In This Issue

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Employee Spotlight – Dr. Tabor and Dr. Aitken receive recognition for outstanding efforts

2016 Challenge Leadership Conference – 2nd annual event hosted by the IPC to promote safer teen driving and leadership

Mark Your Calendar

MARCH
12 Drive by the Rules. Enforce the Privilege
L’Oreal Maybelline Co North Little Rock, AR
For more information call (501) 364-3396

16-19 CPS Certification Class
Texarkana, AR
For more information call (501) 364-2478

22-23 ATV Training Course
Stuttgart, AR
For more information call (501) 364-3443

APRIL
12 Teen Driving Roadeo
Stuttgart, AR
For more information call (501) 364-3443

This Issue Feature: Safe Sleep

COLLABORATIVE IMPROVEMENT AND INNOVATIVE NETWORK (COIIN)

COIIN is an interdisciplinary group made up of representatives from the Department of Health, Women Infants and Children (WIC), March of Dimes Arkansas Chapter, Arkansas Children’s Hospital, Minority Health Commission, Arkansas Hospital Association and Stork’s Nest. The purpose of the group is to reduce infant mortality rates and improve birth outcomes through the collaborative process. COIIN representatives decided to focus on safe sleep as a way to positively affect infant mortality rates. As a starting point, the group decided to focus on hospitals.

Surveys were sent to all birthing hospitals across the state (approximately 40) in order to identify hospitals that promote safe sleep best practices. The survey received a 70% response rate. Based on these responses, the group identified five sites to begin working with regarding safe sleep. COIIN will assist and help train staff members. Currently, the group is looking for funding to provide all hospitals safe sleep toolkits. The overall goal of the project is to help all birthing hospitals in the state to become safe sleep certified through Cribs for Kids. According to Arkansas’ Infant Child Death Review, infants in our state die from Sudden Infant Death Syndrome (SIDS) at a rate nearly three times higher than the national average.

Members of COIIN hold proclamation declaring October 2015 SIDS, Pregnancy and Infant Loss Awareness Month

Thank you for supporting the Injury Prevention Center at Arkansas Children’s Hospital. Contact us for more information or to subscribe to The Moment: 1 Children’s Way, Slot 512-26 Little Rock, AR 72202 • (501) 364-3400 or (866) 611-3445 • Fax: (501) 364-3112 • E-mail: injuryprevention@archildrens.org
FITTING STATIONS AT THE IPC

The IPC has a history of helping families in need of assistance find car seats. Families and caregivers come to our office on the third floor of the South Campus building and the process begins: adults fill out a form, the child(ren) is weighed and measured, etc. The entire process from introductions to finalizing installation of the seat takes about 30 minutes per child.

The IPC Infant Mortality Prevention Coordinator, Lessa Payne, realized that this was a huge opportunity to speak with parents about other safety matters, specifically safe sleep. “We have a captive audience – why not provide this education?” asks Ms. Payne. “If I can’t do anything else, at least I can help these mothers with safe sleep.” It all begins with a question: Where is your baby going to sleep tonight? Depending on the parent or caregivers answer, safe sleep education is provided and the parent is referred to the Family Resource Center for a portable crib if necessary and if available. The parent or caregiver is also given a sleepsack, a safe sleep book to read to their baby, a bath thermometer and a safe sleep onesie.

2011 AMERICAN ACADEMY OF PEDIATRICS (AAP) RECOMMENDATIONS OVERVIEW

Since the AAP began recommending all babies be placed on their backs to sleep over twenty years ago, deaths from SIDS have declined but sleep related deaths from other causes (e.g., suffocation, entrapment, asphyxia, etc.) have increased. In 2011, the AAP addressed this by expanding its policy statement on safe sleep to include a safe sleeping environment. Three important additions to the recommendations included:

- Breastfeeding was recommended and is associated with a reduced risk of SIDS.
- Infants should be immunized. Evidence suggests that immunization reduces the risk of SIDS by 50 percent.
- Bumper pads should not be used in cribs. There is no evidence that bumper pads prevent injuries and there is a potential risk of suffocation, strangulation or entrapment.

The report also included these additional recommendations:

- Always place your baby on his or her back for every sleep time.
- Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.
- The baby should sleep in the same room as the parents, but not in the same bed. The recommendation is for parents to room-share without bed-sharing.
- Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, stuffed toys, and bumper pads.
- Wedges and positioners should not be used.
- Pregnant woman should receive regular prenatal care.
- Don’t smoke during pregnancy or after birth.
- Breastfeeding is recommended.
- Offer a pacifier at nap time and bedtime.
- Avoid covering the infant’s head or overheating.
- Do not use home monitors or commercial devices marketed to reduce the risk of SIDS.
- Infants should receive all recommended vaccinations.
- Supervised, awake tummy time is recommended daily to facilitate development and minimize the occurrence of positional plagiocephaly (flat heads).

Though the focus of the education is on safe sleep, parents and caregivers are also educated on home safety, shaken baby syndrome, poison prevention and burn prevention. Funding to include safe sleep education and products into an established activity of the IPC is from Toys R Us via the Injury Free Coalition for Kids.
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RESEARCH UPDATE: GIFTSS

Generations in Families Talking Safe Sleep (GIFTSS), a research study investigating the impact of intergenerational support on teen mother’s infant safe sleeping practices, has entered the study phase. The pilot activities for the study were completed in October. Thanks to the diligent work of the research team, the study was approved by the IRB on its first submission with no revisions! Recruitment for the study has begun in Pulaski, Jefferson and Lonoke counties. The study is looking for:

- Pregnant teens under age 20 in their second or third trimester
- A female support person of the teen’s choosing over age 30
- English speaking
- Live in Jefferson, Lonoke or Pulaski County

GIFTSS is supported by NICHD award number R01 HD076702-03. Mary E. Aitken, MD MPH, is the principal investigator for the study. For more information call 501-251-5967 or 479-310-0237.

