SHAKEN BABY SYNDROME EDUCATION

2018 Discharge Policy
Dina Bailey BSN, RN
Cassandra Trummel MSN, RN
LEARNING OBJECTIVES

At the end of this presentation, the learner will be able to:

- Define Shaken Baby Syndrome
- Identify signs and symptoms of Shaken Baby Syndrome
- Review local statistics
- Summarize evidence based practice regarding in-hospital prevention programs
- Identify the components of the Shaken Baby Syndrome Discharge Education Policy
- Demonstrate appropriate documentation techniques
Shaken baby syndrome, also known as abusive head trauma, is an injury to the brain of a child caused by direct blows to the head, dropping, throwing or shaking a baby.

- The average age of victims is between 3 and 8 months of age, with the highest rate of incidences happening between 6 and 8 weeks.
- Typically occurs out of frustration due to crying.
SIGNS AND SYMPTOMS

- Lethargy
- Irritability
- Vomiting
- Poor feeding/decreased appetite
- Rigidity
- Seizures
- Difficulty breathing
- Cyanosis
- Change in LOC
- Unequal pupil size
DIAGNOSING SHAKEN BABY SYNDROME

- Unilateral/bilateral retinal hemorrhages
- Skull fractures
- Intracranial swelling
- Inter/intracranial hemorrhages
- Rib and long bone fractures
- Bruising on the head, neck or chest
<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018 YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Non-Accidental Trauma Admits</td>
<td>18</td>
<td>29</td>
<td>10</td>
</tr>
<tr>
<td>Death’s</td>
<td>3</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>Sent to Rehab</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Transfer from OSH</td>
<td>5</td>
<td>18</td>
<td>4</td>
</tr>
<tr>
<td>&lt; or = 12 months</td>
<td>11</td>
<td>19</td>
<td>5</td>
</tr>
<tr>
<td>Age</td>
<td>27 days-5 years</td>
<td>16 days-3 years</td>
<td>4 months-2 years</td>
</tr>
</tbody>
</table>
In partnership with Prevent Child Abuse Nevada, a literature review was performed to determine the efficacy of hospital based, Abusive Head Trauma prevention programs. Two programs stood out: The Period of Purple Crying and the Dias Model. In multiple studies, each of these programs were found to be impactful by participants when follow-up phone calls were made. The information was easily recalled and some were sharing the information they learned with caregivers.
Modeled after the Dias Model, UMC began the Shaken Baby Syndrome Discharge Education Guideline

A video, pamphlet and social contract will be shown/given/signed prior to discharge, beginning April 1st

This education will be given to all families in the FBCC and NICU (per guideline)

In Pediatrics and PICU, families with children under the age of 3 are to receive this education (per guideline)

This education will include topics such as:
- Crying
- Soothing techniques
- Caregivers
- Taking a break
Entitled “The Dangers of Shaken Baby Syndrome,” this 8 minute 30 second video will be available on DVD and the intranet (NICU reference page and the CHNV website) in both English and Spanish.

Please stay in the room while the video is being watched in order to answer questions and promote discussion.

Links to the videos:
https://www.umcsn.com/videos/shakenbaby/spanish/default.html
Entitled “A Time Out for Adults Can Save a Child’s Life,” this pamphlet provides education and resources for parents/caregivers to take home.

Give the pamphlet to the parents after the video.

SOCIAL CONTRACT

- Document to be read and signed by the parents/caregivers prior to discharge
- 2 copies, one to be kept with the AVS and one to go home with the parents/caregivers
- Statements from the educational video reinforced in writing:
  - I know crying is normal
  - I know shaking can seriously injure or kill my baby
  - I know crying can be frustrating
  - I promise if I become stressed out, I will place my baby in a safe place and call a friend (asks for friends name and phone number)
  - I promise I will choose my baby’s caregivers wisely
  - Hotline number
WHERE DO I LOCATE THIS MATERIAL?

- The video will be available on DVD and the intranet (NICU reference page and the CHNV website) in both English and Spanish.
- The pamphlet and the social contract can be printed by the printshop. When you are running low, please email printshop and order more of each.
- The detailed guideline will be located on the intranet, under the Policies & Procedures tab.
Under the Nursery Discharge Checklist, there is a line labeled “Shaken Baby Syndrome Education Completed”

Please select “Video Watched,” “Pamphlet Given,” and “Social Contract Signed” for each baby that is being discharged (see next slide for Epic Screenshot)

Not completing this documentation will prevent the AVS from printing
**EPIC DOCUMENTATION (NICU AND FBCC)**

### Discharge Checklist

<table>
<thead>
<tr>
<th>Category</th>
<th>Completed</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Discharge Info</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discharge Order Placed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Notified of Discharge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discharge Order Placed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OFC measured ≤ 12 hours discharge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Circumference</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearing Screen Passed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TCB WOI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newborn Blood Screen #1 Complete</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newborn Blood Screen #2 Complete</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newborn Blood Screen #3 Complete</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CCHD Pass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cord Clamp Removed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lab Work WOI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cleared by Social Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Car Seat Test Pass</td>
<td></td>
<td></td>
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<tr>
<td>Direct Care Available for D/C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birth Certificate</td>
<td></td>
<td></td>
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<tr>
<td>Vaccines Given</td>
<td></td>
<td></td>
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<tr>
<td>Vaccine Record Given</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shaken Baby Education Completed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Safe Sleep Education Completed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Discharge Info</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there anything else we need to know to provide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living Arrangements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Siblings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Siblings Age</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Shaken Baby Education Completed**

- Video watched
- Pamphlet given
- Social contract signed

**Comment:** (16)

**Admission (Current) from 5/25/2017 in...**

- 2/12/18
- 2/26/18
- 1135
- 0900
There is required documentation in the Required Before Discharge box on the patient summary.
The Shaken Baby Education tab will show up on the discharge navigator for all inpatients under 18.
If you choose yes to the question “Any children 3 and under in the house?” the education rows appear. Once you have completed the education, click all three methods of education delivery.
You will not be able to print the AVS if you do not complete the documentation.
We have seen a dramatic increase in NAT’s here at UMC
In response, we are implementing an EBP discharge policy that is required for all families being discharged from FBCC and NICU
All patients with children in the home under the age of 3 being discharged from Peds and PICU are also required to get the education prior to discharge
The discharge policy consists of a video, a pamphlet and a social contract (2 copies)
Prior to discharge, this education must be documented in order for the AVS to be printed
Please call Trauma Services (Dina or Cassie) with questions: ext. 2092
REFERENCES


Dias, M. S., Smith, K., deGuehery, K., Mazur, P., Li, V., & Shaffer, M. L. (Preventing Abusive Head Trauma Among Infants and Young Children: A Hospital-Based, Parent Education Program.” *Pediatrics, 115*(4). [http://pediatrics.aappublications.org/content/115/4/e470](http://pediatrics.aappublications.org/content/115/4/e470)


REFERENCES


