



# Military Hospital Initiative Toolkit

A comprehensive guide to hospital resources.

# Steps for Hospital Certification



- A PowerPoint explaining the step-by-step procedures when applying for hospital certification.

# Staff Training Module

**Available soon!!**

- An online module hospitals can use for staff training on Infant Safe Sleep, that includes a test at the end.

# Educational Training for Parents:



- An educational flip chart with talking points for training parents and caregivers on Infant Safe Sleep.

# Hospital Criteria



Note that Cribs for Kids reserves the right to refuse applications from hospitals, organizations, or separate entities that implement programs that are not in compliance with the most current recommendations of the American Academy of Pediatrics (AAP) or implement any alternatives that do not ensure a safe sleep environment for infants up to one (1) year of age.

## The International Military Hospital Certification Initiative Criteria for Designation

To be designated a **Certified Safe Sleep Hospital**, the hospital must:

1. Develop and maintain a Safe Sleep Policy (see **POLICY** on page 2);
2. Provide staff working on the units serving infants and children under the age of 1 with training on infant safe sleep (see **STAFF TRAINING** on page 3);
3. Provide infant safe sleep education to the parents of infants prior to discharge (see **PARENT EDUCATION** on page 4);

To be designated a **Certified Safe Sleep Leader**, in addition to the above criteria, the hospital must:

1. **AUDIT** – Record your progress and report your successes with the use of our Audit Tool Form page 5. (See PDCA Cycle worksheet in the **Military Hospital Initiative Tool Kit**).
1. Make use of wearable blankets in the Well-Baby Nursery and Neonatal Intensive Care Unit, as applicable. (see **Hospital SleepSack® Military Program** on page 6);

To be designated a **Certified Safe Sleep Champion**, in addition to the above criteria, the hospital must:

1. Conduct outreach activities related to infant safe sleep (see **COMMUNITY OUTREACH** on page 8);
2. Complete the **Trademark License Agreement Waiver** (see page 9).

The following expands on the requirements to be designated a **Certified Safe Sleep Hospital, Leader or Champion**. Each page contains three sections:

1. **Criteria.** To achieve a designation, you must meet – or exceed – each criterion.
2. **Documentation.** Please make the documentation available to Cribs for Kids upon request.
3. **Resource.** Multiple resources have been provided, to facilitate the process of achieving a designation.

\* If your hospital is working toward achieving the requirements for Safe Sleep Certification, please contact Cribs for Kids®. Our goal is to help your hospital achieve a designation.

- Provides an overview of the Hospital Certification Program procedures along with resources.

# Infant Safe Sleep Hospital Policy

[Add page numbers]

[Insert Name of Hospital]                      **NURSING POLICY AND PROCEDURE**

<b>DATES:</b>	<b>Original Issue:</b>	[Insert Date]
	<b>Annual Review:</b>	[Insert Date]
	<b>Revised:</b>	[Insert Date]
<b>Owner:</b>	[Insert Name]	
<b>Approved by:</b>	[Insert Name]	

**TITLE:    INFANT SAFE SLEEP POLICY**

**I. Purpose**

- A. Establish guidelines and parameters for infant positioning.
- B. Establish appropriate and consistent parental education on safe sleep positions and environment.
- C. Establish consistent safe sleep practices by healthcare professionals for infants prior to discharge.
- D. To comply with Pennsylvania ACT 73 which mandates that provision of education for parents relating to sudden infant death syndrome and sudden unexpected death of infants.

**II. Definitions**

**Infant Mortality Rate:** Number of deaths in infants aged under 1 year of life per 1,000 live births in a given geographic location.

**Neonatal Mortality Rate:** Number of deaths in infants aged under 29 days of life per 1,000 live births in a given geographic location.

**Post-neonatal Mortality Rate:** Number of deaths in infants aged 29 to 364 days of life per 1,000 live births in a given geographic location.

**SIDS** (Sudden Infant Death Syndrome): The sudden death of an infant younger than one year of age that remains unexplained after a complete investigation.

