

Educating Traditional BSN Students on Safe Sleep Practices: Teaching Students How to Teach Parents

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Introduction

- As nursing students, it was agreed upon that there was a gap in education about how to talk to parents about safe sleep. Safe sleep practices were taught, but how to approach the topic with patients wasn't emphasized.
- In Hamilton County from 2015-2019, 14% of infant deaths were from sleep-related causes
- According to a study, 73% of healthcare providers recommended side sleeping and 28% of nursing students interviewed thought that prone sleeping was acceptable

Purpose:

- To reflect on safe sleep education and how this information was implemented into nursing students' clinical experiences
- To provide recommendations to further enhance education practices and techniques regarding safe sleep

PICO: In nursing students, how does a thorough education on communication techniques for teaching safe sleep practices to parents compared with no education affect nursing students' ability to identify incorrect safe sleep practices and communicate effectively with patients about safe sleep?

Current Evidence

- In Hamilton County, infant mortality rate in 2019 was 9.1 per 1000

Misconceptions about safe sleep

- 45% of nurses surveyed believed that there was increased risk of aspiration if infants were placed supine to sleep
- Different cultures tend to have different definitions of safe sleep and different values such as infant comfort
- Parents understand the ABCs of safe sleep, but not the rationales behind the recommendations, leading to decreased compliance

Incorrect modeling of safe sleep in hospitals and misinformation leads to confusion among parents

- Almost half of parents do not receive the correct information about safe sleep from their healthcare provider and information is often inconsistent, leading to confusion
- Increased nursing compliance and modeling of correct behaviors has significant influence on parental behaviors after discharge

Correct education and teaching techniques

- Education should be given to parents and anyone who will be caring for the infant
- Important to continue educating families on safe sleep practices throughout the first year of life
- Education should be non-judgmental, and include active listening, acknowledgement parents' concerns, and an assessment of parental knowledge

Feedback

- 28 students completed the pre-test and 26 students completed the post-test
- In the pre-test, 96% of students demonstrated knowledge of the ABCs of Safe Sleep, compared to 100% in the post-test
- There was no significant change between the pre- and post-test results of being able to properly identify correct RN responses to unsafe sleep practices
 - Most respondents were able to correctly identify the proper responses
 - As seen in the table, there was a significant difference in the students' confidence levels in identifying unsafe sleep practices and talking to parents effectively about safe sleep practices
- 19 students completed the crib audit with an average score of 0.24

Likert Scale Questions	Pre-test Average	Post-test Average
How confident do you feel in identifying unsafe sleep practices on a scale of 0-10?	8.0	9.5
What level of knowledge do you feel you have to talk to parents effectively about safe sleep practices on a scale of 0-10?	7.1	9.3



<https://babywise.life/blogs/momtalk/how-to-set-up-crib-safe-sleep>

Education Plan and Implementation

Educational Materials

- Video presentation with a PowerPoint was given to the junior BSN Obstetrical Nursing clinical students
- Crib audit and correct family teaching techniques demonstrated in video format
- Pre- and post-tests given through Survey Monkey
- Crib Audit activity assigned to students for practice in the clinical setting

When/Where education was given

- Education given via announcement in Canvas during clinical days
- Weeks 2 and 3 of second session of spring semester 2021

Literature Search

Databases:

- CINAHL, Medline, PubMed, SCOPUS

Keywords/phrases:

- Safe sleep, education, sudden infant death syndrome (SIDS), parental compliance, parental education, safe sleep practices for infants, safe sleep education, African Americans, black Americans, and African Americans safe sleep
- Combinations of these words were used with "and" or "or" to conduct the search

Lessons Learned

- From the results, students already have a good understanding of safe sleep and background knowledge of the ABCs of sleep.
- Nursing students must receive education on how to properly communicate safe sleep guidelines with parents.
- Crib audits are a quick and effective tool to assess caregivers knowledge of safe sleep recommendations.

References



Crib Audit

Each item of unsafe sleep will get one point. Add up the points at the end of the crib audit. The goal is zero points.

- Infant sleeping somewhere other than the crib. Point ____
- Infant asleep not on their back. Point ____
- Baby wrapped in a blanket other than a thin swaddle. Point ____
- Toy or object in crib. Point ____

Total number of points ____