Every Sleep a Safe Sleep

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A multi-agency training programme for the prevention of sudden unexpected death in infancy (SUDI) co- produced by Locala Health and Wellbeing, Calderdale Safeguarding Children Partnership and West Yorkshire Health and Care Partnership. For any service working with families where there is a child aged 12 months and under, including pre-birth.

BACKGROUND TO THE PROJECT

Sudden unexpected death of an infant (SUDI) is one of the most devastating tragedies that can happen to families.

At least 300 infants still die suddenly and unexpectedly each year in England and Wales, equating to 3 babies a week, with West Yorkshire having the highest rates.

West Yorkshire Health and Care Partnership has seen a sharp increase in the number of infants who have died because of unsafe sleep practices over recent years, and recognised that much can be done before, during and after pregnancy to address this.

The National Child Safeguarding Practice Review Panel 'Out of Routine' Thematic Report into SUDI (2020) identified these deaths occur more frequently in families where there are certain vulnerabilities, stating the responsibilities for delivery of safer sleep messages should not just fall to health.

In response, a SUDI Risk Minimisation Tool, Guidance and Multiagency Training package was produced to support all frontline workers to engage parents and carers with safer sleeping advice. The programme reached the finals of the Nursing Times Award in 2022.

TRAINING METHOD

A brief overview of essential information including new reports and statistics.

A 50-minute webinar delivering key information about sudden unexpected death in infancy, including recommendations from the Out of Routine Report and how to effectively share safer sleep messages with parents and carers to manage and reduce risk.

A multi-agency guidance document which incorporates two SUDI risk minimisation tools, one for Professionals to support them to have personalised conversations with parents, and one for parents so that they understand the reasons behind the safer sleep messages and can take positive action to reduce the risks for their baby.

A post-webinar participatory session, where professionals have opportunity to use the risk minimisation tool to explore scenarios they may come across in practice.
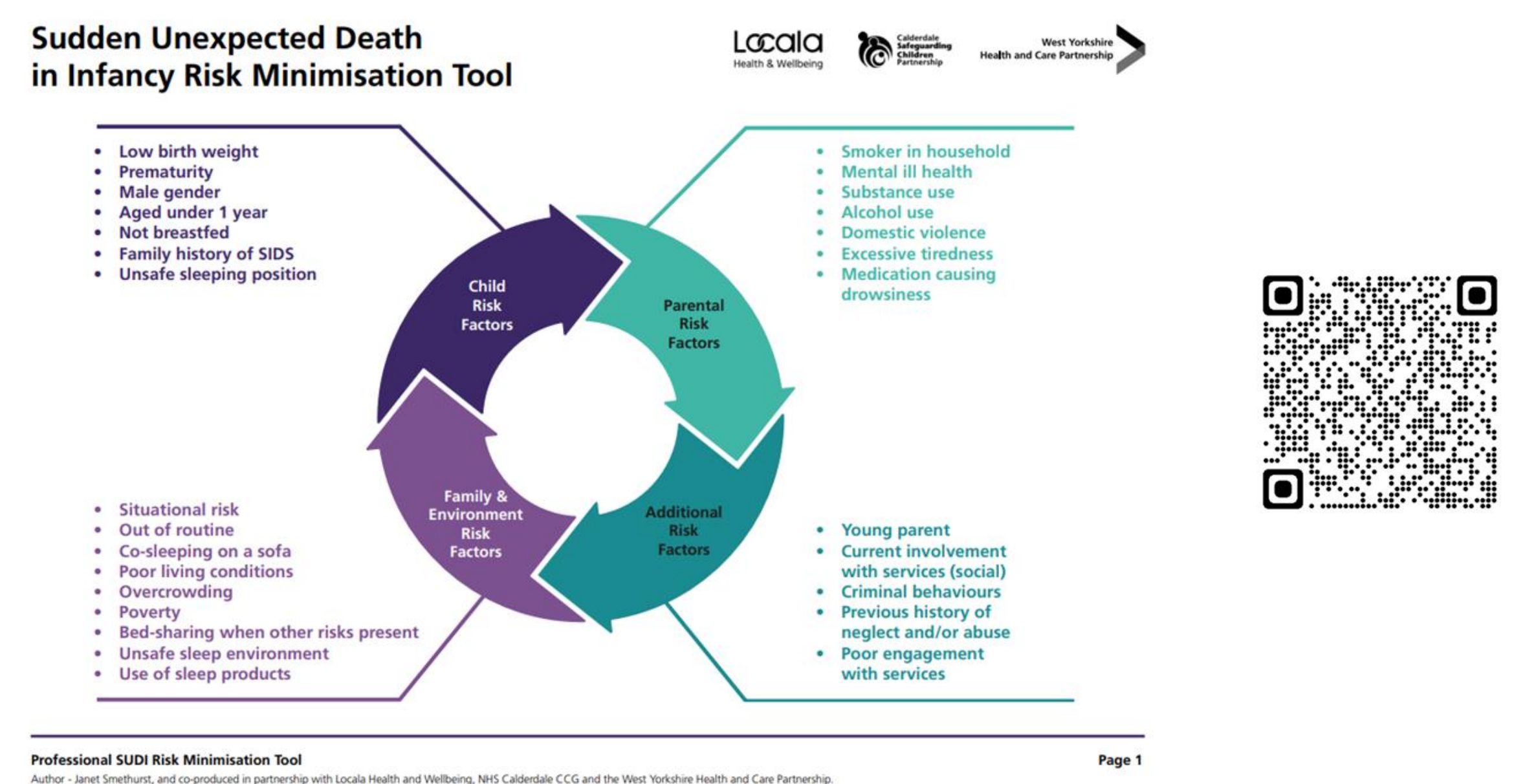
A MULTI-AGENCY WORKFORCE APPROACH

