

Leipold Foundation Grant

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Introduction

Healthy Mothers, Healthy Babies Coalition of Broward (HMHB) was able to enhance its safe sleep awareness efforts in the community beginning in February of 2015. Funding was awarded to Healthy Mothers, Healthy Babies Coalition of Broward from the Leipold Foundation.

The grant awarded to Healthy Mothers, Healthy Babies of Broward was specifically used to continue and expand the Safe Sleep Program of HMHB. The 4,000 deaths that occur each year due to sleep related deaths are completely preventable. There is a large need in Broward county for outreach, education and safe sleep materials.

Planning and Preparation

In the initial stages of planning, the cities with the highest numbers of accidental sleep related deaths were identified from data obtained from the Fetal Infant Mortality Review. Identifying the zip codes that were experiencing the highest number of sleep related deaths enabled us to be able to incorporate that data into the training that was developed for BSO Fire Departments and BSO Law Enforcement districts.

Planning meetings were held with the Broward County Sheriff's Office (BSO) beginning on August 11, 2015. The initial meeting was attended by HMHB Executive Director Michelle Reese, DOSE Educators Jennifer Combs, MSN, ARNP and Captain James Carroll, the Child Protective Investigator program director along with BSO law enforcement personnel. During the initial meeting the training program was reviewed, the proposed materials that were going to be provided to the department in the form of a "Baby Safe Sleep Survival Kit" were shown, crib distribution was discussed and data collection along with follow up was reviewed. As, Healthy Mothers, Healthy Babies Coalition of Broward is a Cribs for Kids Partner, meeting attendees were educated about the Cribs for Kids program. It was also discussed at the meeting that BSO will be housing their own supply of cribs that will be utilized by BSO first responders when they identify a baby in need of a safe place to sleep.

Trainings

DOSE: Direct On Scene Education™ trainings were held at BSO headquarters on March 8th and March 11, 2016. A total of five trainings were held over the two day period with each

training lasting two hours long. The trainings were in the format of train the trainer. The first training session was held for BSO Fire Rescue. There were a total of nine attendees out of an expected 22. All attendees were provided with a DOSE classroom set of materials, specifically geared to fire rescue responders. Each set of classroom materials contained one train the trainer manual, ten first responder manuals and one CD of the training power points. BSO elected to train the remainder of fire rescue trainers in the near future utilizing their own in house administrators.

The remaining four trainings were held for BSO law enforcement officers. The attendees were all going to be returning to their assigned districts and be training their counterparts about safe sleep and the new Protecting Our Future program being implemented by BSO. Over a two day period, the four train the trainer sessions were held with each lasting two hours long. Participants were all provided with a CD of the training power points along with a printed copy of the power point. There were a total of 98 law enforcement officers that attended the four training sessions.

At the end of each training session, attendees observed the actual set up and disassembling of a portable crib. Participants were invited to ask questions and actually participate in the setup of the crib. The first responders were educated about the documentation specifics of the program and distribution of portable cribs by their BSO administrators at the end of each training session.

Since training was completed, the roll out of the program will be occurring in the month of May.

Model Behavior

In the initial phase of the program, All 8 delivery hospitals in Broward County were contacted. Planning meetings were set with those willing to collaborate and pending future meeting for other hospitals. Educational materials including National Institute of Health (NIH) and the Healthy Mothers, Healthy Babies of Broward flyer on ABC's of Safe Sleep were given to hospitals that had no specific Safe Sleep Materials currently for discharge. All planning meetings included discussion of policy development for Safe Sleep for consistency throughout hospital systems as well as rollout for future in-services. Any hospital that did not have a policy implemented was given resources and support with creating policy. Educational follow up for annual competencies were also addressed. All Hospitals had to conduct crib audits prior to training. This data was utilized as part of training to show Nurses where the greatest educational need was with Safe Sleep. Hospitals were given information to contact Rachel Alexander about Crib for Kids Program, for any parents that didn't have a Safe Sleep environment for infant. Planning meetings held beginning May 16 and continued throughout month of June based on availability of hospital management and clinical leaders. Planning meetings were attended by Judine Whyte- Foster RN, BSN, CPN.

Model Behavior Safe Sleep Trainings were held at Plantation General starting May 31, unit education included Nurses from Neonatal Intensive Care Unit (NICU) and the Mother Baby (MB) and Pediatric Units. Pre and Post-test was given to each Nurse. Power Point Presentation included all American Academy recommendations for Safe Sleep. NICU was given a total of 5 training sessions over a 3 day period. 1 session included only the Charge Nurses as they were to be the Safe Sleep Champions. The MB unit was given a total of 6 sessions over a 3 day period. The Pediatric unit was included in training as they may work in other department when short staffed and were given 2 sessions over a 2 day period. A total of 66 Nurses were trained and 2 nursing students also attended.

All nurses in addition to training from HMHB was assigned educational model to complete on Safe Sleep from NIH. Post Training, all units received Safe Sleep materials for education for parents and grandparents, including Safe Sleep DVD. All materials were given in English and Spanish. Each unit received Sweet Dream Book from HMHB, created by Jennifer Coombs, in Spanish, English and Creole.

