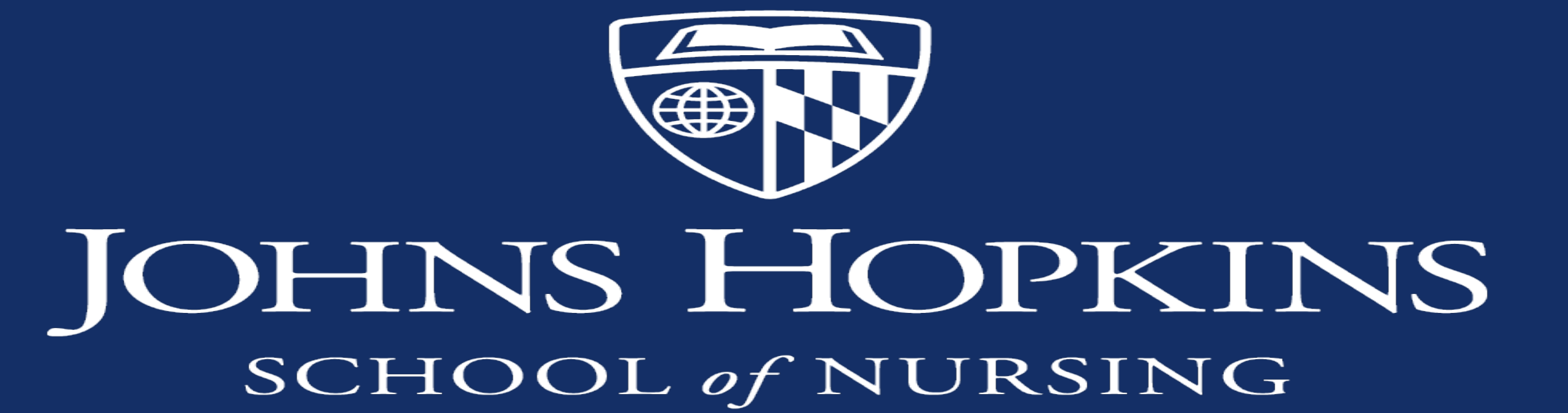


Sudden Infant Death Syndrome and Safe Sleep Practices in Prenatal Education

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Background/Significance

- Approximately **3600 infants die annually in the US from sudden unexpected infant deaths.**
- The American Academy of Pediatrics (AAP) recommends a safe sleep environment to reduce the risk of sleep-related deaths of infants.
- Despite education campaigns, SIDS remains as one of the leading cause of infant death.
- **Literature Reviews:** suggests offering sleep safety education during pregnancy positively impacts parental knowledge.

Purpose and Aims

Purpose: Provide SIDS and safe sleep education to Spanish-speaking prenatal Hispanic women and assess the change in knowledge and long-term adherence to knowledge after intervention.

Aim 1: Increase participants' baseline knowledge of SIDS and safe sleep practices by providing Safe Sleep Video and Safe Sleep Environment Pamphlet in Spanish as measured by pre- and post-intervention knowledge surveys.

Aim 2: Assess participants' long-term adherence to knowledge 30 days after initial intervention.

Methods

Study Design: Quality Improvement pre/post-intervention project design.

Sample Size and Characteristics: Convenience sample of 27 **Spanish-speaking Hispanic prenatal women** (participants who didn't meet this criteria were excluded).

