Text

Description automatically generated with medium confidence

**Hospital-wide Safe Sleep Training Post Test**

**Questions to be added to the electronic learning system. If any issues are encountered regarding format (select all that apply, true/false) please reformat to work with your system. Pass with 80% score.**

1. What is the leading cause of infant death before the age of 1?
   1. Cancer
   2. **SUID related to unsafe sleep**
   3. Poison
   4. Gunshot
2. At what age are infants most at risk for death related to unsafe sleep?
   1. 1 month- 1 year
   2. 6 month- 1 year
   3. **1- 4 months**
3. When babies begin to roll over and rolls onto their stomach during sleep, what should you do?
   1. Flip them back over.
   2. Start using blankets and pillows
   3. **Nothing, but continue to place on their backs to start every sleep**.
4. What is the most dangerous sleeping surface for baby?
   1. Adult Bed
   2. **Couch**
   3. Laundry basket
5. What strategies can caregivers use to stay awake while breastfeeding or comforting baby, select all that apply:
   1. Watch TV or stream
   2. Read books or tablet
   3. Scroll social media
   4. Set an alarm
   5. **All of the above**
6. What item does not have to be removed from the crib?
   1. Diapers & wipes
   2. **Pacifier**
   3. Extra blanket, just in case
   4. Favorite stuffed animal
7. When should you stop swaddling a baby?
   1. When they sleep through the night
   2. **When they begin to roll, around 8 weeks**
   3. When they start crawling
8. If an infant has fallen asleep and the pacifier has fallen out, I should replace the pacifier into their mouth. True/False
   1. True
   2. **False**
9. Select the elements that make a safe sleeping environment, select all that apply:
   1. Placed to sleep in a separate room
   2. **On a separate, non-inclined surface**
   3. With their twin sibling
   4. **In a wearable blanket**
   5. Bundled in a hat and blankets
10. What do you do if you witness unsafe sleep in the hospital?
    1. Check if the infant is breathing, if so, carry on.
    2. **Notify the RN caring for the infant immediately**
    3. Place a monitor on the sleeping infant.
    4. Quietly leave the room.