The Initiative
- The State of Massachusetts DPH hosted a conference in June 2014 about expanding safe sleep practices in NICUs from merely back to sleep to encompass the sleep environment.
- A multidepartmental group of BIDMC infant care clinicians attended this conference and decided the message of Safe Sleep was needed for all infants and their families.
- A multidisciplinary and multidepartmental group formed a task force to bring a consistent safe infant sleep position and environment message to families and staff in all areas that care for infants.

The Aim
- All health care clinicians who provide care to newborns in L&D, MBU and NICU will be educated about current safe sleep recommendations.
- Consistent language and materials for family education will be developed and used in all areas where infant care is provided.

Interventions
- The NICU became an active participant in the Statewide Collaborative to Implement Safe Sleep Practices in MA NICUs
- A survey was sent in December 2014/January 2015 to determine staff knowledge and practice
- Standardized staff education was recommended for all clinicians in MBU & NICU
- Designed standardized unit specific posters for Safe Infant Skin-to-Skin position
- Implemented Safe Infant Sleep environment crib card for all eligible infant
- Partnered with EVS for standardized crib preparation
- Developed policy applicable to all infant care areas

Progress to Date
- Staff completion of NICHD on-line education: Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death
  - 31% of NICU staff have completed on-line education
  - 99% of MBU staff have completed on-line education
- Unit audits performed—monthly in MBU; weekly in NICU
- Our work has been shared at a MA consortium in December and at January Nursing Grand Rounds

Lessons Learned
- There were misconceptions about how to position an infant for sleep from all disciplines
- Staff and families recognize there are certain differences between infant sleep in the hospital and at home
- Medical conditions of NICU infants influence ability to comply with safe sleep practices

Next Steps
- Survey staff to see if practice and perceptions have changed
- Create a handout for families about home swaddling practices and sleep place
- MBU to participate in MA state infant safe sleep initiative expansion to birthing hospitals
- Bring safe sleep and position information to prenatal education and BIDMC clinics

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