Universal SUDI prevention has reduced unexpected infant deaths since the back to sleep campaign in the 1990s, however uptake of safer sleep guidance has been greater in well-off and well-educated families leaving a legacy of inequality. Multi-agency working for reducing health inequalities is a way of providing targeted support and addressing inequity in preventing deaths in the most vulnerable babies in our society, as not only do these deaths now cluster among families from deprived socioeconomic circumstances, increasingly many of the families at risk for SUDI are also at risk for a host of other adverse outcomes, including child abuse and neglect. The responsibility for SUDI prevention lies with us all. By upskilling the multi-agency workforce to identify risk and deliver individualised safer sleep messages we can potentially reduce these baby deaths by up to 90%.
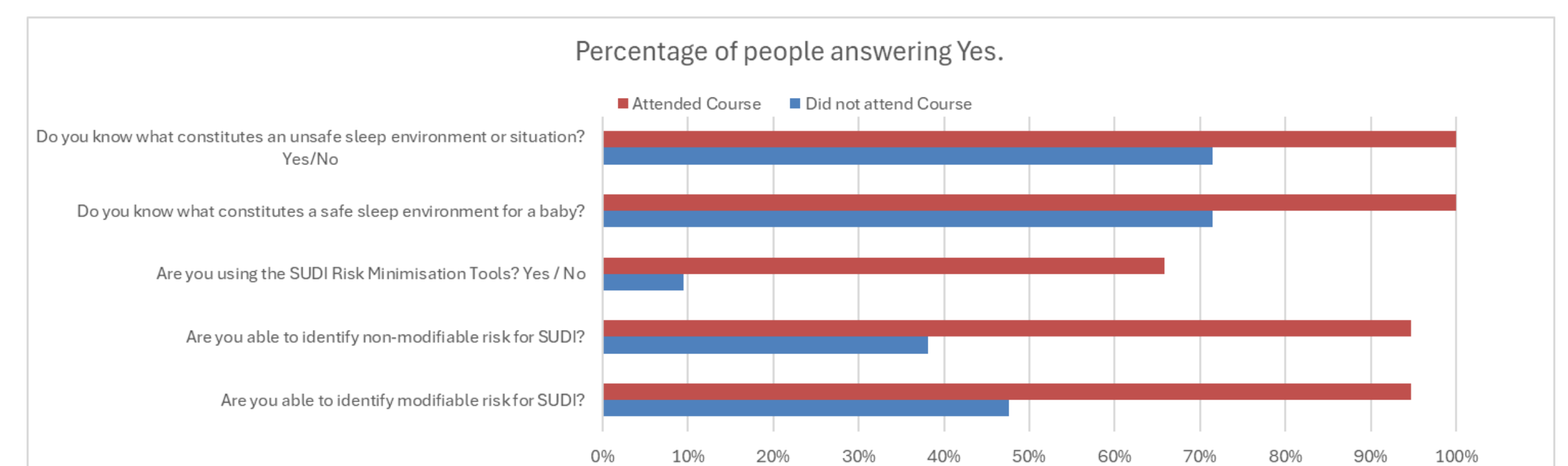
SUDI RISK MINIMISATION TOOL FOR PROFESSIONALS