**SUID** (Sudden Unexpected Infant Death): The death of an infant less than one year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious before the investigation. Most SUIDs are reported as one of three types:

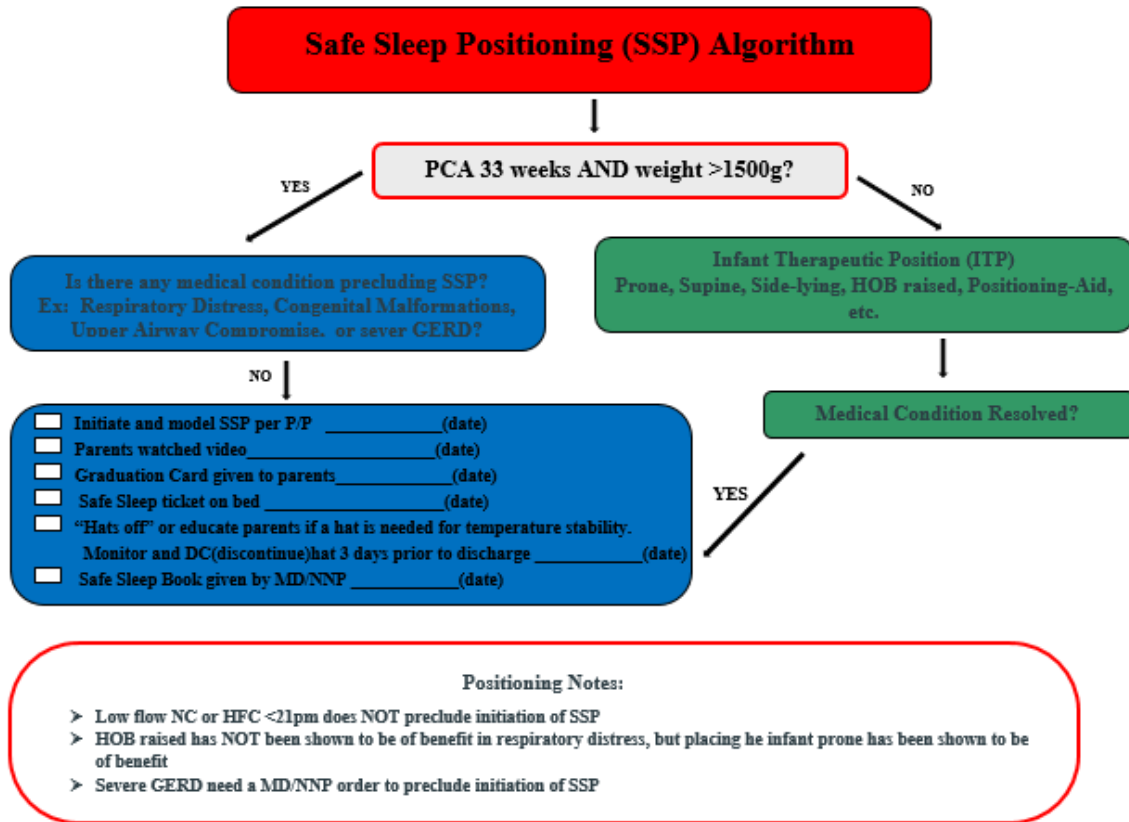
- SIDS
- Accidental suffocation or strangulation in bed
- Unknown Cause

**SUPC** (Sudden Unexpected Postnatal Collapse): Any condition resulting in temporary or permanent cessation of breathing or cardiorespiratory failure in a well-appearing, full-term

- A policy for infant sleep safety practices, based on the recommendations of the American Academy of Pediatrics (AAP).

