

# ALASKA INFANT SAFE SLEEP: RECOMMENDATIONS FOR CAREGIVERS

Stephanie Wrightsman-Birch

MCH Title V Director

Association of Maternal Child Health Programs  
January 24, 2014



# 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
<b>Prone</b> (found or placed to sleep)	23%
<b>Surface</b>	
Adult bed	62%
Crib or bassinette	21%
Other	17%
<b>Inappropriate bedding</b> (definitely, probably, or possibly)	47%
<b>Substance use</b>	
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](http://www.epi.hss.state.ak.us/mchepi/pubs/mimrcdr/AnnualReport_2011.pdf)



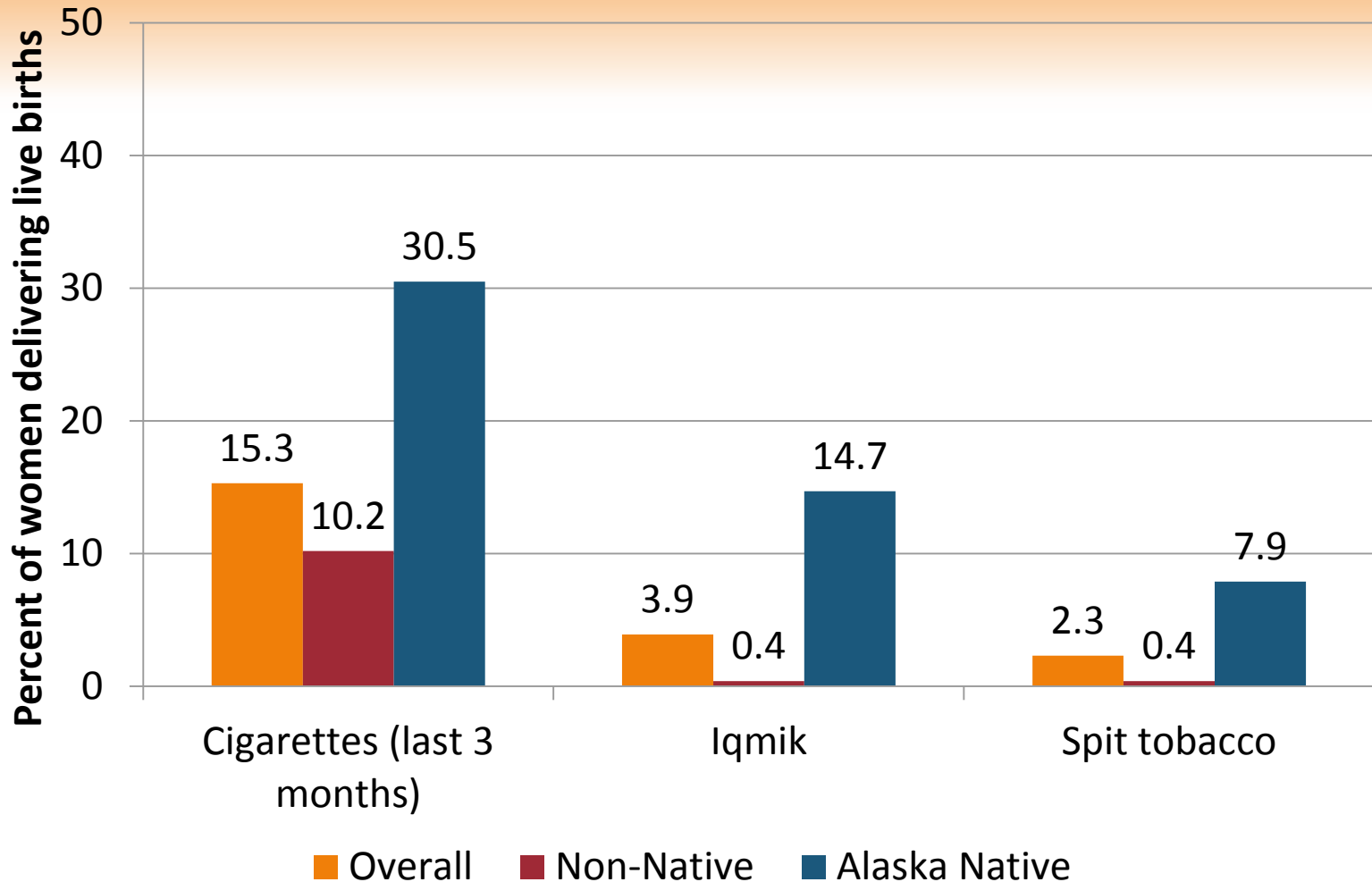
# 33 POSTNEONATAL DEATHS WHILE BED SHARING 2005-2007

