP supine sleep recommendation, only 67% agreed with it.

**Observed infant positioning
(n=206)**



The physician must assess each child's case to decide if there is a medical contraindication to supine sleeping.

GERD is frequently an accepted indication (for alternate positioning).

Meconium aspiration may be an acute indication. However, MAS is resolved in the first days of life and would not be an indication for home prone sleeping.

D. Lisa Bollman, RNC
Executive Director
Community Perinatal Network

C-section babies may have retained fetal lung fluid and thus spitting or coughing to relieve this. This is not an indication for side positioning.

Side positions inhibit full expansion of the lungs and decrease expulsion of the fetal lung fluid into the lymphatic system.

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Executive Director
Community Perinatal Network

Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

Penny F. Stastny, R.N., B.S.N.

Sharon D.T. Thayer, M.P.H.

Robert J. Olson, Ph.D., M.P.H.

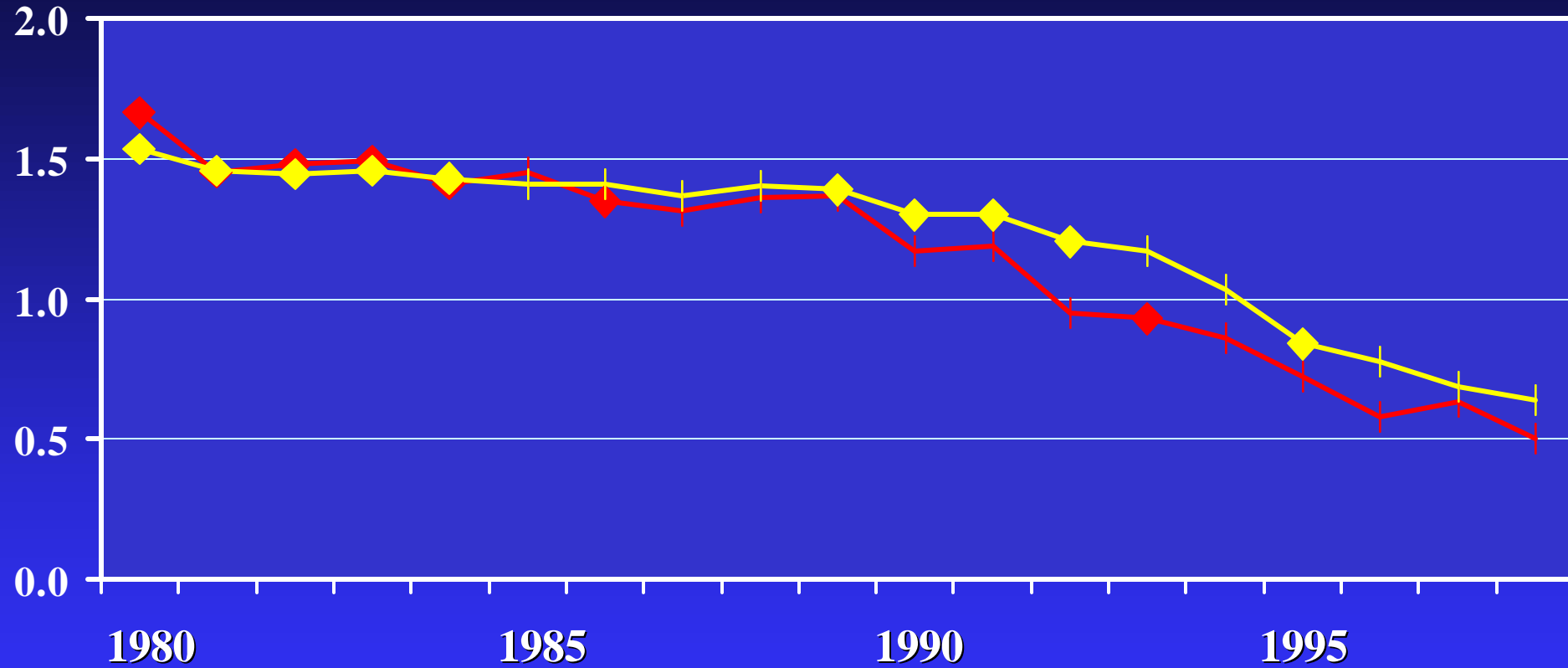
**Chronic Disease and Injury Prevention Program, Orange County
Health Care Agency, Santa Ana, California, U.S.A.**

Thomas G. Keens, M.D.

