



PA Safe Sleep Program Implementation

PHASE 1: Baseline Assessment and Implementation Preparation

1. Safe Sleep Nursing Policy
 - a). Review, edit and approve
2. Environmental and Practice Audit
 - a). Subject Matter Experts – Conduct environmental audit first (online)
 - 1). Sample 3% of annual birth volume over a 3-month period
 - 2). Include representation from all shifts
 - 3). Enter data via Qualtrics survey
 - b). Practice survey next (online)
 - 1). Need a minimum of 40% of nurses for meaningful results, prefer 100% nurses
 - 2). Must be completed prior to implementation
 - 3). Online data entry (Qualtrics, red cap, etc.) via a web link sent by email to nurses
3. Apply for continuing education credits for online learning modules

PHASE 2: Implementation

1. Safe Sleep Nursing Policy
2. Staff Education Modules: Goal 100% of staff completion
 - A. Safe Sleep online learning modules
 - 1). Module 1: *Evidenced Based and Best Practices for Safe Sleep*
one hour for completion (can be completed in sections)
 - 2). Module 2: *Teaching Safe Sleep Practices to Mothers, Families and the Community*
½ hour for completion
 - B. Support Staff to complete abbreviated 15-minute module:
"Safe Sleep for Newborns - Guidelines for Hospital Support Staff"
3. Education
 - A. Patient
 - 1). Safe sleep brochure and palm card presented at orientation to Postpartum room
 - 2). Posters hung in all patient rooms and common areas
 - 3). PA Safe Sleep video viewed by parents prior to discharge at <https://www.pasafesleep.org/patient-familyeducation>
 - 4). Optional: *Safe Infant Sleep for Grandparents and Other Trusted Caregivers* at https://www.nichd.nih.gov/sts/news/videos/grandparents/Pages/transcript_English210.aspx viewed prior to discharge
 - B. Nurse
 - 1). Infant safety surveillance performed according to hospital policy
 - 2). Safe sleep practices reinforced and corrected as needed
 - 3). Safe sleep practice document in the medical record according to hospital policy

PHASE 3: Evaluation – 3 Months Post implementation

1. Environmental and Practice audit
 - a). Subject Matter Experts Conduct environmental audit first (paper/online)
 - 1). Sample 3% of annual birth volume over a 3-month period
 - 2). Include representation from all shifts
 - 3). Enter data via Qualtrics survey
2. *Progress You Made* Survey in Qualtrics (< 2 minutes to complete)
3. Parent Survey
4. Follow up chart audit data 3 months after implementation completed.