

ALASKA INFANT SAFE SLEEP: RECOMMENDATIONS FOR CAREGIVERS

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INFANT SAFE SLEEP IN ALASKA

- ① Data
- ① Activities
- ① Recommendations



Alaska's rate of postneonatal mortality is consistently among the highest in the nation (January 2012 MMWR)



THE PROBLEM

Maternal-Infant Mortality Review committee findings reveal many infants die sleep-related deaths that are preventable

DEFINITIONS



- ⊙ Postneonatal mortality
 - ⊙ Sudden Unexplained Infant Death (SUID)
 - Infant sleep-related death
 - ⊙ Sudden Infant Death Syndrome (SIDS)
 - ⊙ Asphyxia from suffocation or strangulation

REVIEWS OF ALASKA POSTNEONATAL DEATHS 2005-2007

Data source: Alaska MIMR-CDR*

46% of all postneonatal deaths were due to SUID or asphyxia

Most of these were preventable:

- ⊙ 47% definitely
- ⊙ 28% probably
- ⊙ 15% possibly

Risk factors among the 53 SUID/asphyxia deaths	Percent
Prone (found or placed to sleep)	23%
Surface	
Adult bed	62%
Crib or bassinette	21%
Other	17%
Inappropriate bedding (definitely, probably, or possibly)	47%
Substance use	
Tobacco	42%
Alcohol	32%
Marijuana	21%

*The MIMR-CDR Annual Report 2011 is available online at:

http://www.epi.hss.state.ak.us/mchepi/pubs/mimrcdr/AnnualReport_2011.pdf



33 POSTNEONATAL DEATHS WHILE BED SHARING 2005-2007

Data source: Alaska MIMR-CDR

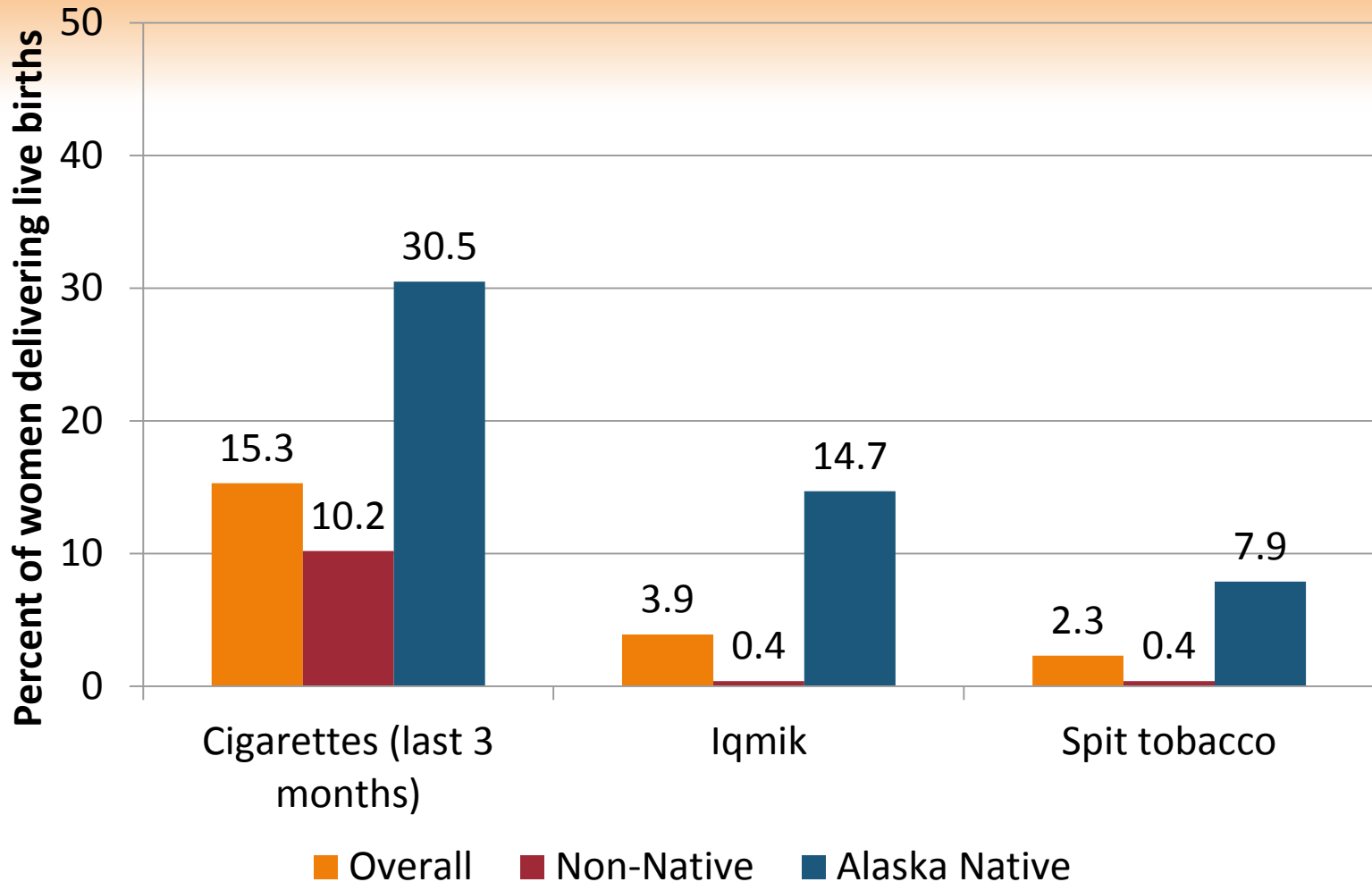
- ⊙ 9 were definitely sleeping with an impaired person
- ⊙ 8 were probably sleeping with an impaired person