**Division of Pediatric Pulmonology, Childrens Hospital Los Angeles,
Los Angeles, California, U.S.A.**

3/7/02

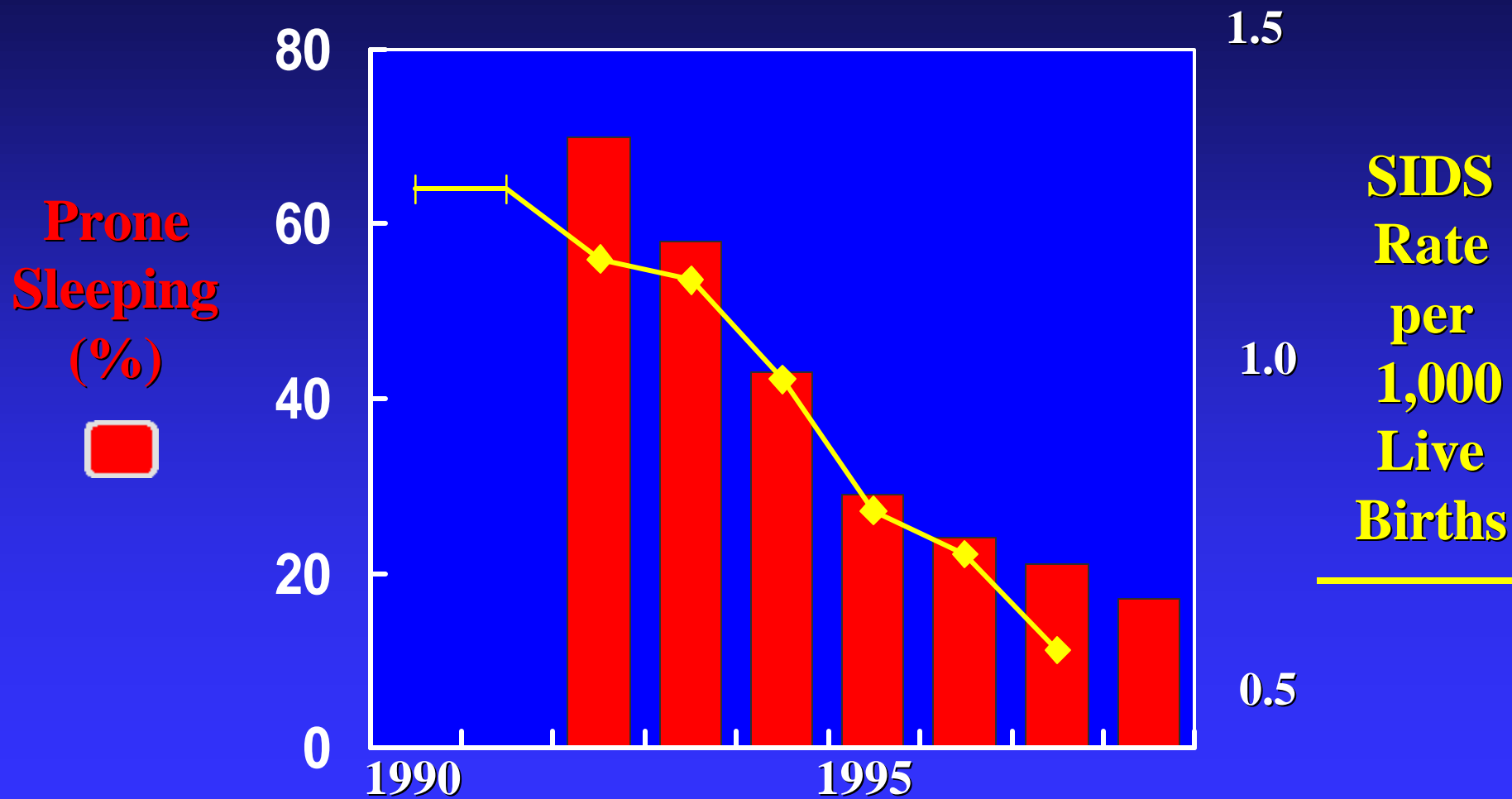
California and U.S. SIDS Rates



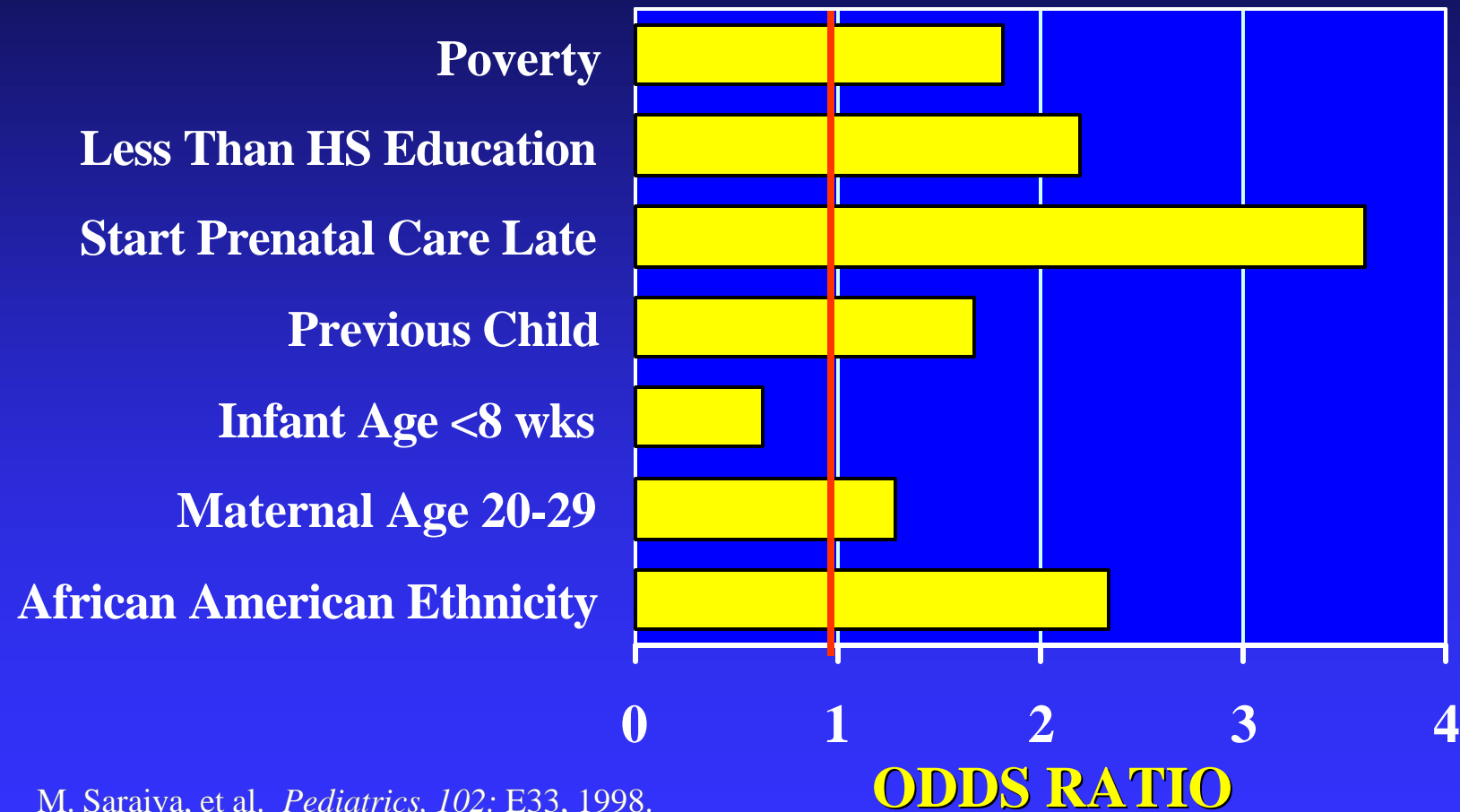
**SIDS Rate per
1,000 live births**

California
USA

U.S. Prone Sleeping and SIDS Rate



Predictors of Prone Sleeping in Infants



M. Saraiya, et al. *Pediatrics*, 102: E33, 1998.

R. Brenner, et al. *J. Amer. Med. Assoc.*, 280: 373-374, 1998.

M. Willinger, et al. *J. Amer. Med. Assoc.*, 280: 329-335, 1998.

Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

Methods

- **Eight hospitals in Orange County agreed to participate (32%).**
- **Investigators visited hospitals at random times.**
- **96 newborn nursery staff were interviewed with an anonymous questionnaire.**
- **251 newborn infants were observed in hospital nurseries, and 579 parents were interviewed with an anonymous questionnaire.**

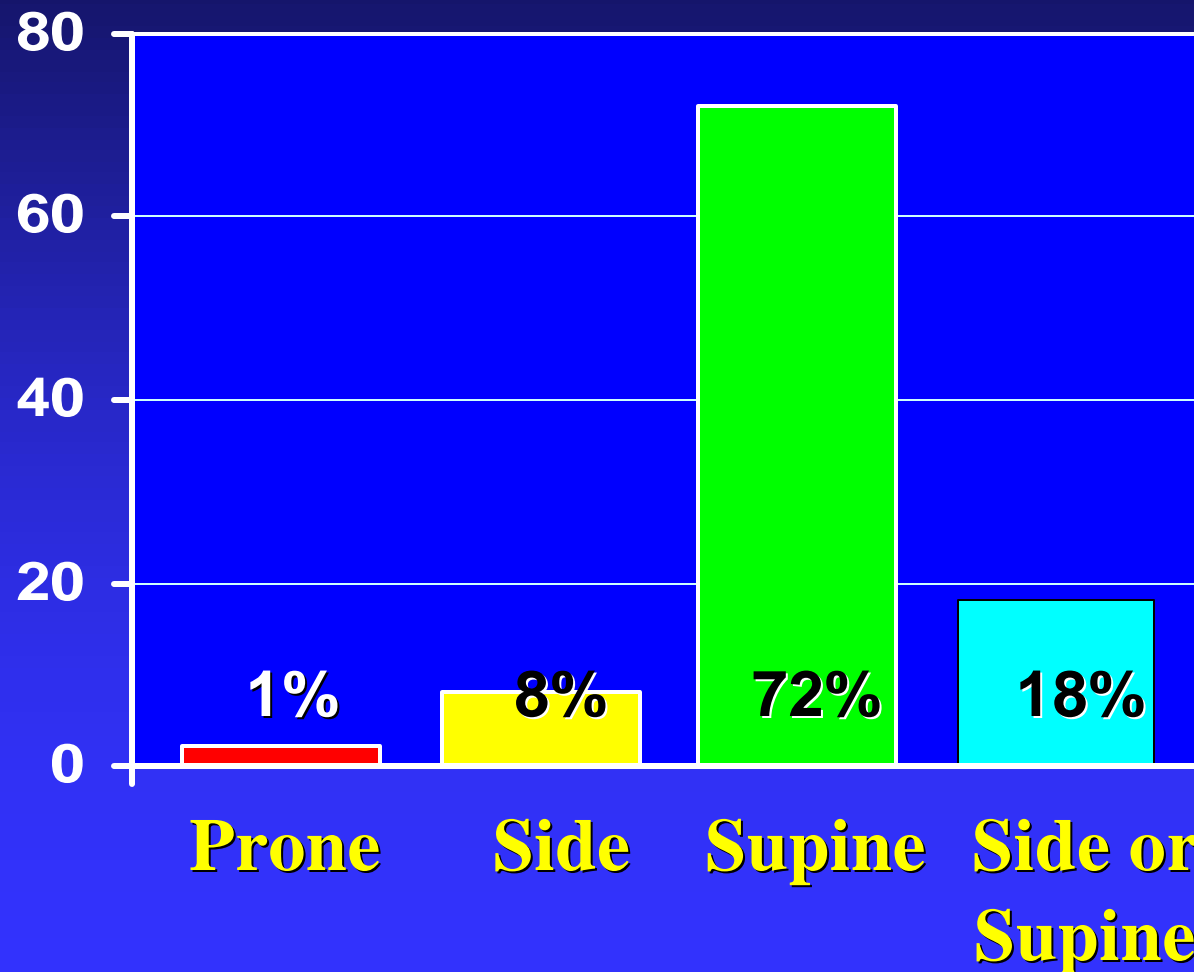
Infant Sleeping Position in Hospital Newborn Nurseries

Question

- **What position do nursery staff believe has the lowest SIDS risk?**

Safest Sleeping Position for SIDS Risk Reduction Cited by Nursery Staff

% of Nursery Staff



n = 96

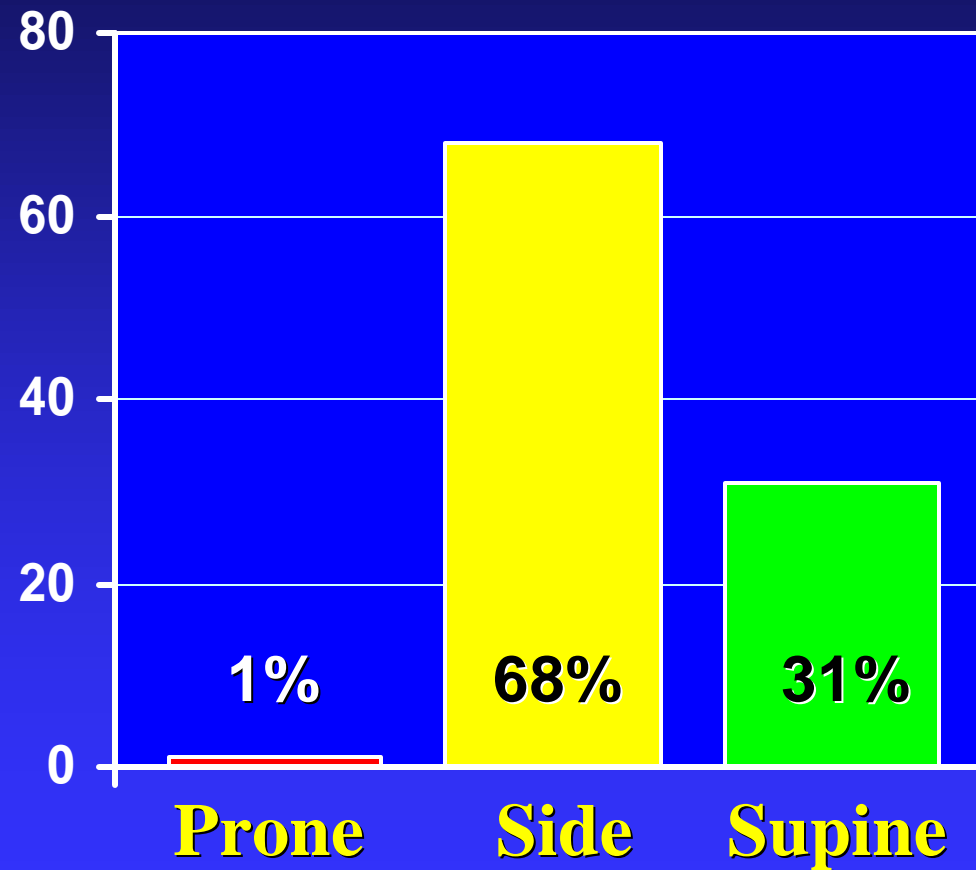
Infant Sleeping Position in Hospital Newborn Nurseries

Question

- **What position do newborn nursery staff place babies to sleep in the hospital?**

