

## Abstract

**Background/Purpose:** Despite education campaigns aimed at reducing the risk of SIDS, it remains one of the leading causes of infant death. The literature suggests that offering sleep safety education during pregnancy positively impacts parental knowledge and practices to further reduce the risk of SIDS. This quality improvement project was designed to analyze the effectiveness of SIDS and sleep safety education among Spanish-speaking prenatal Hispanic participants. The long-term adherence to the knowledge acquired was analyzed using descriptive statistics.

**Methods:** This project utilized a pretest-posttest design comparing the knowledge scores of the participants before and after the educational intervention. A convenience sample of a total 27 participants who met inclusion criteria were individually recruited during their prenatal visits. The project then analyzed participants' long-term adherence to knowledge by using post-intervention survey links via text message 30 days after the initial intervention.

**Results:** The results demonstrated a statistically significant increase in participants' knowledge scores. The participants (n=27) knowledge gain was statistically significant at  $p \leq 0.05$  by the paired t-test ( $t=10.815$ ,  $p=0.000$ ). A descriptive analysis of participants' (n=16) long-term adherence showed an average score of 7 with a minimum score of 5 and a maximum score of 8.

**Implications:** The results demonstrated that there is SIDS and safe sleep practice-related knowledge gaps among the Spanish-speaking prenatal Hispanic women. With adequate and individualized educational intervention, an increase in participants' knowledge was achieved. Although the outcome of this project cannot be generalized due to various limitations, it clearly demonstrates that more research is needed to further explore these findings. It also suggests that an individualized educational intervention is a promising approach for various healthcare settings to bridge the patients' knowledge gaps due to language barriers.