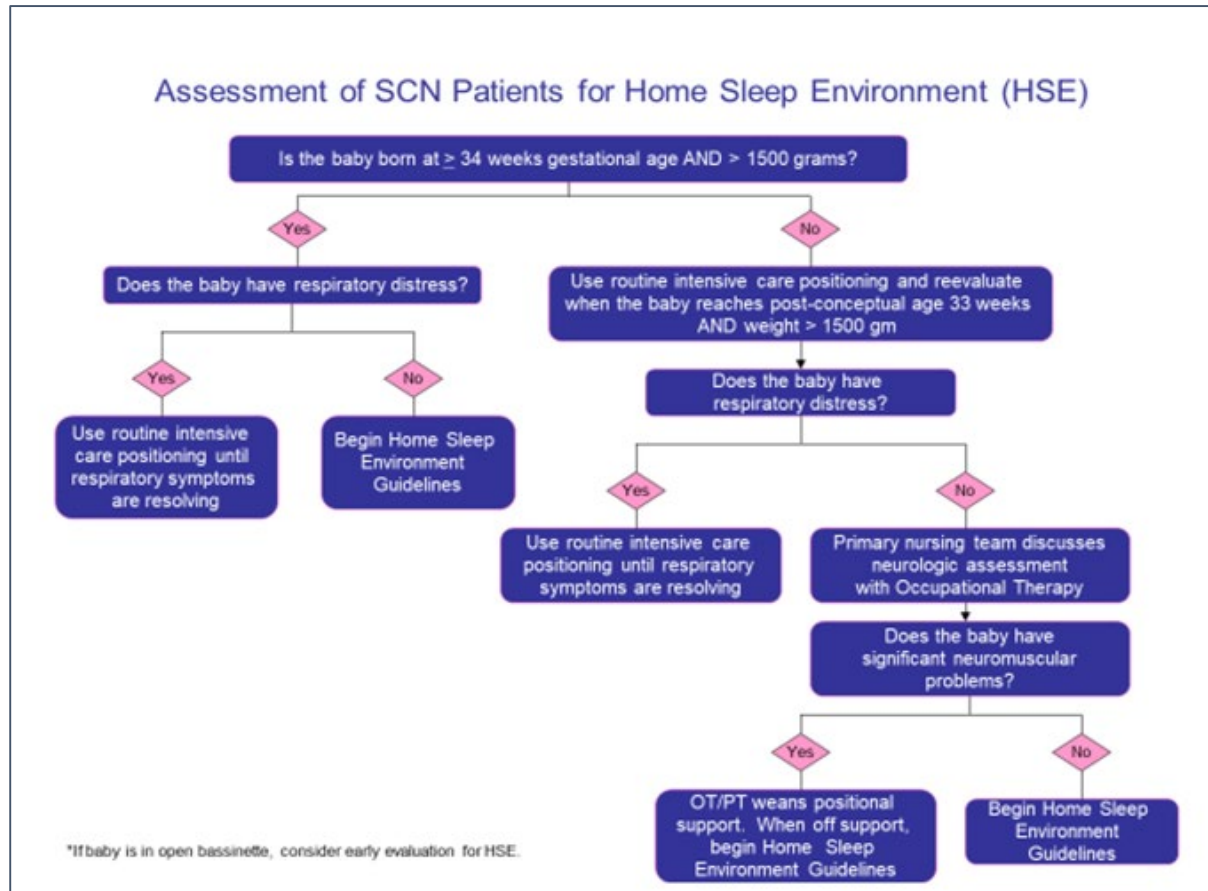
A safe sleep policy template that can be used when creating a new policy or revising an existing policy.

# Safe Sleep Positioning Algorithm



- An algorithm for Safe Sleep Positioning to determine when an infant is ready for the home sleeping environment.


# Home Sleeping Algorithm



- An algorithm of Special Care Nursery Patients for the Home Sleeping Environment.



# ABC Brochure



**Q** **quit smoking**  
Don't smoke before or after the birth of your baby, and don't allow others to smoke around your baby.

**R** **room temperature**  
Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

**S** **no soft surfaces**  
Babies should not be placed to sleep on waterbeds, sofas, or other soft surfaces.


**T** **tummy time**  
Provide "Tummy Time" when your baby is awake and supervised.

**U** **use a pacifier**  
Breastfeeding is best. After breastfeeding is established, offer your baby a clean, dry pacifier during sleep.

**V** **vaccinate**  
Make sure your baby gets regular check-ups and immunizations.

**W** **why?**  
it's for the babies!

What does a safe sleep environment look like?



**Cribs for Kids**  
Helping every baby sleep safer

For more information on safe sleep for babies, please contact:

**Helping every baby sleep safer**

**Cribs for Kids**  
Helping every baby sleep safer

- A Cribs for Kids® brochure, which is available for hospitals to download and give to parents or caregivers.

# English or Spanish Acknowledgement Form

**Instructions:** Complete one form for each infant. Provide parent(s) with information about safe infant sleep and Sudden Infant Death Syndrome (SIDS) prevention, and request that they voluntarily sign this form indicating that they have received the information. Provide them with one copy of this signed form and retain a copy of this signed form in the infant's medical record.

(Insert Hospital Name)

BABY'S LEGAL NAME \_\_\_\_\_

AKA: \_\_\_\_\_

DOB: \_\_\_\_\_ SEX: M  F   
(MM/DD/YY)

PARENT(S) PROVIDED INFORMATION ABOUT PRACTICING SAFE INFANT SLEEP  
DATE: \_\_\_\_\_  
(MM/DD/YY)

**Parent:** I have received information about accidental suffocation and safe sleep SIDS. By signing this statement, I agree that I have received this information and understand that:

- my baby should sleep on the back; sleeping on the side or tummy is dangerous.
- sleeping with my baby increases the risk of my baby dying from suffocation or SIDS.