All Managers were linked with representative from HALO, so they could receive free sleep sacks for hospitals to further model safe sleep environments.

The curriculum that was used for Model Behavior Safe Sleep Program , a program of Healthy Mothers , Healthy Babies of Broward was developed with collaborative efforts by Rachel Alexander , Safe Sleep Manager, Jennifer Coombs MSN, ARNP and Judine Whyte Foster RN, BSN, CPN . The curriculum covered the following objective:

- Learner will be able to define Sudden Unexpected Infant Death (SUID).
- Learner will be able to explain the difference between Sudden Infant Death Syndrome (SIDS) and accidental sleep related infant deaths.
- Learner will be able to list risk factors for sleep related death.
- Learner will identify ABC's of Safe Sleep and Safe and Unsafe Sleep Environments according to AAP(American Academy of Pediatrics)
- Learner will Identify how to reduce deaths related to SUID by practicing model behavior in workplace
- Learner will be able to list recommendations for a safe sleep environment for an infant

The trainings also included the discussion of educational materials to be distributed to the family as well as resources for Nurses for continued education. In addition to the Sweet Dream Books from HMHB, ABC of Safe Sleep HMHB flyer, NIH brochures on Safe Sleep and Safe Sleep DVD, each unit received booklet from NIH entitled Sudden Infant Death

Syndrome (SIDS and other Sleep – Related Causes of infant Death as a resource guide for questions and answers for health care providers.

Desired Change/ Result	Measured Indicators Measurement tools for each of the indicators are in place.
Infants are placed on their backs to sleep in safe, hazard –free cribs in the hospital, at home, and in childcare.	<ul style="list-style-type: none"> • 90% of nurses will understand safe infant sleep techniques after training. • 90% of hospital nurseries will model safe sleep practices by putting babies on their backs to sleep in hospital nurseries and in-room bassinets and teach parents these techniques. • 90% of childcare workers or CPIS investigators will understand SUID and safe infant sleep, put babies on their backs to sleep in safe cribs and teach safe sleep practices to parents and caregivers. • 90% of low-income families who receive a new Pack ‘N Play crib will understand SUID, know proper crib use, and report utilizing the crib and safe sleep practices upon follow-up at one month, three months and one year after crib delivery.

Safe Sleep Community

Healthy Mothers Healthy Babies Coalition of Broward County has a comprehensive Safe Sleep program which focuses on many aspects of education in regards to safe sleep. One of which being the out reach to the Broward community through press, word-of-mouth, formal trainings, appearances at expos and health fairs, educational appearances etc. Within the 2016-2017 fiscal year HMHB's safe sleep program has completed 4 radio interviews, two news articles, 2 TV interviews, 1 press conference and has presented at 15 health fairs and 4 educational conferences. We have also trained the BSO CPIS Department and provided them with our sustainable safe sleep curriculum.

The leading population of sleep related deaths occur within the Native American population. As a result, many attempts have been made to integrate the safe sleep message into the seminal population of Broward County. A partnership has been formed and three seminal preschools have been trained in the message of safe sleep. In addition, safe sleep materials were disseminated as well as Grayco pack and plays and our sweet dreams flipbook which provides and in-depth train the trainer model in safe sleep.

Healthy Mothers Healthy Babies Of Broward partners with many different organizations in order to disseminate the safe sleep message. This includes but is not limited to nonprofit organization's, drug treatment centers, health and wellness centers, childcare centers and women shelters. Within the 2016-2017 fiscal year, we have trained over 600 individual providers and 13 childcare centers in Broward county.

The lower socioeconomic population is at a particular risk of sleep related deaths due to the triple risk model. As a result, the WIC offices in Broward County were targeted for safe sleep education. All WIC employees were trained within the 2016-2017 fiscal year. In addition, safe sleep information was disseminated to all 8 WIC satellite offices.

The safe sleep committee, which meets monthly has adopted a Healthcare Sub Committee which has focused mainly on medical providers. We partnered with Memorial Healthcare Systems to distribute 44 packets to each of the OB/GYN's and Pediatricians. Each package contains safe sleep materials to place in the waiting room, a safe sleep DVD, information regarding our Cribs4Kids program, and the opportunity to sign up for a free safe sleep training for the entire office staff. Upon receipt, each office will be followed up personally with a phone call to set up a safe sleep training.

The safe sleep department, in partnership with the Children Services Council, The office of Senator Nan Rich and DCF licensing has drafted a local ordinance pertinent to Broward County. The objectives of this ordinance are to mandate that all childcare providers within Broward county be educated and formally trained on safe sleep. In addition, childcare centers also must have a written safety policy that is in accordance with the American Academy of pediatrics safe sleep recommendations. It also states that if an infant needs to be placed in a position other than the supine position, there will be a formal written note from the pediatrician regarding said issue. This ordinance has been drafted by the county attorney and will be presented to the commission by the end of 2017.

