

INFANT SAFE SLEEP ASSESSMENTS
A COMMUNITY INTEGRATED PARAMEDICINE BEST PRACTICES TOOLKIT

The success and viability of Community Integrated Paramedicine (CIP) in Arizona is premised upon evidence-based prevention and outreach efforts to underserved and at-risk populations. Traditional CIP programs focus on adult-related conditions, e.g., hypertension, diabetes, COPD, medication compliance, post-discharge, and fall-risk assessment. A family-based approach in CIP, however, includes the entire family, especially the pediatric population, which has differing risks at different stages of development. Child-based home injury prevention programs generally include assessing the environment for poisoning, electrocution, drowning, burns, etc. A safe sleeping environment for infants, however, is an essential component of a CIP home assessment.

Establishing an effective infant safe sleep assessment component to your CIP program requires utilizing subject-matter expert resources. The following are excellent resources to help you implement an infant safe sleep home assessment component to your CIP program.

INFANT SLEEP SAFETY RESOURCES TOOLKIT FOR CIP

- [Arizona State Health Assessment \(April 2014\)](#) provides statewide, county, and community health profile data and resources for needs assessment development.
- [What Does a Safe Sleep Environment Look Like? \(CDC\)](#) provides an excellent visual description of a safe crib and other safe sleep information.
- [Expansion of Recommendations for a Safe Infant Sleeping Environment \(AAP\)](#) expands upon the AAP's 2005 SIDS reduction recommendations to include safe sleep environment to reduce the risk of all sleep-related infant deaths, including SIDS.
- [Safe to Sleep \(NICHHD\)](#) provides information and downloadable materials to reduce SIDS and other sleep-related causes of infant death.
- [Safe Sleep for Your Baby \(ADHS\)](#) provides current information on sleep safety and safe environments, and a safe sleep checklist for caregivers.
- [Safe Sleep for Babies Video \(CPSC\)](#) is a video that demonstrates the steps to ensure a safe sleep environment for babies produced by the US Consumer Products Safety Commission.
- [Safe Sleep Tips \(pdf\)](#) this provides easy to follow strategies to promote a safe sleep environment for infants.
- [Infant Safe Sleep Checklist \(RWJF\)](#) this checklist provides the home visitor with a method for reviewing the infant's sleep environment that can also serve as a basis for providing safe sleep education.
- [Healthy Child Care/SIDS Resources \(AAP\)](#) provides information on the "Back to Sleep Campaign and several downloadable resources to educate parents and caregivers on infant safe sleeping environments and practices.

For additional information on infant sleep safety and injury prevention, please contact any of the following resources

- [ADHS Ofc. of Children's Health](#) home visiting program offers resources on infant safe sleep environments.
- [ADHS Women, Infants & Children](#) offers resources for families that facilitate a safe and healthy home environment.