Sudden Unexpected Death in Infancy Risk Minimisation Tool

Child Risk Factors
- Low birth weight
- Prematurity
- Male gender
- Aged under 1 year
- Not breastfed
- Family history of SIDS
- Unsafe sleeping position

Parental Risk Factors
- Smoker in household
- Mental ill health
- Substance use
- Alcohol use
- Domestic violence
- Excessive tiredness
- Medication causing drowsiness

Family & Environment Risk Factors
- Situational risk
- Out of routine
- Co-sleeping on a sofa
- Poor living conditions
- Overcrowding
- Poverty
- Bed-sharing when other risks present
- Unsafe sleep environment
- Use of sleep products

Additional Risk Factors
- Young parent
- Current involvement with services (social)
- Criminal behaviours
- Previous history of neglect and/or abuse
- Poor engagement with services

Professional SUDI Risk Minimisation Tool
Author - Janet Smethurst, and co-produced in partnership with Locala Health and Wellbeing, NHS Calderdale CCG and the West Yorkshire Health and Care Partnership. Page 1

COMPARISON POST AND PRE-TRAINING

Percentage of people answering Yes.

Legend: Attended Course / Did not attend Course

- Do you know what constitutes an unsafe sleep environment or situation? Yes/No
- Do you know what constitutes a safe sleep environment for a baby?
- Are you using the SUDI Risk Minimisation Tools? Yes / No
- Are you able to identify non-modifiable risk for SUDI?
- Are you able to identify modifiable risk for SUDI?

CONFIDENCE RATING POST AND PRE-TRAINING

Percentage of Answers to the question - On a scale of 0-5, please rate your confidence talking about safer sleep with parents/carers?

	Score 0	Score 1	Score 2	Score 3	Score 4	Score 5
Attended Course				15.8%	44.7%	36.8%
Did not attend Course	28.6%	19.0%	19.0%	23.8%	9.5%	

CONCLUSIONS

All professionals who attended the training had a vast improvement in their knowledge of modifiable and non-modifiable risk factors for SUDI and demonstrated an increase in confidence when discussing safer sleep with families.

FEEDBACK FROM PROFESSIONALS

"This is something we have never directly been given information on. We can now make sure we provide a safe sleep environment for the babies in our care and also have conversations with families about safer sleep" (Nursery Provider)

"Amazing and important piece of work. We've never felt equipped to give this advice to parents and now thanks to this initiative we are able to have these discussions. Such an important project" (Family Support Lead)

"We are now delivering this training and using the tools. Every police officer who joins the force will receive this safer sleep training. It's a fantastic opportunity for us in the police to make a difference, we now have the information to have effective conversations with families" (Police)

"We are using the tool on the Child Protection Plan and the parents really understands our concerns now" (social worker)

"Incredible piece of work, this will change lives" (Director of Nursing)

"I would never have discussed bed-sharing before, only to say, 'don't do it', now I can give parents the information to make their bed safe for their baby if they choose to bedshare or if it is unplanned" (Midwife)

"I feel confident now to give this advice, knowing that I'm not getting it wrong" (Community Nursery Nurse)

"This has completely changed my practice. Parents are now asking if I want to see where baby is sleeping (or going to sleep) and they are really valuing the discussions" (Health Visitor)

"We were able to apply this at an ESOL event!" (PH Midwife)

FEEDBACK FROM PARENTS & CARERS

" I never got this information with my first 2 so I lied about bedsharing back then"

"I was able to discuss bedsharing openly and honestly with my health visitor because she was wasn't judgemental and gave me information about how to make my bed safer for him"

"We talked about sleep products, I wasn't aware the ones I'd bought were not safe, I'm so grateful to [her] as this could have ended very badly"

"Having the knowledge and info so I could make an informed decision, make the bed safe and not feel ashamed for bedsharing helped me"

