

American Academy
of Pediatrics

Ohio Chapter



**Injury Prevention
Initiatives**

EASE MOC II: Module 2

Jamie R. Macklin, MD, FAAP

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio Chapter

Infant Sleeping Position and the Risk of Sudden Infant Death Syndrome in California, 1997-2000

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio Chapter

History

- Studies in other countries (New Zealand, Hong Kong, Finland) in the 1980's-1990's showed a preliminary association with SIDS risk and the prone position
- AAP recommended supine position for infant sleep in 1992 to reduce SIDS risk
- “Back to Sleep” campaign launched in 1994

Back to Sleep!!

- Studies in the United States following “Back to Sleep” also linked prone position to increased risk of SIDS
- Infants should be placed on their backs to sleep for EVERY sleep (nap and night-time)



Back to Sleep!!

- Side position also linked to increased SIDS risk
 - Thought to be due to tendency to roll to the prone position



Unaccustomed Positions

- Studies also show that infants who are used to being on their backs but are put to sleep in an unaccustomed prone or side position are at a much higher risk of SIDS than those who are accustomed to being put to sleep in the prone or side position
 - 7-8 times higher risk!!!

“What If My Baby Rolls?”

- If an infant has developed rolling ability (gross motor), OK to let her stay in the sleep position she rolls to
 - Should always start out in the supine position
 - Important to keep loose items out of the crib so that she doesn't roll into them (suffocation risk)



Other SIDS Risk Factors

- Other factors in the study besides sleep position
 - Premature birth
 - Low birth weight
 - Recent febrile illness (<48 hours)
 - Younger mothers
 - Unmarried or less educated mothers
 - Smoke exposure during gestation

- Thank you for completing this module!
- Please remember to answer all of the test questions to earn credit for this month!

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio Chapter

Safe Sleep Initiatives

ABCs OF SAFE SLEEP

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio Chapter