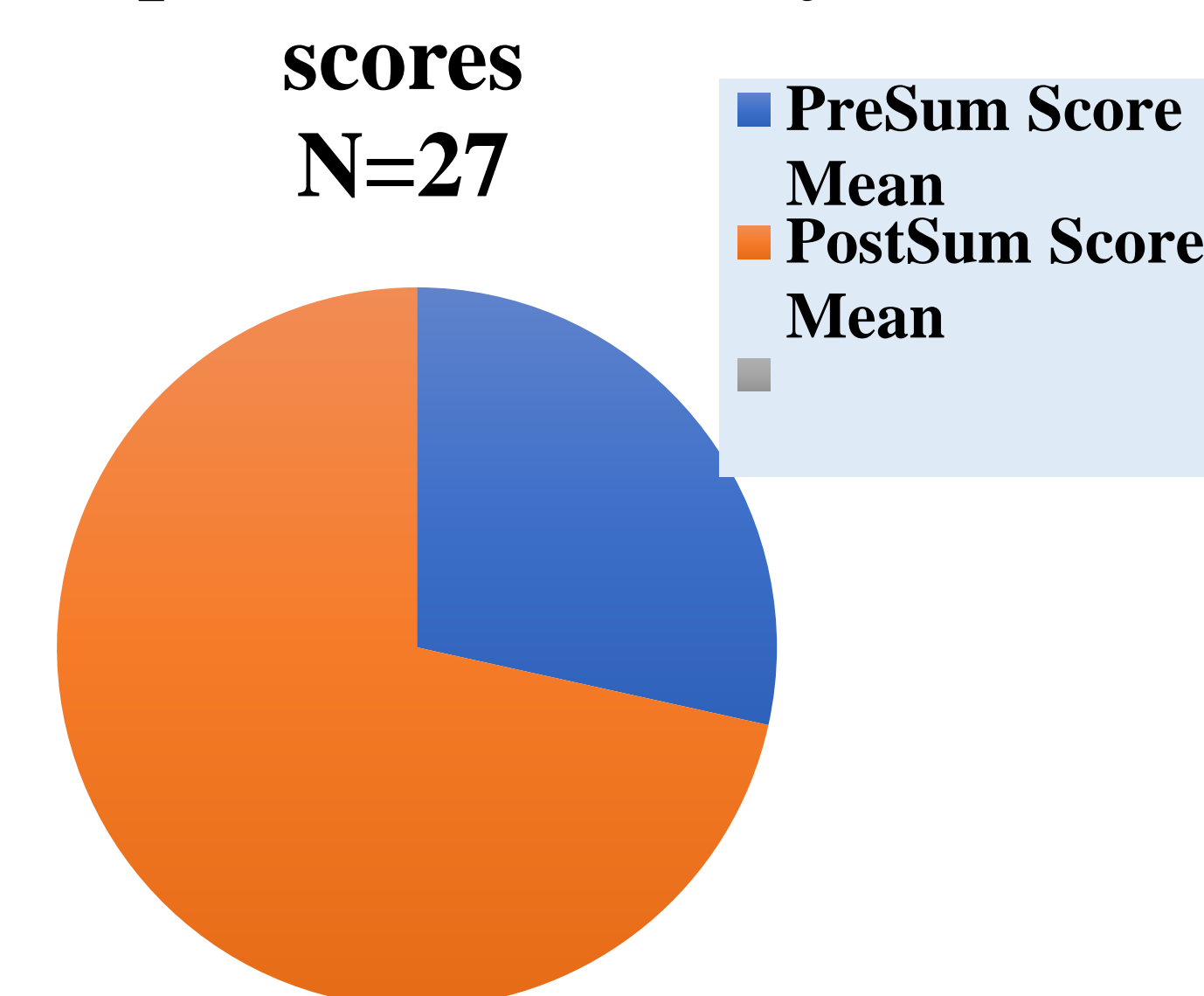
Setting: Outpatient prenatal clinic at a large academic teaching hospital in the Mid-Atlantic region.

Intervention: Participants individually recruited during prenatal visits.

- **Step 1:** Pretest questionnaires (6 knowledge questions)
- **Step 2:** Watch 30 seconds video in Spanish and pamphlet in Spanish
- **Step 3:** Posttest survey (same knowledge questions from pretest)
- **Step 4:** Posttest (8 survey questions) 30 days after intervention
(Tools used for this project will be provided upon request)

