A Step by Step Guide for Military Hospitals Applying for Hospital Certification
Step One
Establishing Your Leaders

Leadership Requirement

• Identify two people responsible for the program (Opinion Leaders)

• At least one person listed must be:
  ➢ Physician
  ➢ Nurse Manager
  ➢ Nurse Educator
Step Two
Choosing Level of Certification

• Bronze- Safe Sleep Hospital
  ➢ Develop an Infant Safe Sleep Policy statement incorporating the AAP’s Infant Safe Sleep Guidelines. (policy template is located in military initiative toolkit)
  ➢ Train staff on safe sleep guidelines, your hospital’s safe sleep policy and the importance of modeling safe sleep for parents. (NIH online training: Click Here)
  ➢ Educate parents on the importance of safe sleep practices, and implement these practices in the hospital setting. (Parental Training: Click here)

• Silver- Safe Sleep Leader
  ➢ Implement a wearable blanket program by providing every mother with a Halo SleepSack at discharge (HALO® In-Hospital SleepSack® Military Program: Click Here)
  ➢ Complete audits (Audit Tool Form: Click Here) (PDSA Cycle: Click Here)

Gold- Safe Sleep Champion
  ➢ Complete two community outreach events (see Hospital Criteria: Click Here)
  ➢ Place infant safe sleep on your hospital’s website (Hospital Verbiage: Click Here)
  ➢ Complete and keep a copy of the Cribs for Kids DoD Waiver (located in military initiative toolkit)
  ➢ Provide a mother/caregiver with a safety approved crib prior to discharge if they do not have a safe sleeping environment. (to be determined at a later time)

For more information on designation levels, review the hospital certification criteria [https://cribsforkids.org/mhi-toolkit](https://cribsforkids.org/mhi-toolkit).
Step Three
Establishing an Infant Safe Sleep Policy

• Develop and maintain a Safe Sleep Policy that is consistent with the most current recommendations of the American Academy of Pediatrics (AAP).

• The Safe Sleep Policy must be in current operation, as well as in practice for at least three months prior to the date of application. The Safe Sleep Policy must include the following:

  ➢ Must be a “Policy” and not “Guidelines”
  ➢ Signature and date of approval must be on the policy
  ➢ The provision of training to staff working on units serving infants and children under the age of 1 (Newborn Nursery/ Rooming- in/ NICU/PICU/Pediatrics Unit’s) on Infant Safe Sleep
  ➢ Section and Procedures for each unit serving infants under the age of 1. (i.e. Newborn/NICU/ PICU)
  ➢ Procedures for Neonatal Abstinence Syndrome (NAS) babies
  ➢ Proper Procedures on Skin to Skin in the Newborn Nursery and NICU
  ➢ The provision on infant safe sleep education to the parents of infants prior to discharge. (these need to be stated in the policy)

A sample Safe Sleep Policy is available to utilize when creating a new policy or revising an existing policy in the Military Toolkit
https://cribsforkids.org/mhi-toolkit.
Step Four
Staff Education

• Provide staff working on the units serving infants and children under the age of 1 with training on infant safe sleep. The training can be direct contact (e.g., lecture) and/or computer-based.
• Provide new staff working on the units serving infants and children under the age of 1 with training on infant safe sleep within 3 months of hire.
• Provide staff working on the units serving infants and children under the age of 1 with annual trainings on infant safe sleep and/or updated information on the most current data and practice standards.

Training Modules, and webinars will be available soon in the Military Toolkit!!
https://cribsforkids.org/mhi-toolkit.
Step Five
Parent Education

• Provide infant safe sleep education to the parents of infants prior to discharge. Provision of parental education must be documented in the patient’s chart. Education can be provided by an educational video or DVD or educational material(s), but it must be supplemented by direct dialogue.

• Model appropriate safe sleep behavior per the recommendations for infant safe sleep from the American Academy of Pediatrics (AAP) unless contraindicated for documented medical reasons with a physician’s order.

Educational Materials available in the military toolkit
https://cribsforkids.org/mhi-toolkit.
Step Six
Apply for Hospital Certification

- Bronze - Safe Sleep Hospital
- Silver - Safe Sleep Leader
- Gold - Safe Sleep Champion