SIGNATURE, MOTHER: \_\_\_\_\_ DATE: \_\_\_\_\_  
(MM/DD/YY)

MOTHER CHOSE NOT TO SIGN

SIGNATURE, FATHER: \_\_\_\_\_ DATE: \_\_\_\_\_  
(MM/DD/YY)

FATHER CHOSE NOT TO SIGN

SIGNATURE, OTHER: \_\_\_\_\_ DATE: \_\_\_\_\_  
(steparent, adoptive parent, legal guardian, legal custodian) (MM/DD/YY)

OTHER CHOSE NOT TO SIGN

Patient Label

SAFE INFANT SLEEP  
VOLUNTARY COMMITMENT  
FORM

- A form signed by the parent/caregiver, which goes to the hospital acknowledging they have received and understand the importance of infant safe sleep.

# English-Infant Safe Sleep Noncompliance Form



This is to certify that I \_\_\_\_\_, the  
mother/father/guardian of minor child \_\_\_\_\_ has  
been educated on infant safe sleep practices including specific SIDS (Sudden  
Infant Death Syndrome) risk reduction strategies, as set by the AAP (American  
Academy of Pediatrics).

I fully understand that it is never safe for an adult or child to sleep with an  
infant (less than 1 year of age) because this increases the risk of sudden infant  
death.

I acknowledge that I have been informed of the risks of unsafe sleep practices  
including possible death and hereby release the attending physician and the  
health system from all responsibility from any ill effects that may occur as a  
result of my decision not to comply with the safe sleep recommendations.

Witness

Signature of authorized individual

Date

Time

Relationship of authorized individual

patient label

**[Insert Hospital Name/Cip Code/State here]**  
**Infant Safe Sleep Non-compliance  
Release Form**

- A form that acknowledges that parents have been educated on infant safe sleep, but choose to not follow the safe sleep practices in the hospital.

# Safe Sleep Certificate for Parent/Caregiver



- A downloadable certificate that can be given to the parent or caregiver once they receive their infant safe sleep education.

# NICU Positioning Card

## Infant Therapeutic Positioning Card

While your baby is in the NICU, he/she may be placed in positions other than those recommended by the American Academy of Pediatrics because of their medical condition. These positions may include:

- >Stomach
- >Side-lying
- >Head of the bed elevated
- >Use of positioning aids or blanket rolls

Therapeutic positioning is NOT safe for your baby at home.

Your baby will be placed in Safe Sleep Positioning when his/her care team determines in rounds that it is medically appropriate.

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- A card that is placed by the crib or bassinet explaining why the infant is not in safe sleeping positions.


# NICU Graduation Certificate for Parent/Caregiver

By a Hop, Skip and Leap  
\_\_\_\_\_  
(Name of Hospital) NICU   
Salutes \_\_\_\_\_  
(Baby's Name)  
to Safe Sleep!


\_\_\_\_\_  
(Date)


 **Cribs for Kids**  
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Awesome Job Little Marine 

By a Hop, Skip and Leap  
\_\_\_\_\_  
(Name of Hospital) NICU   
Salutes \_\_\_\_\_  
(Baby's Name)  
to Safe Sleep!


\_\_\_\_\_  
(Date)


 **Cribs for Kids**  
Helping every baby sleep safer


Awesome Job Little Soldier 

By a Hop, Skip and Leap  
\_\_\_\_\_  
(Name of Hospital) NICU   
Salutes \_\_\_\_\_  
(Baby's Name)  
to Safe Sleep!


\_\_\_\_\_  
(Date)


 **Cribs for Kids**  
Helping every baby sleep safer

Awesome Job Little Sailor 

By a Hop, Skip and Leap  
\_\_\_\_\_  
(Name of Hospital) NICU   
Salutes \_\_\_\_\_  
(Baby's Name)  
to Safe Sleep!

\_\_\_\_\_  
(Date)

 **Cribs for Kids**  
Helping every baby sleep safer

Awesome Job Little Airman 

- Downloadable certificates that can be given to the parent or caregiver once their infant has graduated to the safe sleeping environment.

# PDSA Worksheet for Testing Change

## PDSA Worksheet for Testing Change



**Aim:** (overall goal you wish to achieve)

*Every goal will require multiple smaller tests of change*

Describe your first (or next) test of change:	Person responsible	When to be done	Where to be done

**Plan**

List the tasks needed to set up this test of change	Person responsible	When to be done	Where to be done

Predict what will happen when the test is carried out	Measures to determine if prediction succeeds

**Do** Describe what happened when you ran the test

**Study** Describe the measured results and how they compared to the predictions

**Act** Describe what modifications to the plan will be made for the next cycle from what you learned

- A “Plan Do Study Act” form used for conducting audits in the hospital.