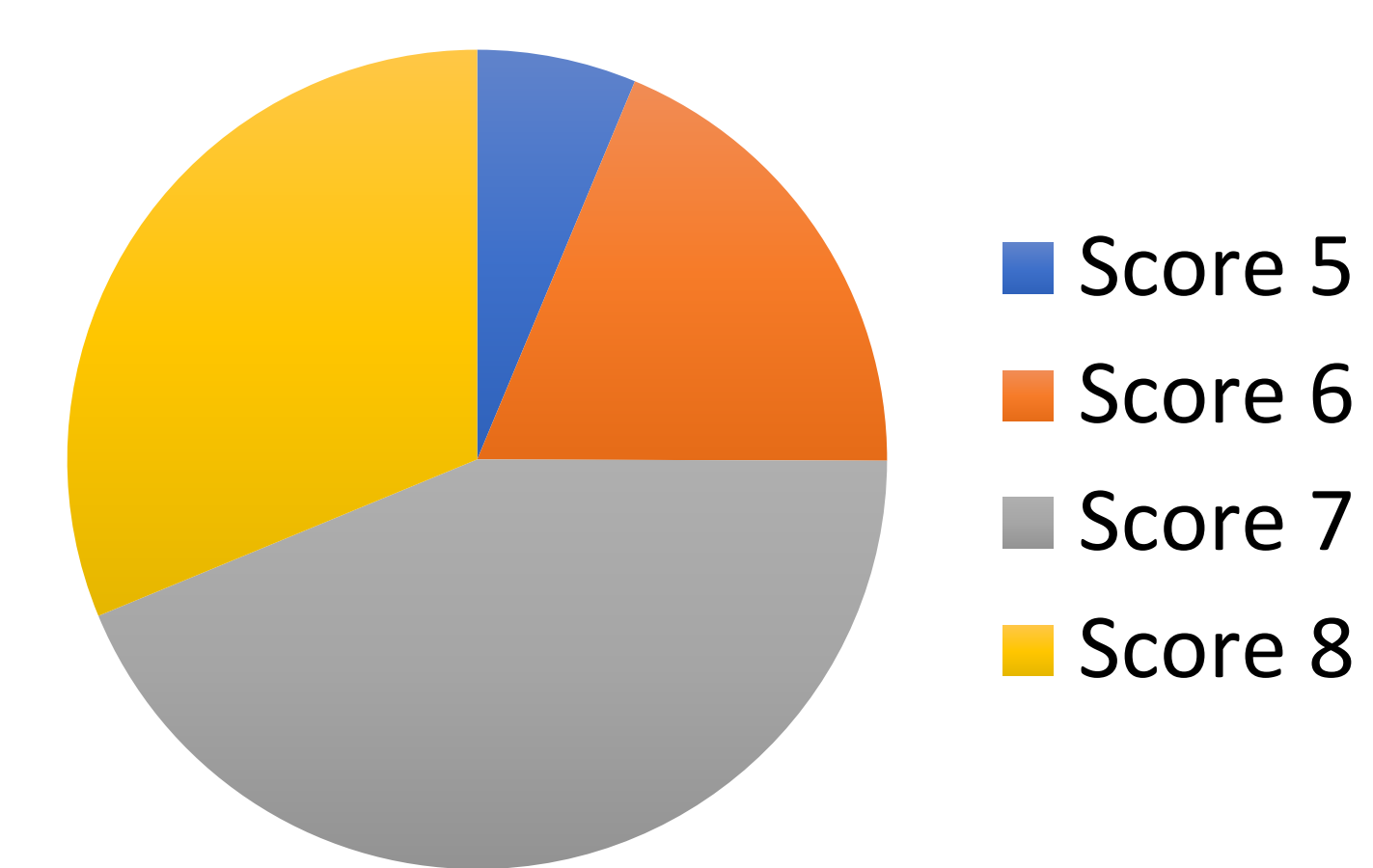
Results

Aim 1: Change in Knowledge
Difference between pre and posttest summary scores
N=27



Paired Sample t-test (N=27)
t=10.815, p=0.00 (p<0.05)

Aim 2: Adherence to Knowledge
Post 30Day_SumScore
N=16



Conclusions

- The project results demonstrated that there is SIDS and safe sleep related knowledge gap among Spanish-speaking prenatal Hispanic women.
- The educational intervention was effective in increasing the knowledge of SIDS and safe sleep practices as evidenced by significant increase in posttest scores of the participants.
- Demonstrated that with an adequate and individualized learning materials/resources, participants learned the information better.

Implications

- Increase in participants knowledge of SIDS and safe sleep is necessary to reduce the risk of SIDS and to reduce the overall infant mortality rate.
- These outcomes also demonstrate the need/importance of adequate and tailored learning materials increase patient knowledge.
- It can be generalized and/or replicated and that such interventions are ideal for participants who are experiencing language barriers.

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