- ⊙ Among remaining 16...
 - ⊙ 8 were possibly sleeping with an impaired person
 - ⊙ 11 had a history of maternal tobacco use
 - ⊙ Other risk factors

- ⊙ Many high risk behaviors evident

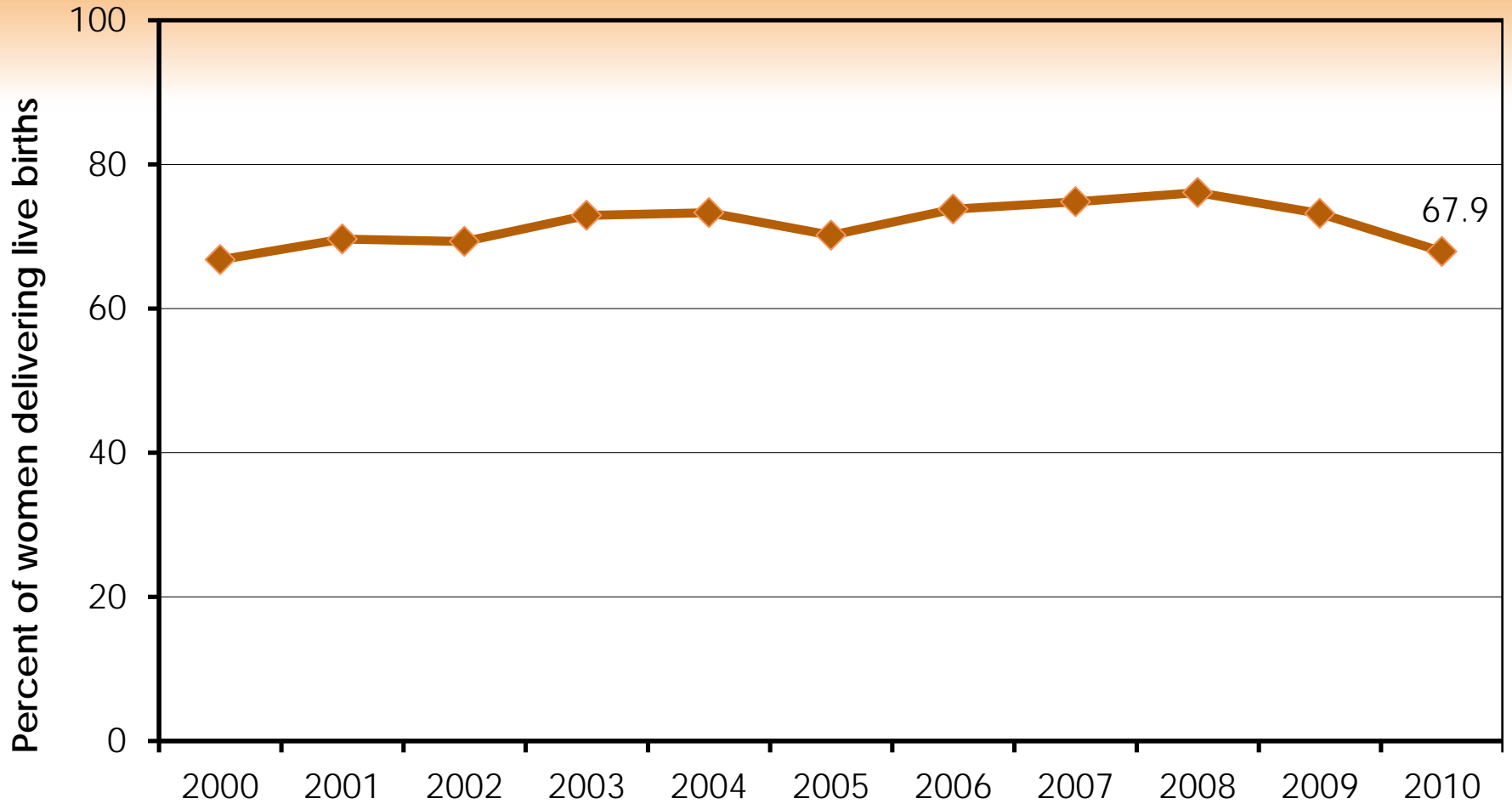
PRENATAL TOBACCO USE BY TYPE

Data source: Alaska PRAMS, 2007-2008



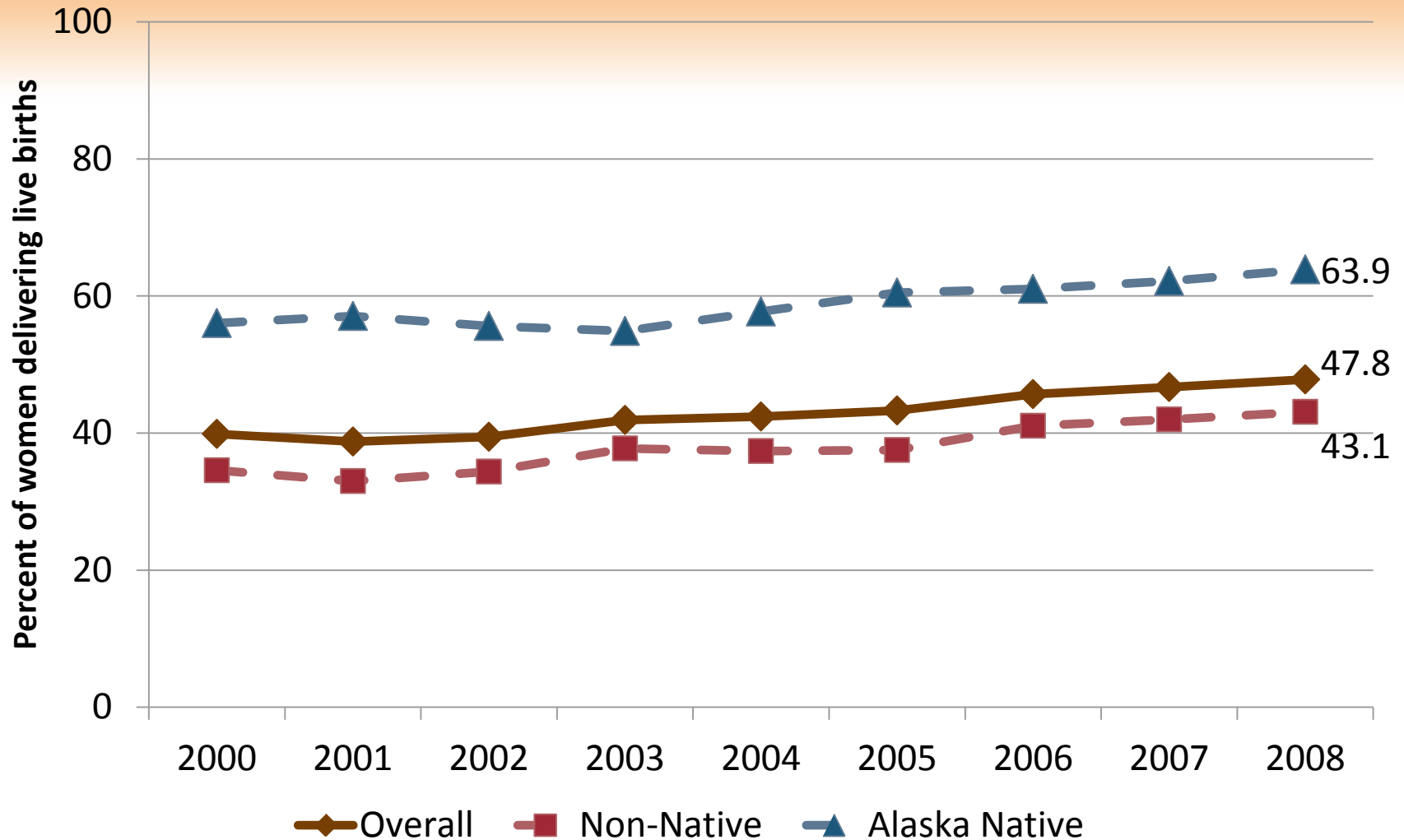
MOST OFTEN PLACE INFANT ON BACK TO SLEEP

