North Carolina SIDS Counselor Update

January 18, 2018
Short Evaluation at the End of Training
Learning Objectives

Demonstrate an understanding of infant sleep related deaths in North Carolina

Describe the updated 2016 recommendations for a Safe Infant Sleeping Environment

Enhance communication with families who experience an infant death

Describe strategies to promote self-care

Identify resources for staff trainings, patient materials, and support services for families
Sudden infant death syndrome (SIDS) is a cause assigned to infant deaths that cannot be explained after a thorough case investigation that includes a scene investigation, autopsy, and review of the clinical history.

Sudden unexpected infant death (SUID), is a term used to describe any sudden and unexpected death, whether explained or unexplained (including SIDS), that occurs during infancy. After case investigation, SUIDs can be attributed to suffocation, asphyxia, entrapment, infection, ingestions, metabolic diseases, and trauma (accidental or non-accidental).
## NC SUID by Listed Cause of Death: 2007-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>SIDS</th>
<th>Causes of Death Unknown</th>
<th>Accidental Suffocation/Strangulation in Bed</th>
<th>TOTAL SUID</th>
<th>% of all Infant Deaths</th>
<th>Rate per 1,000 Live Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>98</td>
<td>33</td>
<td>20</td>
<td>151</td>
<td>18.1%</td>
<td>1.3</td>
</tr>
<tr>
<td>2008</td>
<td>136</td>
<td>29</td>
<td>21</td>
<td>186</td>
<td>22.4%</td>
<td>1.6</td>
</tr>
<tr>
<td>2009</td>
<td>98</td>
<td>48</td>
<td>7</td>
<td>153</td>
<td>18.4%</td>
<td>1.3</td>
</tr>
<tr>
<td>2010</td>
<td>53</td>
<td>46</td>
<td>13</td>
<td>112</td>
<td>13.5%</td>
<td>0.9</td>
</tr>
<tr>
<td>2011</td>
<td>50</td>
<td>64</td>
<td>11</td>
<td>125</td>
<td>15.0%</td>
<td>1.1</td>
</tr>
<tr>
<td>2012</td>
<td>28</td>
<td>92</td>
<td>16</td>
<td>136</td>
<td>16.3%</td>
<td>1.1</td>
</tr>
<tr>
<td>2013</td>
<td>23</td>
<td>75</td>
<td>11</td>
<td>109</td>
<td>13.1%</td>
<td>0.9</td>
</tr>
<tr>
<td>2014</td>
<td>28</td>
<td>105</td>
<td>11</td>
<td>144</td>
<td>16.7%</td>
<td>1.2</td>
</tr>
<tr>
<td>2015</td>
<td>12</td>
<td>113</td>
<td>13</td>
<td>138</td>
<td>15.6%</td>
<td>1.1</td>
</tr>
<tr>
<td>2016</td>
<td>13</td>
<td>104</td>
<td>22</td>
<td>139</td>
<td>15.9%</td>
<td>1.2</td>
</tr>
</tbody>
</table>

ICD-10 Codes: SIDS=R95; Suffocation=W75; Unknown=R99
2015 Infant Death in Sleep Environments by County

The map shows the number of infant deaths in sleep environments across various counties in North Carolina. The color gradient indicates the number of deaths, with darker shades representing higher numbers. Counties with the highest number of deaths are highlighted in dark blue, while those with fewer deaths are in lighter shades. The data is color-coded with a scale ranging from 0 to 17 deaths.
2016 Updated Recommendations for a Safe Infant Sleeping Environment

Link to full report:
http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938
Modifiable Factors

- Back to Sleep
- Use a firm sleep surface & clear of gear
- Avoid overheating and head covering in infants
- Room share not bed share
- Avoid smoke exposure during pregnancy & after birth
- Avoid alcohol & illicit drug use during pregnancy & after birth
- Pregnant women should obtain regular prenatal care
- Avoid overheating and head covering in infants
- Avoid alcohol & illicit drug use during pregnancy & after birth
Protective Factors

- Breastfeeding
- Use of a Pacifier at Nap and Bedtime
- Infant Immunization
Common Questions & Concerns
Won’t My Baby Choke If He Sleeps On His Back?
I Want to Co-Sleep with My Baby
Or
I Sometimes Fall Asleep with My Baby
My Mother and Grandmother Say I Should Place My Baby On Her Stomach—Should I listen to Them?
How To Help Families Who Have Experienced the Death of an Infant?
What to Say and Do

• Use simple and straightforward language
• Be comfortable showing emotions
• Listen to the parents
• Answer questions honestly
• “I’m sorry”
• “I wish things would have ended differently”
• “Do you have any questions?”

Source: Guidelines for health care professionals supporting families experiencing a perinatal loss
What NOT To Say or Do

“It’s best this way”
“It could be worse”
“You can have more children”
“It’s good your baby died before you got to know him or her well”

Do not use medical jargon
Do not argue with parents
Do not avoid questions

Source: Guidelines for health care professionals supporting families experiencing a perinatal loss
Self-Care for SIDS Counselors
Self-Care for SIDS Counselors

- Maintain good overall healthy habits and wellness
- Share or debrief your experience with someone you trust
- Give yourself extra margin in your day to process
- Don’t be surprised if you feel a range of emotions that you did not expect
- Know that you cannot take away the family’s pain
Support Resources for Families

Click [here](#) to see current list
Update to SIDS Home Visit/Contact Form

Question 35 has been expanded to capture electronic cigarette/vaping use.

This is a new electronic form and should be completed and submitted online to Cheryl Davis-Dukes. The form is password protected, contact Cheryl for the password at Cheryl.davis-dukes@dhhs.nc.gov.
NC Safe Sleep Contact Information

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MomBaby.org
Please Complete Short Evaluation

https://www.surveymonkey.com/r/SIDS_Update2018