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RESEARCH UPDATE: SMARTPHONE STUDY

The Field Assessment of a Safe Sleep Instrument Using Smartphone Technology study is being led by Dr. Rosemary Nabaweesi. The purpose of the study is to see if we can see if we can use pictures, taken by the teen mom with a smart phone, to look at the sleep area of infants. As of this time we are actively recruiting for 60 teen girls at the UAMS Women’s Clinic off 12th street and UAMS Post-Partum Delivery unit in the hospital. Study eligibility requirements are:

- Pregnant teens or teen mothers 13-19 years old
- Teens must be in their third trimester or have a newborn baby less than 9 weeks old
- English speaking
- Live in Pulaski or neighboring counties.

The study is supported by a CUMG award from the Arkansas Children’s Hospital Research Institute. Rosemary Nabaweesi, PhD, is the principal investigator for the study. For more information, call 501-364-3461

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RESEARCH UPDATE: PATERNAL PERCEPTION OF INFANT SLEEP RISKS AND SAFETY

The CJ Foundation for SIDS recently awarded a grant to learn more about fathers’ knowledge, attitudes, and beliefs regarding the safe sleep practices for infants. Despite awareness campaigns and educational interventions to promote risk reduction strategies, compliance with AAP recommendations among some populations remains low. Additionally, these strategies have primarily been targeted at the mothers. Focus groups will be conducted over the next year with fathers of infants 2 – 6 months to gain advance understanding of risk factors and to identify opportunities for intervention from the perspective of fathers. Results of the study will be used to further develop and evaluate educational interventions. Mary E. Aitken, MD MPH, is the principal investigator for the study.
The American Academy of Pediatrics (AAP) awarded R. Mary Aitken, MD MPH, with the AAP Council on Injury, Violence and Poison Prevention Fellow Achievement Award for her exceptional contribution to the area of injury and poison prevention. Dr. Aitken was recognized at the AAP National Conference and Exhibition in Washington DC in October. “The award really recognizes a long-term investment a number of institutions and dedicated teams have made in injury prevention,” Dr. Aitken said. “ACH has supported injury prevention efforts locally and across the state for a long time, in partnership with UAMS Department of Pediatrics and many other groups. Since 2007, ACH has directly funded the Injury Prevention Center on campus, allowing substantial expansion in services, education and advocacy for injury prevention.”

Dr. Pamela Tabor, DNP-Forensics, was recently awarded the 2015 Distinguished Fellow Award from the International Association of Forensic Nurses. She was recognized for her Infant & Child Death Review Program; and practicing and training in sexual assault forensic examinations, intimate partner violence, child abuse and elder abuse. Her training program for coroners, law enforcement and multidisciplinary partners participating with the Infant & Child Death Review Program is focused on thorough investigations of infant death scenes and was honored for innovation. Additionally, recognition was given for her work as a consultant and expert witness for the Department of Defense in sexual assault trials. Dr. Tabor recently authored a book chapter, *Death Investigation*, which is published in the *Core Curriculum for Forensic Nurses*.

In order to prevent possible drowning at Crooked Creek in Harrison, AR, the Harrison City Council voted unanimously to place warning signs along the creek’s path. A local Infant Child Death Review (ICDR) representative, Aaron Gutting, was a major force in making this happen. In November, he presented information to the city alderman regarding the creek’s dangers, including a teen drowning in 2014 along with some state data showing that 15% of cases reviewed by the ICDR of 1-17 year olds listed drowning as the cause of death. The creek has several hazardous locations and at times has a swift current making it very dangerous. The ICDR will erect the signage at no cost to the city.

The purpose of the ICDR teams is to improve the response to infant deaths, account for how Arkansas children are dying, and ultimately reduce the number of child deaths. This is accomplished through a standardized review process and uniform data collection. IPC staff assist by creating and training the volunteers who make up each group. Currently there are 10 ICDR teams across the state.
2015 CHALLENGE LEADERSHIP CONFERENCE

On November 17, 2015, the IPC hosted its second annual Challenge Leadership Conference where 12 schools and 86 participants from across the state attended to learn about current trends in teen driving and enhance their leadership skills among peers. Guest speakers included Dr. Rob Steele of ACH, Judge Mark Leverett of Pulaski County, Sergeant Sigfried Lewis of Arkansas State Police and Griffin Coop of Lymphomaniacs. Topics covered in the conference included making right decisions, law enforcement knowledge and expectations, and leadership in action. Two high schools, Marmaduke and Bigelow, were the lucky recipients of a $500 cash prize to be used for safer teen driving activities at each of their schools.

EVENTS

An ATV safety event was held at Lennox Industries in Stuttgart on December 8, 2015. Lennox provided funding to support the IPC’s partnership with the University of Arkansas Cooperative Extension and 4-H in order to promote safety education and awareness among their employees. Stations were set up on a variety of topics including: training courses, operating off road, appropriate gear and appropriate size machines. Approximately 125 employees attended the event.

National Seat Check Saturday was observed on September 19, 2015. The IPC participated with a car seat check up event at ACH in the employee shuttle lot. Overall, 28 car seats were checked of which 27 of those seats were found to have some type of misuse.