

**Safe Infant Sleeping Practices: Quality Improvement**

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## **Safe Infant Sleeping Practices**

A literature review builds familiarity with and understanding of current research in a particular field before carrying out a new investigation (*Literature Review*, 2021). Conducting a literature review should help determine what research is already there and identify what is unknown within the topic (*Literature Review*, 2021). Improvement methods used to improve the quality and safety are essential in healthcare centers (QSEN Institute, 2020, Table 4). There have been positive results when it comes to using the proper sleeping practices with infants. The following article discusses the four best sleeping practices for infants and how the mothers used those practices.

### **Article Summary**

The following article discusses the importance of safe infant sleeping practices due to the annual sudden infant death syndrome (SIDS) cases. Using different forms of education for parents will help to decrease the risk of SIDS. There are many recommendations a provider or nurse should mention to the parents. The recommendations included in this research are sleep position, location, pacifier use, and the use of soft bedding (Moon et al., 2020). The mothers and infants involved in the study range in age, race, economic class, and education. Many categories are listed at the end of the research and include the percentage of each.

### **Introduction (note that the key points is flush to the far left)**

This article talks about the importance of safe sleep practices for infants. The amount of sudden unexpected infant deaths (SIDS) is not declining the way we would hope to see (Moon et

al., 2017). There are recommendations to reduce the risk of SIDS, but many parents are not taking it as seriously as they should. During the research, 1,263 mothers completed the survey after being recruited from 16 US hospitals (Moon et al., 2017). The survey included four infant safe sleeping practices, including sleep position, location, pacifier use, and soft bedding use (Moon et al., 2017).

### **Overview**

The article chosen linked to safe sleeping practices for infants discusses the importance of adhering to the recommendations given by providers. There is evidence on the reduction of SIDS based on this article. Once the mothers completed the survey, the researcher could produce numbers to back up their research. Using data and explaining the importance of measurements can help health professionals improve their quality of care (QSEN Institute, 2020, Table 4).

### **Quality Improvement**

There are many care settings where safe infant sleeping practices should be necessary, such as pediatric, postpartum, NICU, and family medicine clinics. The mothers involved with this survey were exposed during routine postpartum care to education and role modeling resulting from the assigned NQI intervention, along with any preexisting educational practices performed at the hospital (Moon et al., 2020). We can use written, verbal, and hands-on instruction to implement these changes during the pre, intra, and post stages. Making this change could significantly impact the quality, satisfaction, and safety of everyone involved. The study did not measure the costs of intervention or the efficiency of how it will affect in the long run, but the data received shows that satisfaction and safety were achieved (Moon et al., 2020).

## **Application to Nursing**

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

### **Practice**

Paragraph goes here discussing the application to practice. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

### **Education**

Paragraph goes here discussing the application to education. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

### **Research**

Paragraph goes here discussing the application of research. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

## **Conclusion**

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

## References

*Literature review*. (2021, September 10). The University of Edinburgh.

<https://www.ed.ac.uk/institute-academic-development/study-hub/learning-resources/literature-review>

Moon, R. Y., Hauck, F. R., Colson, E. R., Kellams, A. L., Geller, N. L., Heeren, T., Kerr, S. M., Drake, E. E., Tanabe, K., McClain, M., & Corwin, M. J. (2017). The Effect of Nursing Quality Improvement and Mobile Health Interventions on Infant Sleep Practices. *JAMA*, *318*(4), 351. <https://doi.org/10.1001/jama.2017.8982>

QSEN Institute (2020). *QSEN Competencies*.

[https://qsen.org/competencies/pre-licensure-ksas/#quality\\_improvement](https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement)