

## Home Visitation Leadership Advisory Coalition

March 19, 2014  
10:00 a.m. to 12:00 p.m.  
OSDH, Room 806

### Minutes

#### In Attendance:

Agatha Shula, MCH – OSDH  
Anita Patel, Parent Promise  
Debra Andersen, Smart Start Oklahoma  
Dwan McDonald, Northcare  
Janis Williams, Start Right – Positive Parents  
Jennifer Paulley Micue, OCCHD  
Kati O’Hearn, Smart Start Oklahoma  
Krista Wyckoff, Parent Promise  
Loan Tran, OHCA  
Markia Hines, OCCHD  
Melinda Bellack, McClain-Garvin Youth & Family Center - Purcell  
Monica Inciarte, Latino Agency  
Patty DeMoraes, LCDA  
Peggy Byerly, OSDH – MCH  
Sheri Brack, OCCHD  
Sherie Trice, OSDH  
Vicki Land, Smart Start Central Oklahoma

#### iPower Attendees:

Brenda Rose, Northwest Family Services – Alva  
Cathy Gordon, Northwest Family Services - Alva  
Dayen Dooley, Muscogee Creek Nation – Project Launch  
Donna Holladay, Parent Child Center of Tulsa  
Ginger Dunn, Chickasaw Nation  
Jackie Miller, Okmulgee-Okfuskee County Youth Services  
Kelley Nedbalek, CCFI - Norman  
Christy Sexton, Pontotoc County Health Dept Intern  
Linda Radaker – ECRC Healthy Families Start Right  
Magan Smith, Chickasaw Nation  
Regina Golden, Chickasaw Nation  
Renee Hoover, Garfield County CC  
Amy Childress, Cherokee Nation – Tribal MIECHV Grant  
Betty Weber, Pontotoc County Health Dept  
Debra Cox – Chickasaw Nation intern  
Sally Johnson – ECRC Healthy Families Start Right  
Sarah Franke, Help-In-Crisis – Cherokee County  
Susan Savage, Smart Start CC Muskogee

Sherie Trice opened the meeting at 10:05 a.m. All in attendance introduced themselves.

## WELCOME

- Introductions and Sharing of Program Information
  - The Health Care Authority Member Services is moving to the Lincoln Center at 4345 N Lincoln Blvd. Please be patient in any delayed responses during this move.
    - Spring Provider Training registration is now completely online. Please register asap.
      - Durant – April 10
      - Enid – April 17
      - Tulsa – April 30 and May 1
      - OKC – May 14 and 15
    - SoonerCare enrollment or re-enrollment is now completely online, and only compatible with Internet Explorer version 6 or higher - [www.mysooner.org](http://www.mysooner.org) 1-800-987-7767 is the helpline number and you will need a user id and a pin. When exiting the application online, please log-out and do not simply close out the browser. Reference website – [www.okhca.org](http://www.okhca.org)
  - Essentials for Childhood – meeting April 4<sup>th</sup> and May 16<sup>th</sup>, please email [SherieT@health.ok.gov](mailto:SherieT@health.ok.gov) to be placed on the notice list for this.
  - Debra Andersen announced that HB2789 is dead and was not heard on the House floor; no other activity on this bill is anticipated; Smart Start is currently working out an agreement with PEW which hired a lobbyist and will target the next legislative session regarding home visiting programs across the state. PEW concentrates primarily on public dollars and public awareness efforts supporting quality, evidence based programs and their combined efforts will focus on accountability as well as one organized report given to legislators as opposed to several different programs with separate reports. HVLAC meetings will be an opportunity for updates, input and feedback during this year long agreement. Questions - [Debra.andersen@smartstartok.org](mailto:Debra.andersen@smartstartok.org)
  - Debra Andersen also briefly mentioned that there is an uncertain future for the MIECHV funding.
  - The purpose of CAP day is to connect with your state legislator. Anita Patel spoke on advocacy cards being given to the Representatives and Senators on CAP day April 8, 2014. Electronic cards can be emailed to [Anita.Patel@ParentPromise.org](mailto:Anita.Patel@ParentPromise.org)
  - Any donation for pops for CAP day can be sent to: Smart Start Central Oklahoma PO Box 21505 Oklahoma City, OK 73156
  - The group continued to discuss the upcoming CAP day events including the mini-conference.

## **SPECIAL GUEST PRESENTATIONS**

- Sheri Brack with Fetal and Infant Mortality Review (FIMR) at the Oklahoma City County Health Department gave a presentation for training regarding Safe Sleep and reviewing Safe Sleep tips. Please see the attached PowerPoint presentation.
  - Anomaly, prematurity and unsafe-sleep are the 3 leading causes of infant death according to the stats gathered at FIMR.
- For additional free resources and information please see the end of the attached PowerPoint presentation for helpful website links and contact information for Fetal and Infant Mortality Review Project.
- FIMR currently serves four counties, Oklahoma, Cleveland, Canadian and Logan. FIMR reviews death certificates for infants from 24 weeks to one year of age. Investigation and review includes a staff of nurses communicating with hospitals, police, medical examiner, etc., as well as a team who contacts the mother to gather more specific information. Questions asked in review of each death include, barriers to care and health at pregnancy as well as after birth of the child. A compilation of information is reviewed and determinations are made and recommendations are sent to an advisory board with authority and ability to create changes within the system.