Reported Sleeping Position Infants Placed in by Newborn Nursery Staff

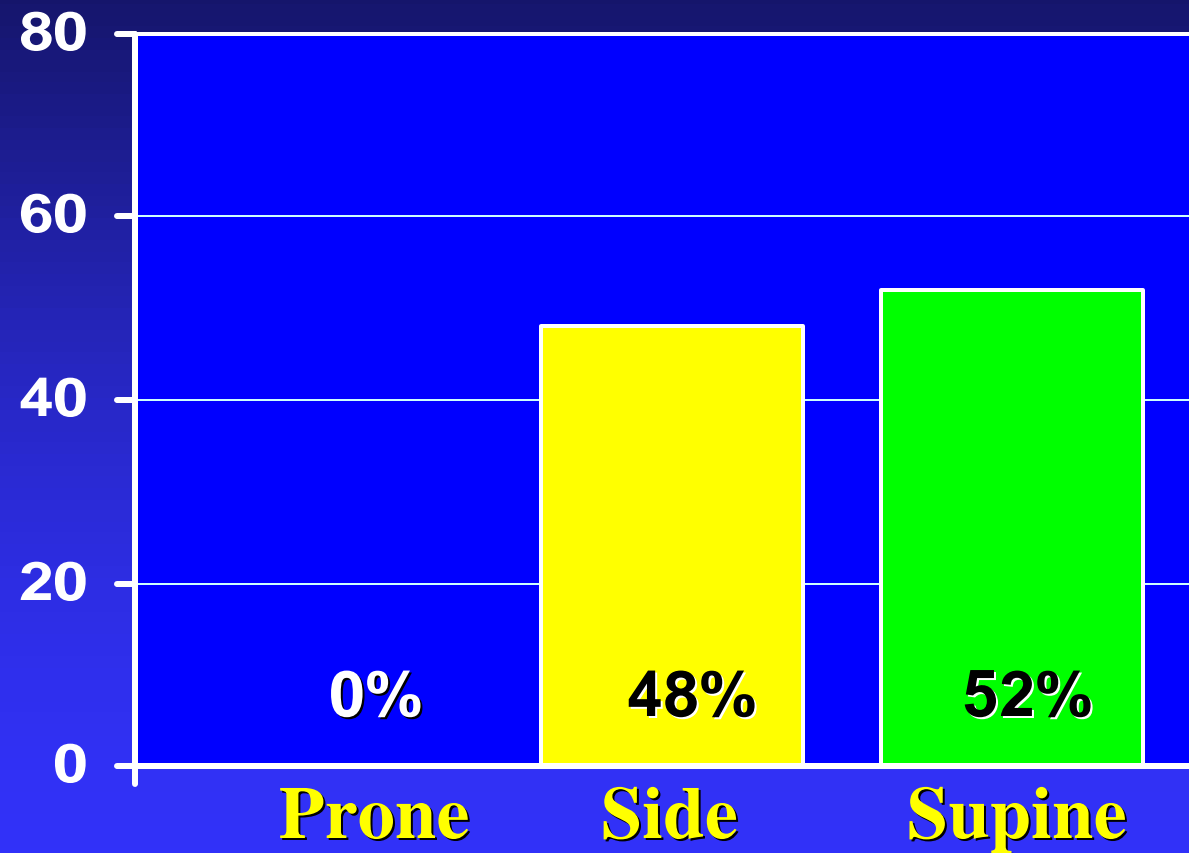
% of
Nursery
Staff



n = 96

Observed Sleeping Position for Infants in Newborn Nurseries

% of
Infants



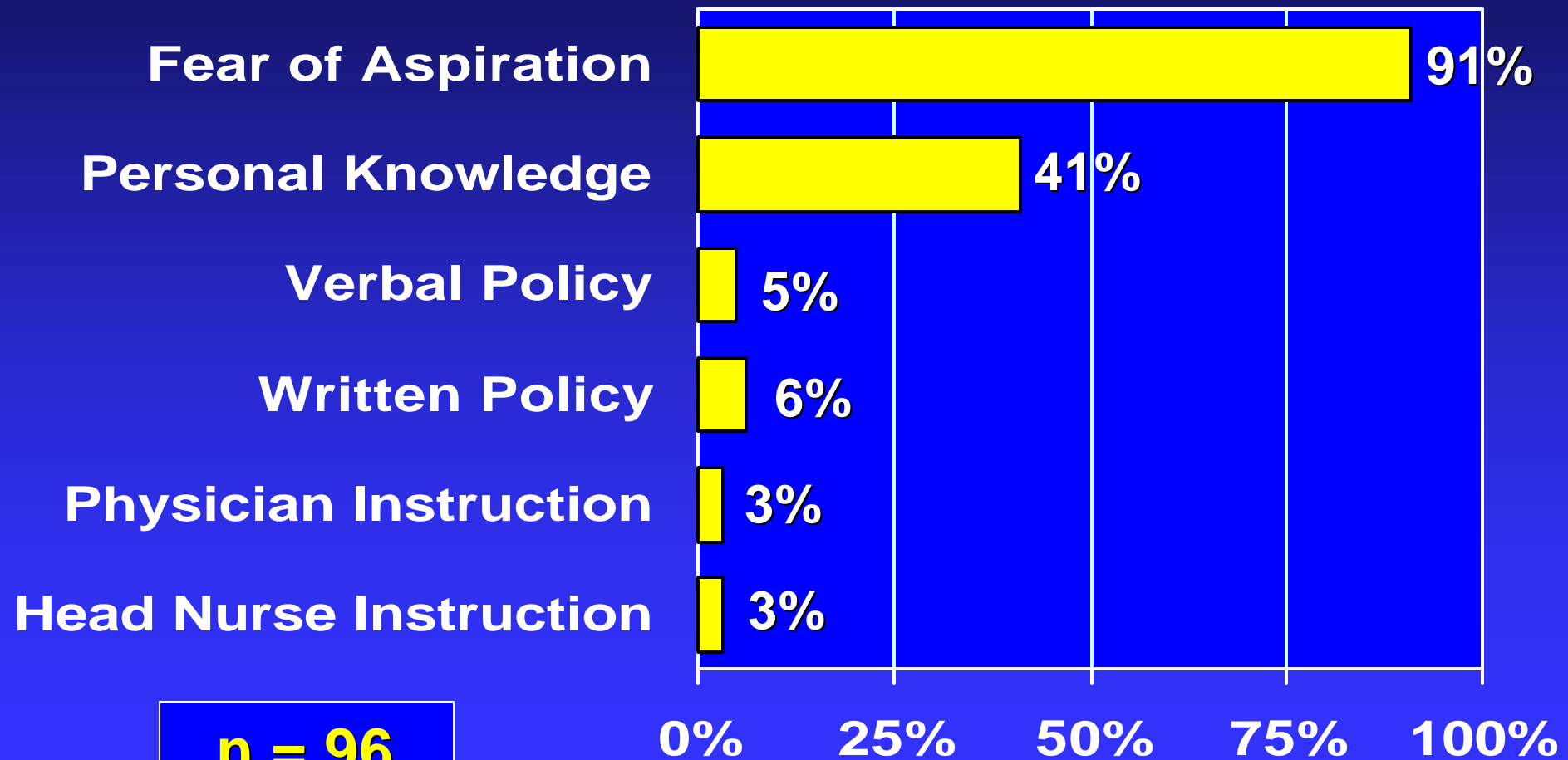
n = 251

Infant Sleeping Position in Hospital Newborn Nurseries

Question

- **Why do newborn nursery staff choose specific infant sleeping positions?**

Reasons Nursery Staff Gave for Placing Infants in the *Side* Sleeping Position



n = 96

“...Data show no evidence of an increased risk of death from aspiration as a result of the ‘Back to Sleep’ program.”

“Trends in Postneonatal Aspiration Deaths and Reclassification of Sudden Infant Death Syndrome: Impact of the ‘Back to Sleep’ Program”

