

Sudden infant death syndrome



**ASSIGN
BUSTER**

Sudden Infant Death Syndrome Teaching-Learning Project Outline PLAN A.

Nursing Diagnosis: I. Knowledge deficit related to SIDS as evidenced by Pt. stating she is not aware of what SIDS is. B. Learning Objective: I. Patient will have an understanding of what SIDS is. II. Patient will know methods to prevent SIDS. C. Methodology: I. Because the patient has a 11th grade education level, I will not use any medical jargon. II. Speak to patient on a one and one basis, on a personal and relaxed manner.

IMPLEMENTATION A. Discuss to patient what SIDS is. I. Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant under 1 year of age and which remains unexplained. It is sudden and silent-the infant was seemingly healthy. Death from SIDS is often associated with sleep and with no signs of suffering. B. Discuss and emphasize important ways to decrease the risk of SIDS. I. Always place baby on his/her back when sleeping or naps. II.

Place your baby on a firm sleep surface, not on pillows or soft surfaces. III. Keep soft objects, toys, and loose bedding out of baby's sleep area. IV. Do not allow smoking around baby. V. Keep your baby's sleep area close to you, but not sleeping with the baby. VI. Do not let our baby overheat during sleep. VII. Provide " Tummy Time" when baby is awake to help strengthen muscle and to prevent flat spots on head. EVALUATION: I. Patient understood what SIDS is. II.

Patient verbalized that she will let her baby sleep on the back only. III. Patient stated she will not have her baby around any cigarette smoke.

References American Academy of Pediatrics (2011). A Parent's Guide To Safe Sleep. Retrieved January 11, 2012 from [http://www. healthychildcare.](http://www.healthychildcare.com)

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