

INTRODUCTION

Sudden Unexpected Death in Infancy (SUDI) is defined as “the death of an infant who is aged less than one year old” (Best Practice Journal, 2013, p 2). The poster will be focusing on the question refined by the PICOT model; “what is the safest sleeping position and practice for infants to prevent SUDI” (Whitehead, 2013, p 44). To answer this question I have completed a literature review and comprised three recommendations that mothers and healthcare professionals can utilize and adapt to safely sleep infants in New Zealand and worldwide.

CLINICAL ISSUE

In New Zealand 54 deaths were recorded as SUDI cases, this statistic concerned me as; I regard these deaths as preventable (Ministry of Health, 2014).

SAFE SLEEPING PRACTICES

- ✓ The infants face should remain clear at all times
 - ✓ The infant should have their own sleeping surface
 - ✓ The cot or bassinette should be located in the parent's room
 - ✓ The supine position (face up) is recommended
 - ✓ A smoke-free environment
 - ✓ A drug and alcohol caregiver
- (Meadows-Oliver & Hendrie, 2013)

RISKS & BENEFITS OF BED SHARING

- ✓ Increased settling of the infant
 - ✓ Increased facilitation of breastfeeding
 - ✓ An increase in maternal-infant bonding
 - ☒ Increased risk for suffocation
 - ☒ Increased risk for overheating/thermal stress
- (Ateah & Hamelin, 2008)



Lets protect our future!

What is the safest sleeping position and practices for infants?

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RECOMMENDATIONS

1. An increase in public awareness of SUDI through media aids (pamphlets, brochures & posters). Rationale: the media affects parental beliefs and attitudes therefore messages about SUDI will be considered by parents/caregivers.
 2. Education to nurses and other healthcare professionals on the safe sleeping positions and practices. Rationale: health professionals can advise and support parents about the recommended safe sleep practices and positions.
 3. Further research on the risks and benefits of infants sleeping in their own beds (cots & bassinets). Rationale: the more research completed the better understanding of SUDI healthcare professionals will have therefore they are able to educate new mothers and other caregivers on current research.
- (Meadows-Oliver & Hendrie, 2008)



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