Michael H. Malloy, MD, MS

PEDIATRICS Vol. 109 No. 4 April 2002, pp. 661-665

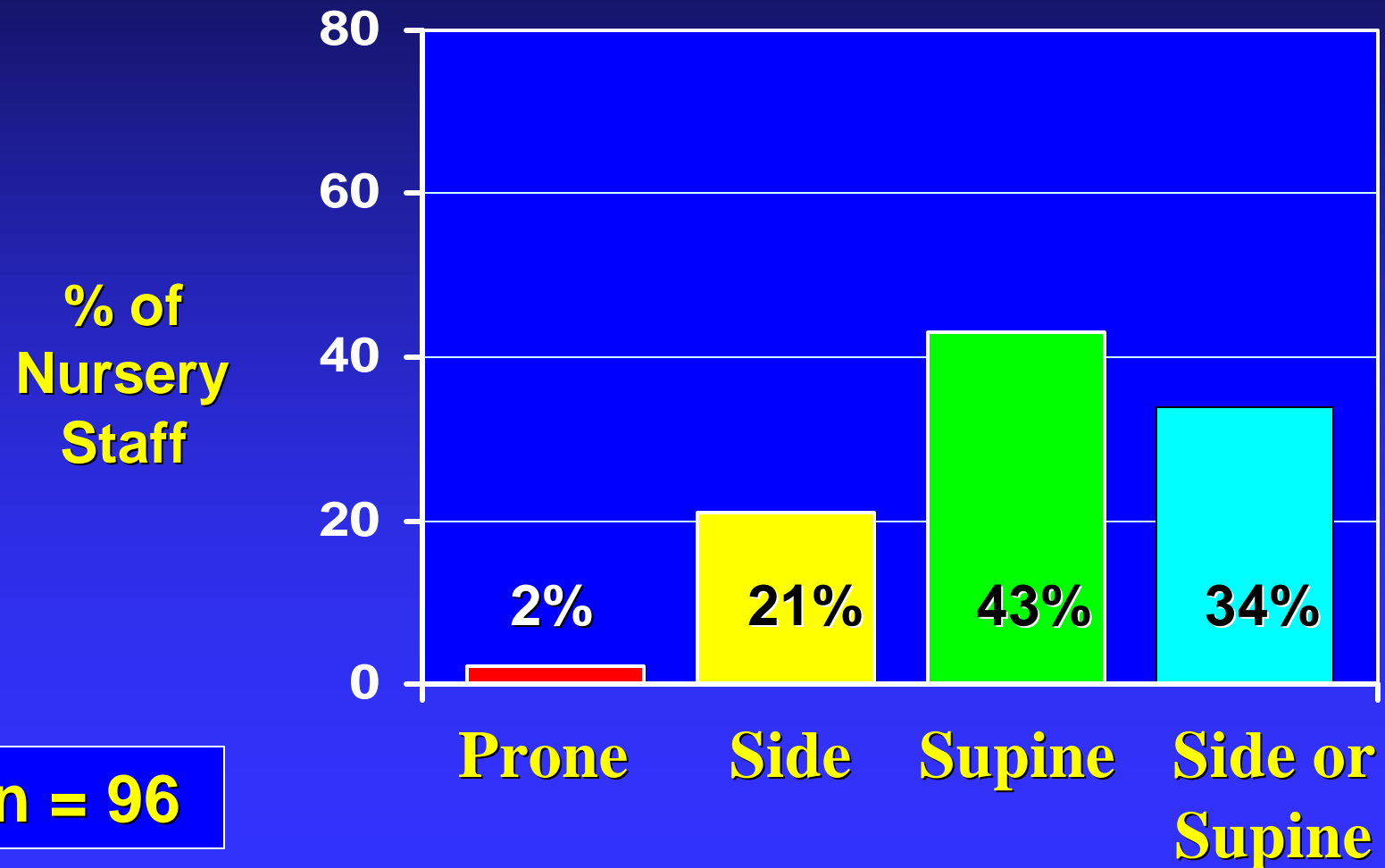
Infant Sleeping Position in Hospital Newborn Nurseries

Question

- **What sleep position do newborn nursery staff tell parents to place their infants in at home?**

