

Summary of Changes

Summary of Changes: Revised Safe Infant Sleep Policy

The revised AHS Safe Infant Sleep (SIS) Policy comes into effect on August 29, 2022.

The Safe Infant Sleep Policy facilitates consistent safe sleep practices and environments for infants under one year of age, across the maternal/infant continuum of care services within AHS. The revisions to the SIS Policy reflect additions, expansions and clarifications based on policy evaluation, parent survey, emerging evidence incorporated into the CME accredited education module, and fosters alignment of safe sleep practices in public health, acute care and NICU settings.

Policy and resources to support implementation are available at ahs.ca/safeinfantsleep and parent resources are available at healthyparentshealthychildren.ca.

Key revisions to the SIS Policy include

- Element 1 Sudden Infant Death Syndrome (SIDS) and Sleep-related Injuries and Deaths
 - 1-1 - 1.7: Addition of SIDS risk factors, protective factors, death rate and the role of health promotion in reducing the risk of SIDS and preventing other sleep related injuries and deaths. Information new to policy reflects current SIS practice and included in the CME accredited SIS staff module and parent resources.
- Element 2 Health Care Professional Support of Safe Infant Sleep Key Messages in Alberta Health Services Facilities and the Community. Information new to policy reflects current SIS practices and included in the SIS staff module.
 - 2.2(a) and (b): Addition of informed decision making and role of health care professional to highlight the importance of patient and family centered care (PFCC) and working with families to provide collaborative care that is respectful of, and responsive to, a guardians' needs and values builds confidence and self-efficacy thereby improving health and wellbeing.
 - 2.3(c): Expanded types of AHS facilities to reflect current practice and programs/services for an infant birth to up to 12 months of age.
 - 2.4: Clarification on the approach health care professional shall take when providing SIS messages to reflect current PFCC approach/practice and that aligns with AHS core values.
- Element 3 Neonatal Intensive Care Units (NICU) Information new to policy reflects current SIS practice and included in the SIS staff module. Information guided by provincial NICU stakeholders and alignment with Infant Positioning for Neonatal Care Document.
 - 3.2: Clarification of transition between Infant Positioning for Neonatal Care Document and SIS Policy.
 - 3.3: Addition that guardians may supply their own linens (i.e., blankets and clothing) while their infant is in care of the NICU to align with current SIS practice and Family

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Integrated Care (FICare) Initiative to support bonding of guardians with their infant while in care.

- Element 4.0 Safe Infant Sleep Environments
 - 4.2 (b) (iii): Addition of sleep sack recommendation to align with current SIS parent resources and practice.
 - 4.2 (d): Clarification on playpens and car seats as unsafe sleep surfaces to align with current SIS parent resources and practices.
 - 4.2(e) (i): Strengthened risk associated with bed sharing with adults and twins align with current SIS parent resources and practice.
 - 4.4: Addition that guardians may supply their own linens (e.g., blankets and clothing) while their infant is in care to align with current SIS practice and FICare Initiative to support bonding of guardians with their infant while in care.

- Element 5.0 Sleep Positioning
 - 5.2 (a)(ii): Updated transition to supine sleep of preterm infants to occur at 32–34 weeks gestation to reflect Infant Positioning for Neonatal Care Document practice and current evidence. This change in practice occurred in 2016 as part of the Infant Positioning for Neonatal Care Document. An update to the SIS Policy, at the time, to reflect this practice change was determined to not be necessary as the practice change was adopted into practice. Information is included in the SIS staff module.

- Element 6.0 Health Care Professional Actions: If the Guardian Chooses a Sleep Position or Sleep Location Inconsistent with the AHS Safe Infant Sleep Policy
 - 6.2 and 6.3: Addition of harm reduction messages was informed by findings of the Alberta Parent Survey where ~43% of parents reported co-sleeping with their infant and policy evaluation. Information new to policy, reflects current SIS practice and included in the SIS staff module and parent resources.

- Element 7.0 Documentation
 - 7.1 (e): Addition of documentation requirements for when harm reduction messages are used and guardian sleep decision for their infant. Information new to policy, reflects current SIS practice and included in the SIS staff module. Documentation key elements are incorporated into Connect Care SIS flowsheet.