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

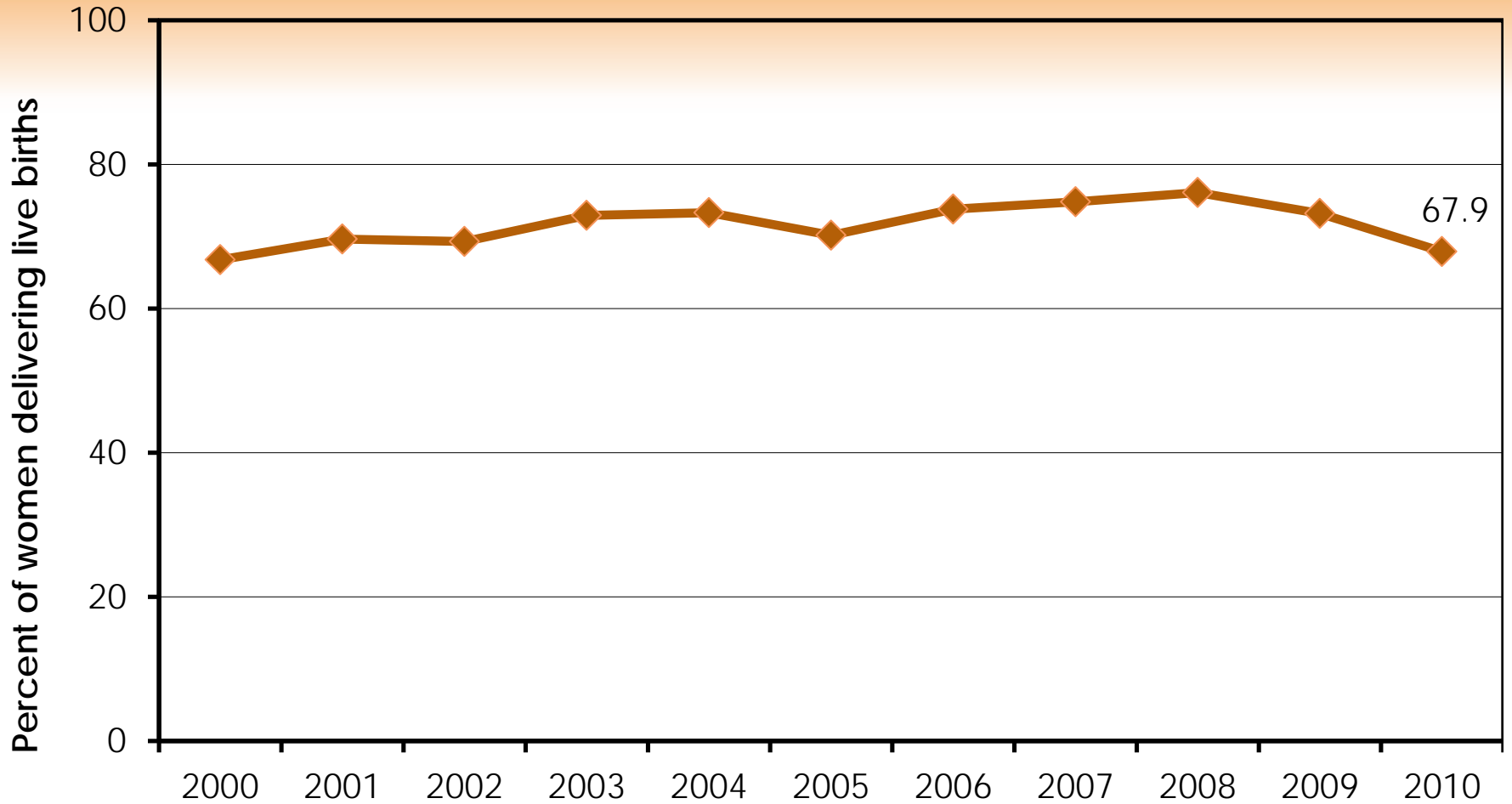
# PRENATAL TOBACCO USE BY TYPE

Data source: Alaska PRAMS, 2007-2008



# MOST OFTEN PLACE INFANT ON BACK TO SLEEP

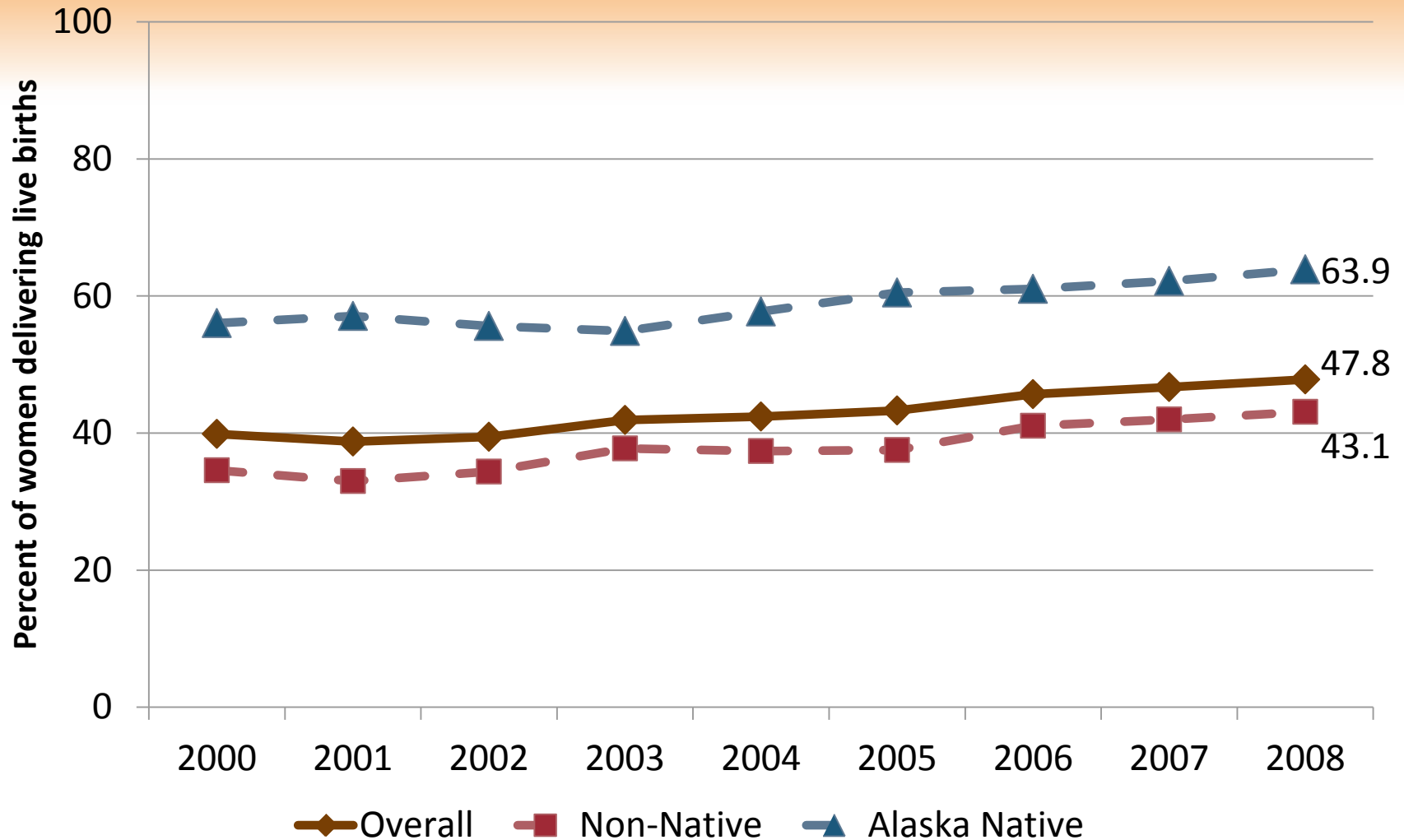
Data source: Alaska PRAMS





# 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](http://www.healthychildcare.org/pdf/SIDS_tummytime.pdf)
- ⊙ CJ Foundation [www.cjsids.org](http://www.cjsids.org)
- ⊙ First Candle [www.firstcandle.org](http://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>

# Contact us!

Debbie Golden

907-334-4494

[debra.golden@alaska.gov](mailto:debra.golden@alaska.gov)

Sherrell Holtshouser

907-269-3426

[sherrell.holtshouser@alaska.gov](mailto:sherrell.holtshouser@alaska.gov)