Infant Sleeping Position

Parent Education Given by Nursery Staff

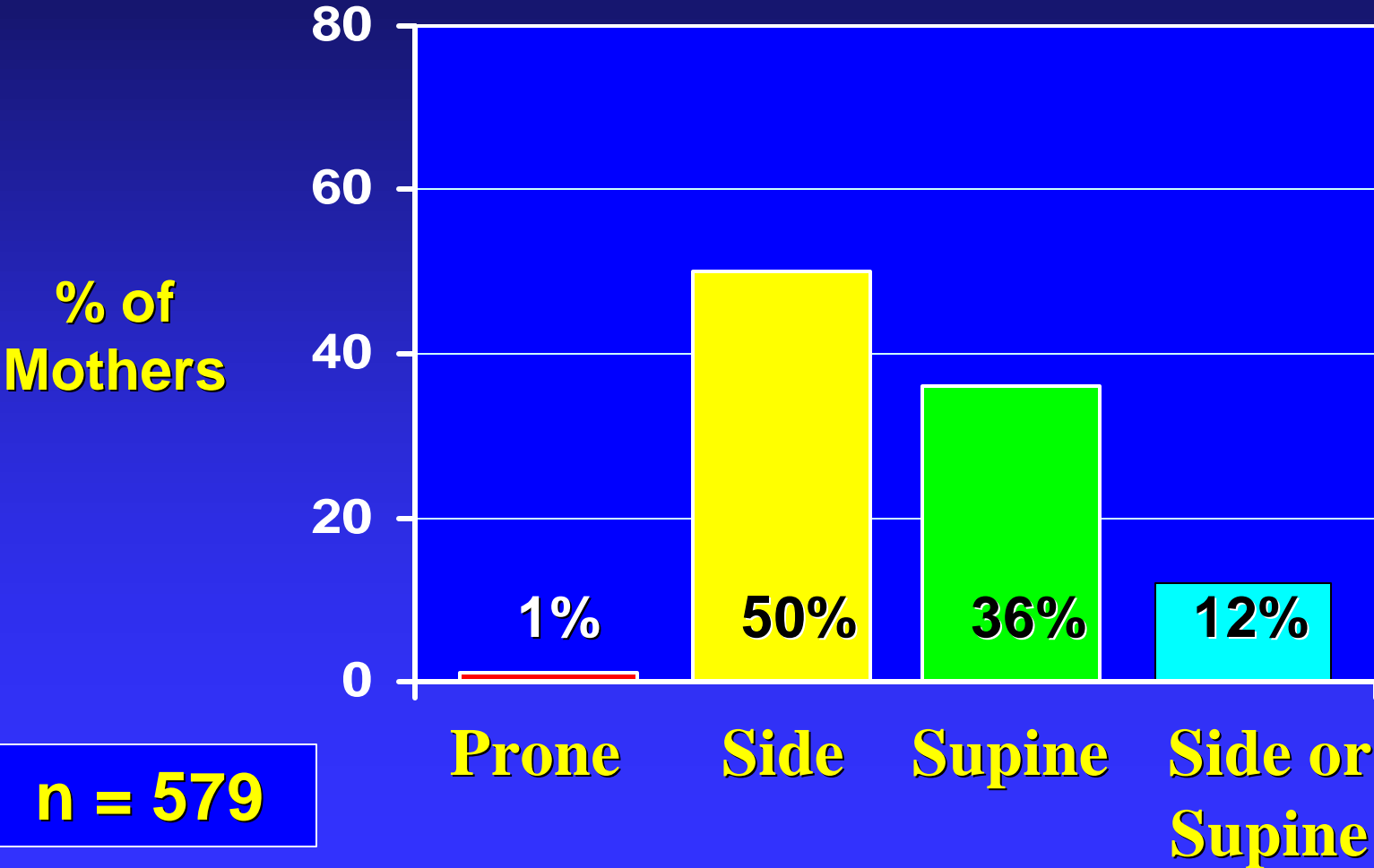


Infant Sleeping Position in Hospital Newborn Nurseries

Question

What position will new mothers place their babies in to sleep?

Sleeping Position Mothers Say They Will Place their Infants in at Home



Conclusion

**What parents see being
done effects their
behavior more than what
they are told to do.**

Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

Discussion and Conclusions

- Nursery staff know supine sleeping position has the lowest SIDS risk.
- Nursery staff place the majority of newborn infants to sleep on their sides.
- Almost all nursery staff who place infants to sleep on their sides cite *fear of aspiration* as a motivation.
- *There is no greater risk for aspiration when sleeping supine than for side or prone positioning.*

Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

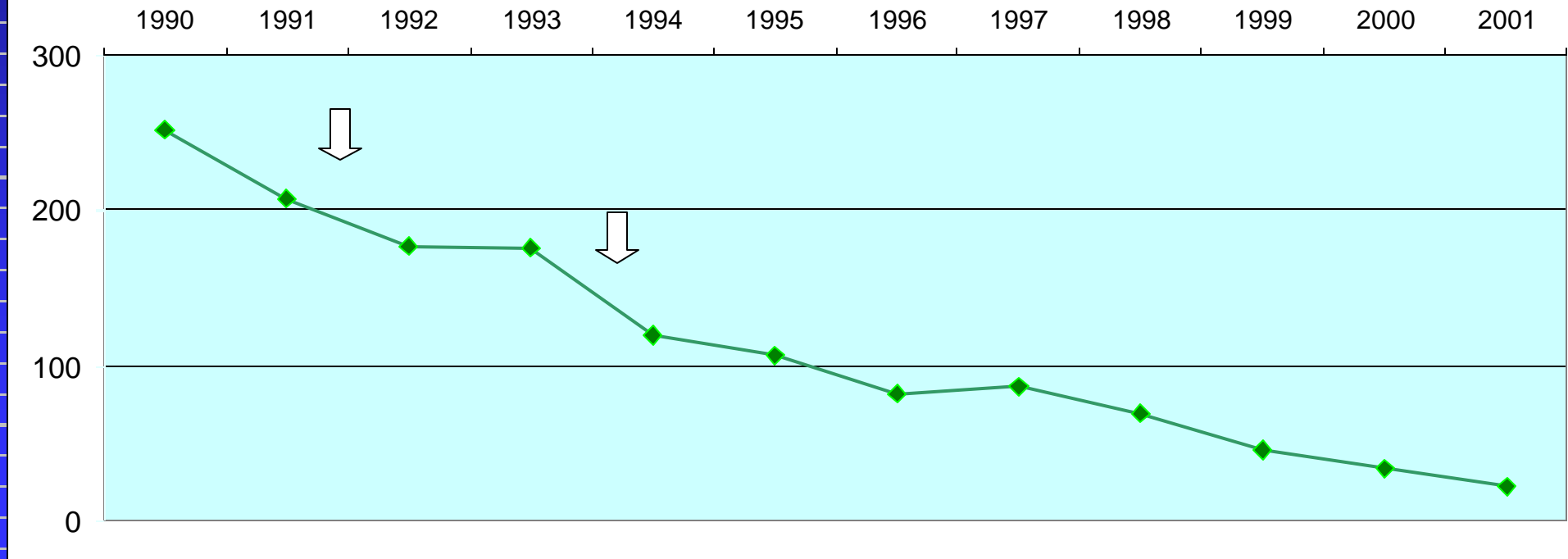
Discussion and Conclusions

- **Over half of nursery staff tell parents to place their infants to sleep either on the side, or on their side or back.**
- **Newborn infants in hospitals were observed to sleep almost equally on their backs and sides.**
- **Half of parents say they will place their own infants to sleep on the side at home.**