Materials

The curriculum used for training was DOSE: Direct On Scene Education™ program which is a curriculum developed by Captain James Carroll and Jennifer Combs, MSN, ARNP and is a program of Healthy Mothers, Healthy Babies Coalition of Broward, Inc. The curriculum covers the fundamentals of safe sleep for infants, including the hazards of cluttered cribs, bed sharing, exposure to tobacco smoke, unsafe sleep positions, etc. The comprehensive trainings also specifically address how a first responder would evaluate a baby's sleep environment, how they would educate the family about safe to sleep and how to respond to a family with no safe place for a baby to sleep.

The trainings also included the discussion of educational materials to be distributed to the family in the form of a "Protecting Our Future" brochure. The brochure developed by BSO

provides an overview of child safety issues including safe to sleep for infants. First responders will all be equipped with the brochures in their work vehicles.

Through the use of our printed materials, we were able to educate the Broward community in both English and Spanish. This was seen on our Safe Sleep bus ads, magnets and door hangers.

Challenges

The challenge that we encountered in implementing this training program was that of logistics of setting up the trainings for the Broward County Sheriff's office. Due to transition of leadership within the Broward Sheriff's office, delay occurred with getting training off the ground. We found that our ability to be flexible was the most helpful tool we had at our disposal in overcoming this challenge. We were flexible with training days and times in order to accommodate the Broward County Sheriff's office once the Sheriff's office was ready to get started with training. Also, the way in which training was delivered was a little bit different than the way it was originally proposed as in the grant 3 trainings were going to be held at 3 stations. However, the Sheriff's office wanted all train the trainer sessions instead to allow for more personnel to be trained. In the end, far more staff were trained than indicated in the grant as a result.

Outcomes

1. 90% of BSO first responders who completed training will increase knowledge of SUID and will be able to identify safe/unsafe sleep practices.
100% of personnel trained increased knowledge of SUID and were able to identify safe/unsafe sleep.
2. 90% of 40 families receiving new cribs will know how to use and utilize the crib.

100% of 40 families who received a new crib understood how to utilize the crib.

Cribs For Kids

HMHB has partnered with Cribs for Kids, which is a 501c3 organization based out of Pittsburgh which is focused on reducing the rate of infant sleep-related deaths due to accidental suffocation, asphyxia or undetermined causes in unsafe sleeping environments. They do so by educating parents on the importance of practicing safe sleep for their babies and by providing Graco Pack 'n Plays to families who otherwise, cannot afford a safe place for their babies to sleep. HMHB has disseminated 900 cribs overall to the Broward community in both the 2015-2016 and 2016-2017 fiscal years. Within the 2015-2016 fiscal year, 381 cribs were distributed to the Broward Community. Thus far in the 2016-2017

fiscal year, we have exceeded our numbers and have given out 458 cribs. Within each year, 40 cribs were funded by BSO and were distributed to families in need of a safe sleep space for their child. Each training that is done follows the American Academy of Pediatrics Safe Sleep Recommendations along with real life examples, data and studies. We have weekly trainings in house to allow for parents to individually consult with our cribs for kids coordinator and receive a free safe sleep training. In addition, if the caretaker meets the qualifications, they are then provided with a free Graco Pack N Play, a fitted crib sheet, a Halo Sleep Sack and a Pacifier. They are also linked up with any qualifying programs that they may be eligible for. With each safe sleep training comes a pre and post test, and a performance evaluation. We have a 100% post test success rate and have found that word of mouth has been a major factor in gaining new cribs for kids clients. We do check in's every 30 days, 60 days and 90 days to ensure that the family is following the safe sleep model.

In addition, our Cribs for Kids program has a strict 24 hour policy in regards to new parents. Meaning, if we are notified that a parent/caretaker is cosleeping, has just arrived at home with a new baby or is without a safe sleep space, we will provide a home visit with a crib within 24 hours of notification. This allows for an immediate safe sleep environment for the child to take place.

Continuation

Moving forward with our commitment to making Broward County, Florida the safest place for babies to sleep in Florida, Healthy Mothers, Healthy Babies Coalition of Broward has expanded our safe to sleep education program. The training of first responders, including police, child protective investigator officers and fire fighters is another line of defense for our most vulnerable citizens. Healthy Mothers, Healthy Babies Coalition of Broward remains committed to spreading the message of safe to sleep for all infants.

Summary

In summary, Healthy Mothers, Healthy Babies Coalition of Broward successfully coordinated and completed training of 107 BSO first responders. HMHB will continue to be available to BSO first responders for any of their safe to sleep needs in the future. We will also continue to work with BSO's "Protecting Our Future" program to help meet the needs of high risk families in need.

Because of the support of the Leipold Foundation, we were able to distribute 450 Pack N Plays to families in need in Broward County. In addition, multiple printed materials were provided in an effort to educate the community on the Safe Sleep message. Through the use

of Bus Ads, door hangers and magnets, the safe sleep message was spread to the Broward community in both Spanish and English, allowing for a wide range of the community to be reached.