# Audit Tool Form



**Safe Sleep Audit Form**

Date: \_\_\_\_\_



Auditor: \_\_\_\_\_

Patient #	Head of bed flat?	Patient asleep sugine?	Anything in the crib?	Stuffed animal in crib?	Loose or bulky blanket in crib?	Patient in nest?	Patient swaddled?	Caregiver sleeping with patient?	Positioning device used?
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

- A form use for conducting auditing in the NICU, PICU, PEDs and Nursery



# Website Verbiage

Each year in the United States, thousands of babies die suddenly and unexpectedly. These deaths are called SUID (pronounced Soo-aid), which stands for "Sudden Unexpected Infant Death."

SUID includes all unexpected deaths: those without a clear cause, such as SIDS, and those from a known cause, such as suffocation. One-half of all SUID cases are SIDS. Many unexpected infant deaths are accidents, but a disease or something done on purpose can also cause a baby to die suddenly and unexpectedly.

"Sleep-related causes of infant death" are those linked to how or where a baby sleeps or slept. These deaths are due to accidental causes, such as suffocation, entrapment, or strangulation. Entrapment is when the baby gets trapped between two objects, such as a mattress and a wall, and can't breathe. Strangulation is when something presses on or wraps around the baby's neck, blocking the baby's airway. These deaths are not SIDS.

What does an infant safe sleeping environment look like?

#### **To create a safe sleep environment:**

- Always place a baby on his or her back to sleep, for naps and at night, to reduce the risk of SUID.
- Use a firm sleep surface, covered by a fitted sheet; a crib, bassinet, portable crib or play yard that conforms to the safety standards of the Consumer Product Safety Commission (CPSC) is recommended.
- Your baby should not sleep in an adult bed, on a couch or on a chair alone, with you, or with anyone else.
- Keep your baby's sleep area in the same room where you sleep (for the infant's first year). Room sharing not bed sharing. Always place the baby in a safety-approved crib, bassinet, portable crib for sleep.
- Sitting devices like bouncy seats, swings, infant carriers or strollers should not be used for routine sleep.
- Keep soft objects such as pillows and blankets, toys and bumpers out of your baby's sleep area.
- Wedges and positioners should not be used.
- Do not smoke during pregnancy or allow smoking around your baby.
- Do not let your baby get too hot during sleep.
- Breastfeed your baby.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS after breastfeeding is established.
- Supervised Skin to Skin is recommended to all mothers and infants immediately following birth regardless of feeding or delivery, (as soon as mother is medically stable, awake and able to respond to her newborn) and to continue for at least an hour. Once mother starts to get sleepy, return baby to bassinet.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.

For additional information and education on safe sleep please visit: <https://cnhsforkids.org/>

- Certified gold hospitals must include safe sleep on their websites. This document provides appropriate wording.

# Trademark License Agreement Waiver

Cribs for Kids, Inc.

## Trademark License Agreement Waiver

It is the understanding of Cribs for Kids, Inc. that \_\_\_\_\_ is limited by the Department of Defense (DoD) Joint Ethics Regulation, DoD 5500, 7-R, para. 3-209, which reads as follows:

*"Endorsement of a non-Federal entity, event, product, service, or enterprise may be neither stated nor implied by DoD or DoD employees in their official capacities and titles, positions, or organization names may not be used to suggest official endorsement or preferential treatment of any non-Federal entity."*

Therefore, on this date, the \_\_\_\_\_ day of \_\_\_\_\_, 2018, Cribs for Kids, Inc., a non-profit organization incorporated in the Commonwealth of Pennsylvania, having offices at 5450 Second Avenue, Pittsburgh, Pennsylvania, 15207, gives the United States DoD permission for their hospital \_\_\_\_\_ to become certified as a Safe Sleep Champion by merit of the above-named hospital meeting the following criteria:



### Requirements:

- **Develop a safe sleep policy statement** incorporating the AAP's Infant Safe Sleep guidelines.
- **Train staff** on safe sleep guidelines, your hospital's safe sleep policy and the importance of modeling safe sleep for parents.
- **Educate** parents on the importance of safe sleep practices, and modeling those practices in the hospital setting.
- **Replace regular receiving blankets** in nursery and NICU with wearable blankets to model no loose bedding in the crib.
- **Evaluation** annually through internal audit or PDSA cycles.
- **Provide community and media outreach** on safe sleep in your community.
- **Affiliate** with or become a local Cribs for Kids® partner and provide safe sleep alternatives to at risk parents in your community.

IN WITNESS WHEREOF, Cribs for Kids, Inc. hereto has caused this Agreement to be executed as of the date first written above.

Cribs for Kids, Inc

By: \_\_\_\_\_  
(Print Name)

Sign: \_\_\_\_\_  
(Signature)

- This form waives any endorsements set forth by Cribs for Kids® to become a Partner in order to be compliant with the hospital criteria as a Gold "Safe Sleep Champion."