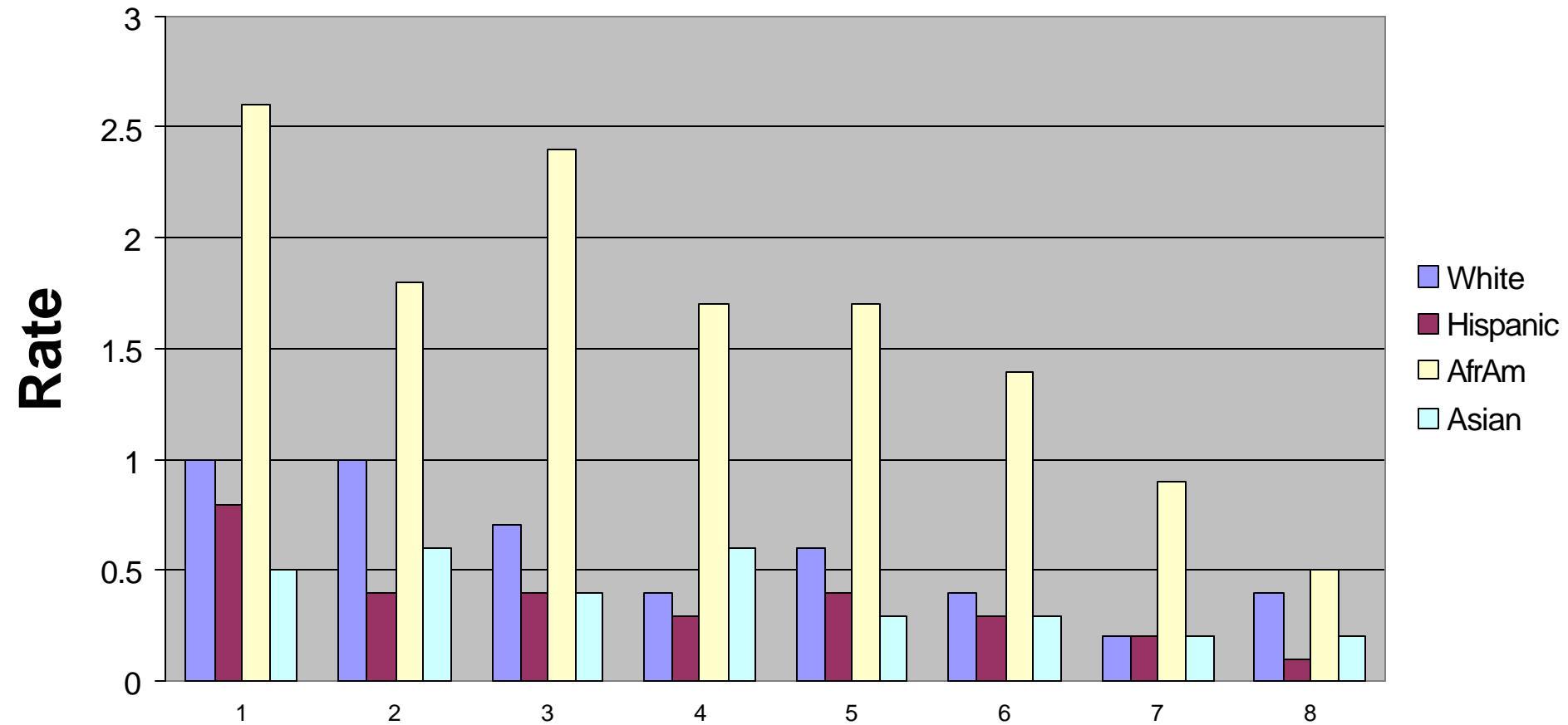
Numbers of Sudden Infant Death Syndrome (SIDS) Deaths in Los Angeles County

	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
SIDS	252	208	177	176	120	107	82	87	69	46	34	22
			American Academy of Pediatrics Sleep	CA Autopsy & Death Scene Protocols	Back to Sleep & Anti-Smoking Campaigns							

Los Angeles County SIDS



Rate=SIDS Deaths/1000 Live Births



1991 1994 1995 1996 1997 1998 1999 2000

Los Angeles County SIDS Rates by Race and Year

What can be done to further reduce SIDS rates?

Increase family/ care giver compliance with supine sleeping position SIDS risk reduction.

How?

Promote early entry into prenatal care.

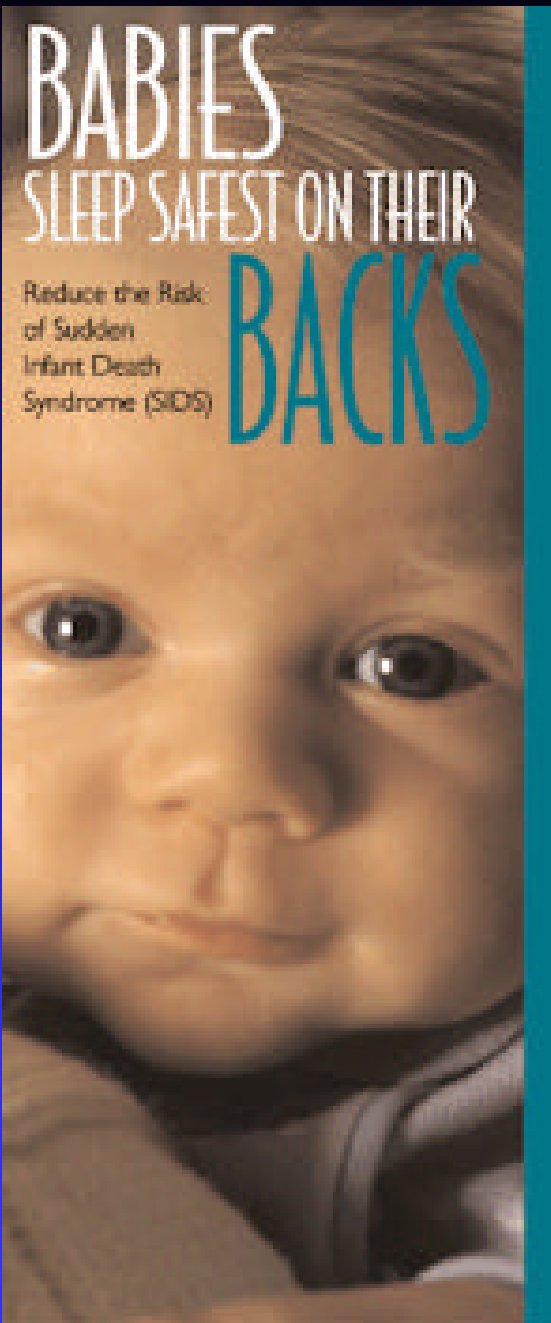
Include SIDS Safety education in prenatal and pediatric care.

Address African American cultural beliefs regarding infant sleep positioning with respect for the family matriarch.

Maintain an up-to-date understanding of SIDS Safety methods at delivery facilities, by midwives, and at licensed child care facilities.

BABIES
SLEEP SAFEST ON THEIR
BACKS

Reduce the Risk
of Sudden
Infant Death
Syndrome (SIDS)

A close-up photograph of a baby's face, looking directly at the camera with a neutral expression. The baby has dark eyes and light skin. The image is framed by a teal vertical bar on the right side.