Data source: Alaska PRAMS



BED SHARING (ALWAYS OR OFTEN)

Data source: Alaska PRAMS



ALASKA INFANT SAFE SLEEP INITIATIVE



- © Facility assessment
- © Task force
- © Position statement

MORE ACTIVITIES

- ① Focus groups
- ① Pamphlet and poster
- ① Birthing facilities project



INFANT SAFE SLEEP FACTORS

Position

Wrong



Right



Please. Put your baby to sleep on its back.



Environment



Hazards





A COMMON THEORY OF SIDS

THE REBREATHING THEORY

- ⊙ Restricted airflow around baby's face
- ⊙ Rebreathing of exhaled air
- ⊙ Decreased oxygen and increased carbon dioxide
- ⊙ Immature or faulty cardiorespiratory center in the brainstem
- ⊙ Baby does not move face for better air, as expected

RECOMMENDATIONS

BACK SLEEPING POSITION

Wrong 

Right 

Please. Put your baby to sleep on its back.



Face up to wake up™

- ⦿ On a firm surface
- ⦿ Use tight-fitting sheets
- ⦿ Not on pillows, sheepskins
- ⦿ Never on a sofa or recliner
- ⦿ Do not position on side
- ⦿ Anatomy
- ⦿ Reflux
- ⦿ Tummy time

RECOMMENDATIONS

HAZARD-FREE SLEEP ENVIRONMENT

- ⦿ Use standard crib
- ⦿ NO
 - ⦿ Blankets
 - ⦿ Comforters
 - ⦿ Pillows
 - ⦿ Wedges
 - ⦿ Bumper pads
 - ⦿ Toys





- ⦿ During pregnancy and after birth
- ⦿ Includes smokeless tobacco and iqmik

RECOMMENDATIONS

ROOM SHARE INSTEAD OF BED SHARE

- ① Provides the comfort of closeness
- ① Promotes breastfeeding
- ① Without the risks of bed sharing





RECOMMENDATIONS

IF YOU BED SHARE

- ① Practice all other recommendations!
- ① **Never** allow a baby to bed share...
 - ① If baby is younger than 3 months
 - ① If parent is a smoker, under the influence, or especially tired
 - ① With non-parent adults, siblings, or pets



ALASKA DIVISION OF PUBLIC HEALTH'S POSITION STATEMENT

A risk reduction approach

- ⊙ Back position on a firm, flat surface
- ⊙ Sleep environment hazard free
- ⊙ Tobacco free prenatally and after birth
- ⊙ Room sharing, not bed sharing
- ⊙ NEVER BED SHARE WITH:
 - Babies younger than 3 months
 - Smokers/under the influence
 - Other adults/sibs/pets

RESOURCES - AMERICAN ACADEMY OF PEDIATRICS



SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment

<http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>

ADPH concurs with AAP

Stronger evidence to:

- ◉ Breastfeed to reduce risk
- ◉ Offer a pacifier at nap and night
- ◉ Avoid overheating

RESOURCES - MATERIALS



- ⊙ Back to Sleep, Tummy to Play pamphlet
http://www.healthychildcare.org/pdf/SIDS_tummytime.pdf
- ⊙ CJ Foundation www.cjsids.org
- ⊙ First Candle www.firstcandle.org
- ⊙ Healthy Native Babies Project - Workbook Packet
<http://www.nichd.nih.gov>



RESOURCES - OTHER INFO

- ⊙ Alaska Quit Line 1-800-QUIT-NOW
<http://alaskaquitline.com/>
- ⊙ Consumer Product Safety Commission
<http://www.cpsc.gov/onsafety/>
- ⊙ Women's, Children's & Family Health Section data
<http://www.epi.hss.state.ak.us/mchebi/default.stm>

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