Key Driver Diagram

Interventions

Primary Drivers

Secondary Drivers

Aim

Increase the rates of safe sleep practices, in the NICU of infants cGA ≥32wks, by 30% over a 12mo period

Decrease rates of sleep related death of NICU graduates by modeling safe sleep for families and preparing them for safe sleep practices at home

Primary Drivers:
- NICU/R4 specific safe sleep guideline and algorithm informed by AAP recommendations
- Educate all staff and medical team on NICU/R4 safe sleep, unit guideline
- Providing parents with education and resources to support safe sleep at home
- EMR changes to support safe sleep guidelines

Secondary Drivers:
- DO safe sleep during hospitalization as per unit guidelines, monitored by audits
- Care team education and participation in patient safe sleep
- Parent educational opportunities, simulation, classes
- Encouraging breastfeeding for all infants
- Criteria for exceptions to safe sleep and when to stop those interventions that preclude safe sleep (positioning aids, etc.)
- Focus on interventions for populations at increased risk for sleep related deaths: minorities, multigenerational home environments, VLBWs

Interventions:
- Update safe sleep guidelines as per AAP with algorithm (include no hats, NTE, tummy time& trach exceptions), Crib card visible for all babies at 32 weeks cGA in NICU and R4
- Developmental Care Orderset at 32wks cGA
- Documentation of parent education in EMR
- In-depth safe sleep education for parents of VLBW & <32wks GA, with sleep sack*** & board book gift****
- Assess need for safe sleep space/equipment. Encourage premie class. Safe sleep nursing education throughout stay and prior to discharge
- Include safe sleep education in RN orientation
- Documentation and discussion with family of why patient is not in safe sleep/exceptions
- Post discharge family questionnaire with post discharge phone call
- Include safe sleep status in discussion of discharge criteria at R4 weekly discharge rounds and change care accordingly.
- Safe Snooze Tues – Include discussion of safe sleep status on weekly rounds at 32+wks cGA with **Safe Sleep Audit by fellows and/or therapists**. Post card. Lift any exceptions.
- Apply for Cribs for Kids Safe Sleep Designation Hospital
- Lactation & OT for all breastfeeding moms 3 days protected breastfeeding
- Partner with First Year Cleveland for community approaches to improve safe sleep
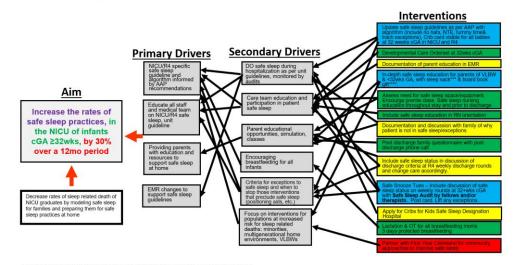
KDD adapted and modified from Salada et al. & NICHQ Successful Strategies Hospital Can Use to Support Safe Sleep
***Swaddle for Safe Sleep class grant funded by UH Rainbow Babies & Children's Foundation
****Board Book (Sleep Baby Safe and Snug) supported by Charlie's Kids Foundation

Last updated 9/13/24