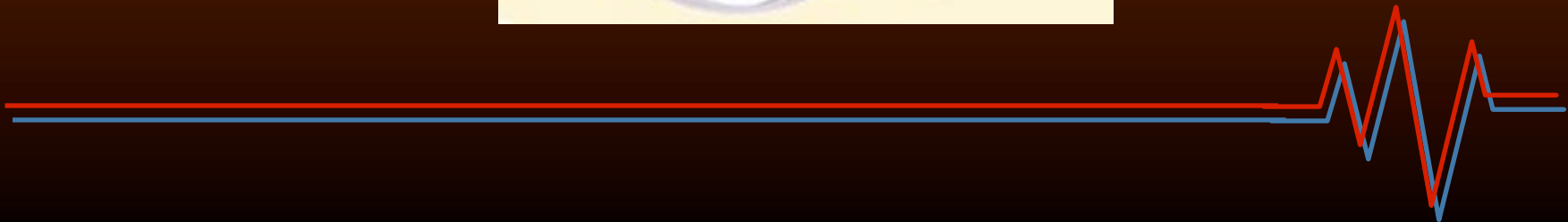
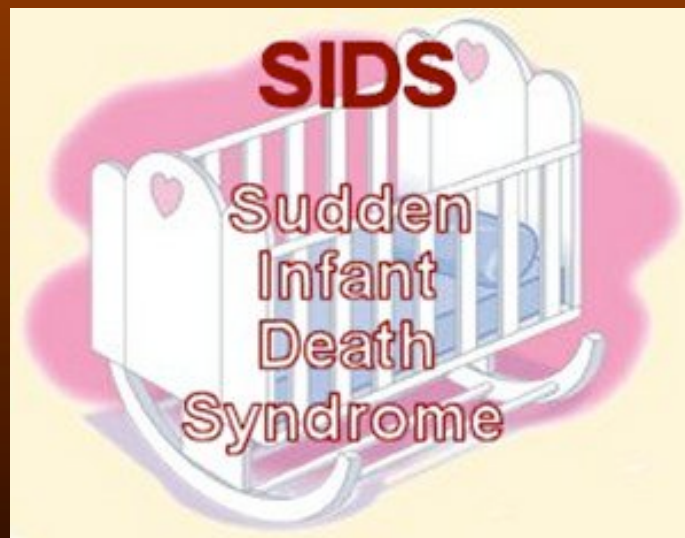


SIDS

Sudden Infant Death Syndrome



Objectives

- Students should be able to give a definition of SIDS
- The students should be able to identify 3 ways to prevent SIDS before birth
- Students should be able to identify 3 ways to prevent SIDS after birth



Objectives

- Students should be able to identify 3 ways to prevent SIDS
- Students should be able to identify what SIDS is



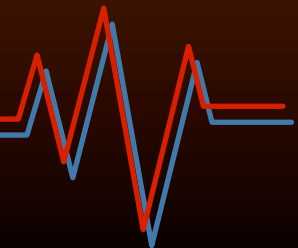
Definition

- Unexplained death of an infant younger than 1 year old
- Can strike with out warning
- Even in seemingly healthy infants
- Usually associated with sleeping



Cause

- The cause is unknown
- The triple risk model:
 - Vulnerable Infant: the infant has some kind of abnormality
 - Critical Development Period: That changes occur in the infant and sometimes they might affect or destabilize the infants organ systems
 - Outside stressors: environmental factors like tobacco, overheating, or sleep position
- Researchers have found that the infants who die from SIDS have abnormalities of the brainstem



Risk Factors

- No one infant is at risk
- 2 – 4 months of age
- Cold weather
- smoking, drinking, or drug use during pregnancy
- poor prenatal care
- prematurity or low birth-weight
- mothers younger than 20
- smoke exposure following birth
- overheating from excessive sleepwear and bedding
- stomach sleeping



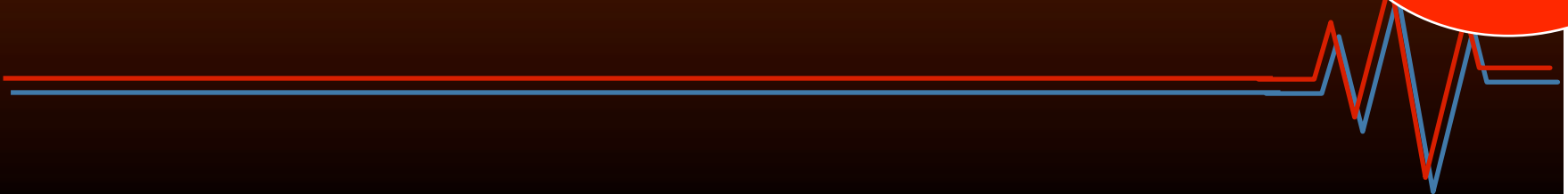
Risk groups

- African American infants are at twice the risk
- Native American infants are triple the risk
- Boys are more likely than girls



Prevention

- Put baby on a firm mattress. Not a pillow, water bed, sheep skin or other soft surface
- Do not put comforters, stuffed toys, or other things that can prevent the baby from breathing
- Make sure the baby doesn't get too warm while sleeping
- Cover baby with a light blanket no further than the shoulders



Prevention Continued

- Make sure the baby gets regular check ups
- Pacifiers have been related to lower incidence of SIDS
- Parents should return their baby to the crib to sleep
- Do not smoke, drink, or use drugs while pregnant
- Receive early and regular prenatal care



Statistics

- Most deaths occur between 2-4 months of age
- Since 1992 it was recommended that babies should be put to sleep on their backs. This has lowered the SIDS rate by 40%
- Infants that come from mothers who drink, smoke, or use drugs during their pregnancy are three times as likely to die from SIDS
- Twenty percent of SIDS deaths occur in a day care setting (Moon, Patel, and Shaefer, 2000).



sources

- www.kidshealth.com
- www.sidscenter.org



Review

1. The babies should sleep on their _____.
2. Sleeping with the baby will prevent SIDS T F
3. Most infants that die of SIDS have abnormalities in their _____.
4. SIDS only occurs in infants that are unhealthy.
T F
5. You should make the baby happy by letting him/her sleep with lots of stuffed animals. T F