"This is wonderful news, it would be even more amazing if it could be replicated on a national level as there seems to be a lot of incorrect information shared by health professionals"
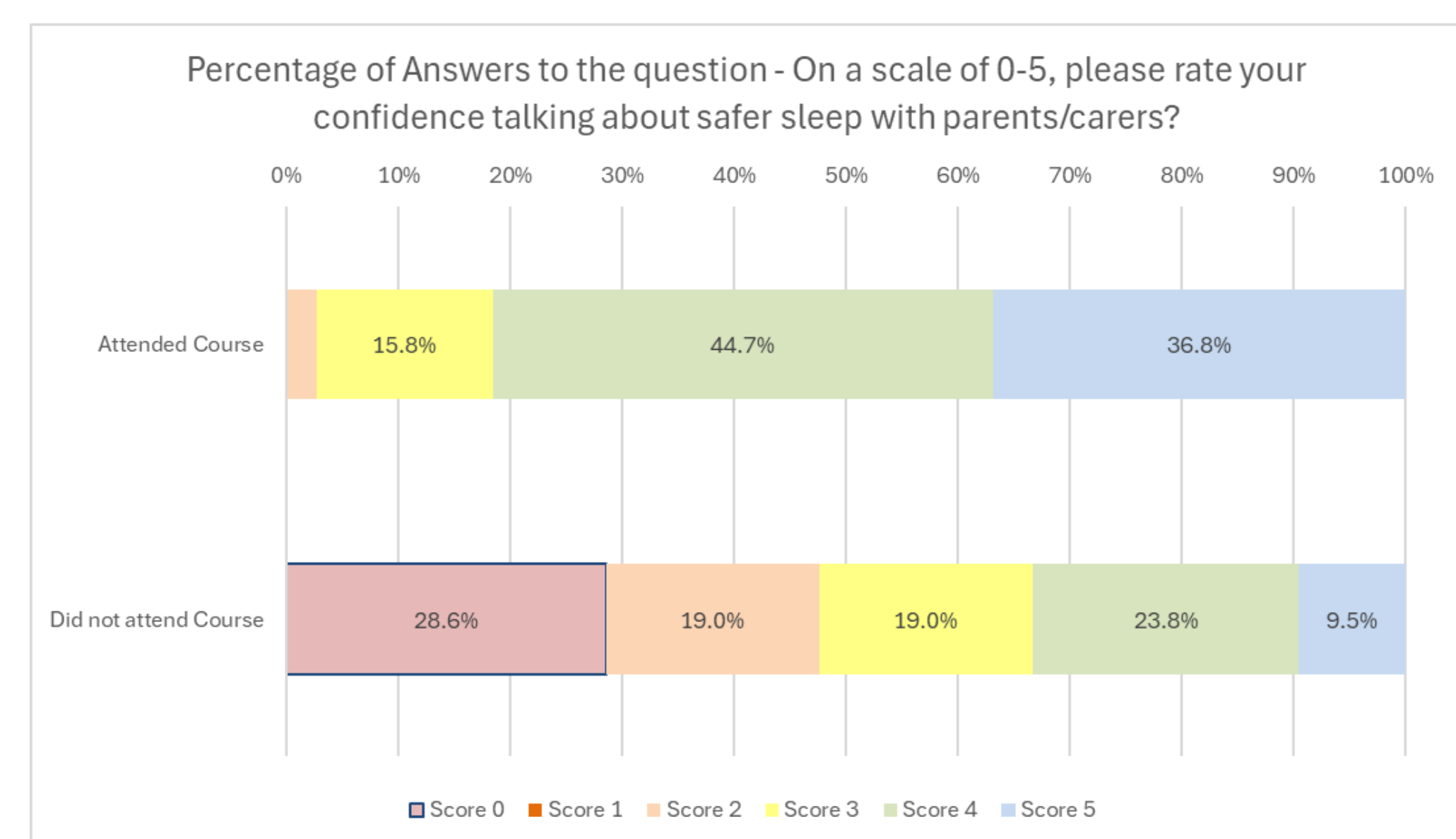

Map showing: Airedale, Harrogate, BRADFORD, LEEDS, CALDERDALE, WAKEFIELD, KIRKLEES