



Talking Points Checklist for Safe Sleep Scenarios

Scenario 1: Conducting an environmental assessment for safe sleep

The nurse just left the room. The Subject Matter Expert (SME) enters the room to perform the Environmental Audit and finds the infant's crib filled with a plush animal and comforter brought as a gift by visitors. While completing the environmental audit, talk to the patient/family.

- Talk to the patient/family
 - Tell the patient/family you are a safe sleep expert and that you are implementing a new safe sleep program at your hospital. Ask if you can evaluate the infant's sleeping area to see if it's safe for the infant while sleeping. While completing the audit tool, explain to the family what you are looking for and explain to them why it is safe/unsafe.
 - Reinforce any good safe sleep practices you see
 - Address items in the crib-
 - Affirm the generosity of the gift and ask patient for ideas as to how best to use the items and keep baby as safe as possible

What else should the SME do?

- Talk to the nurse
 - Acknowledge that this is hard to do, but valuable peer review
 - Remind colleague about safe sleep

Scenario 2: Starting the Conversation about safe sleep with patients and families.

You come to see your patient to provide safe sleep education. Use R.E.A.C.H. to Teach strategies to teach your patient about safe sleep.

- Sit down
- Ask patient for permission to talk about safe sleep
- Ask patient what they already know/have heard
- With permission, share information
- Ask patient what they think about this
 - Ask patient how they will talk to family members about safe sleep information
 - Ask patient to teach back what they heard from you

Scenario 3: Changing safe sleep practice culture with colleagues

Your peer comes to you because she feels the safe sleep program is unrealistic. How would you address her concerns?

- Thank them for sharing honest feedback
- Ask what seems unrealistic, can you give me some examples?
- Share evidence-base
 - Nurses' role in sharing evidence and helping parents incorporate into their practice

- Nurses' role in separating own practice and beliefs from evidence
- Brainstorm how to incorporate guidelines into practice

Scenario 1: Conducting an environmental assessment for safe sleep

Subject Matter Expert: You are entering a postpartum room to perform the Environmental Audit. The patient's nurse just left the room. You enter the room and evaluate the environment while talking with the patient and family.

- Talk to the patient/family
 - Tell the patient/family you are a safe sleep expert and that you are implementing a new safe sleep program at your hospital. Ask if you can evaluate the infant's sleeping area to see if it's safe for the infant while sleeping. While completing the audit tool, explain to the family what you are looking for and explain to them why it is safe/unsafe.
 - Reinforce any good safe sleep practices you see
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 - Affirm the generosity of the gift and ask patient for ideas as to how best to use the items and keep baby as safe as possible

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Patient: You are visiting with family while resting in your hospital bed after having delivered your baby yesterday. Your family members brought a cute plush animal and a comforter for the baby, and you have placed these items in the crib.

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Patient's Family Members (if available): You are visiting your family member and her new baby. You brought a cute stuffed animal and comforter for the baby and are pleased to see them used right away in the crib.

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Patient's Nurse: You just left your patient's room. You did not feel that you had time to address the unsafe sleep environment in your patient's room because you need to hurry up and discharge another patient before your admission arrives.

Scenario 2: Starting the Conversation about safe sleep with patients and families.

Subject Matter Expert: You come to see your patient to provide safe sleep education. Use R.E.A.C.H. to Teach strategies to teach your patient about safe sleep.

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Scenario 2: Starting the Conversation about safe sleep with patients and families.

Patient: You are recovering from childbirth in your postpartum room after the birth of your first baby. You live with your mother and siblings and will have their help caring for your baby.

Scenario 3: Changing safe sleep practice culture with colleagues

Subject Matter Expert: Your peer comes to you because she feels the safe sleep program is unrealistic. How would you address her concerns?

- Thank them for sharing honest feedback
- Ask what seems unrealistic. Can you give me some examples?
- Share evidence-base
 - Nurses' role in sharing evidence and helping parents incorporate into their practice
 - Nurses' role in separating own practice and beliefs from evidence
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Scenario 3: Changing safe sleep practice culture with colleagues

Nurse: You approach the SME to tell her you think the expectations of the safe sleep program are unrealistic. Parents aren't going to listen to what we tell them anyway, and it is a waste of time. We are just too busy for this.