## **BRING, BRAG & BORROW**

- Sherie Trice discussed details of the events leading up to CAP day and mentioned several activities taking place in preparation for CAP day, e.g., making pinwheels, blue ribbon tree, diaper drive, legislator cards, etc.
- Debra Andersen announced that they are combining and coordinating other activities in the state with CAP day and will have tables on April 8<sup>th</sup> to incorporate the Week of the Young Child along with Child Abuse Prevention Day at the Capitol. Potts Family Foundation is coordinating with Smart Start and OICA to sponsor a “Legislative Read Day”. They have selected seven communities basing their focus on 7 essential life skills as identified in the book, “Mind in the Making” by Ellen Galinsky. [www.mindinthemaking.org](http://www.mindinthemaking.org) - Seven tip sheets are available for download at <http://www.mindinthemaking.org/wp-content/uploads/2013/12/Tips-for-Promoting-Essential-Skills.pdf>
- Smart Start is also building a blue ribbon tree with potentially 11,000+ ribbons
- Mindy Bellack from McClain Garvin County Start Right program bragged on her program supervisor, Betsy White for her great prevention ideas year after year. She decorates and gathers help from the community to get involved, such as the National Honor Society from the local high school. The program serves 3 counties and every year they contact the county court house to decorate blue ribbon trees and Betsy decorates both offices to attract attention during this week. They also have had a diaper drive for over six years and have received supplies from the surplus of last year’s tornado relief.
- Ginger Dunn announced that on April 26<sup>th</sup> they will be having a Children’s Fair at the Agri-Plex in Pontotoc County. They are also working with Main Street to put up their blue ribbon signs.
- Washington County is having a Maternity Fair in conjunction with the local hospital.
- Cherokee County is collaborating with the Walk a Mile in Her Shoes on April 19<sup>th</sup>.

## **CAP MONTH/CAP DAY AT THE CAPITOL & MINI CONFERENCE UPDATE**

- Two professional photographers will be at CAP Day who have been the past 6 years.

## **HOME VISITATION CHALLENGES**

- Special request from OHCA – Please provide an updated version of all home visitation services offered in each county. Rene Hoover mentioned that Kadion Lilly had an available updated directory. Loan Tran also requested more information regarding current OPAT programs for school districts. Sherie Trice requested an email with the request and she will gather the contact information needed.
- Mindy Bellack expressed that there are issues with travel because of the recent bridge construction and that they could not receive additional referrals for Lexington until further notice.
- Sherie Trice asked if there were any resources or speakers that attendees would like to have in future home visitors meetings. Ginger Dunn asked about a possible presentation on Car Seat and Passenger Safety - Peggy Byerly offered a contact person to present on the subject. Ginger also asked about ideas for multiple children homes and keeping other children entertained during the home visit.
- Patty DeMoraes with the Latino Agency and Janis Williams with Community Health Centers mentioned that they have 'patient navigators' available to help individuals and families enroll in Obamacare.

## **UPCOMING MEETING DATES**

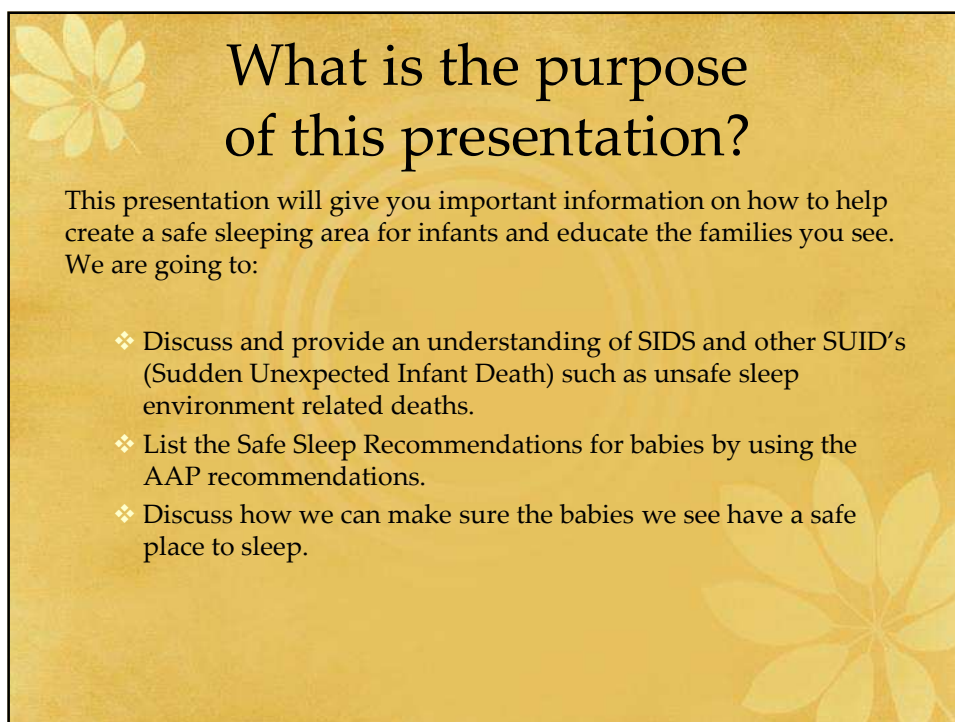
Wed, May 21, 2014 (OSDH – Room 806 – Video Conference available)

Wed, July 16, 2014 (OSDH – Room 806 – Video Conference available)

Wed, September 17, 2014 (OSDH – Room TBD – Video Conference available)

Wed, November 19, 2014 (OSDH – Room TBD – Video Conference available)

The meeting was adjourned at 11:47 a.m.



## What is the purpose of this presentation?

This presentation will give you important information on how to help create a safe sleeping area for infants and educate the families you see. We are going to:

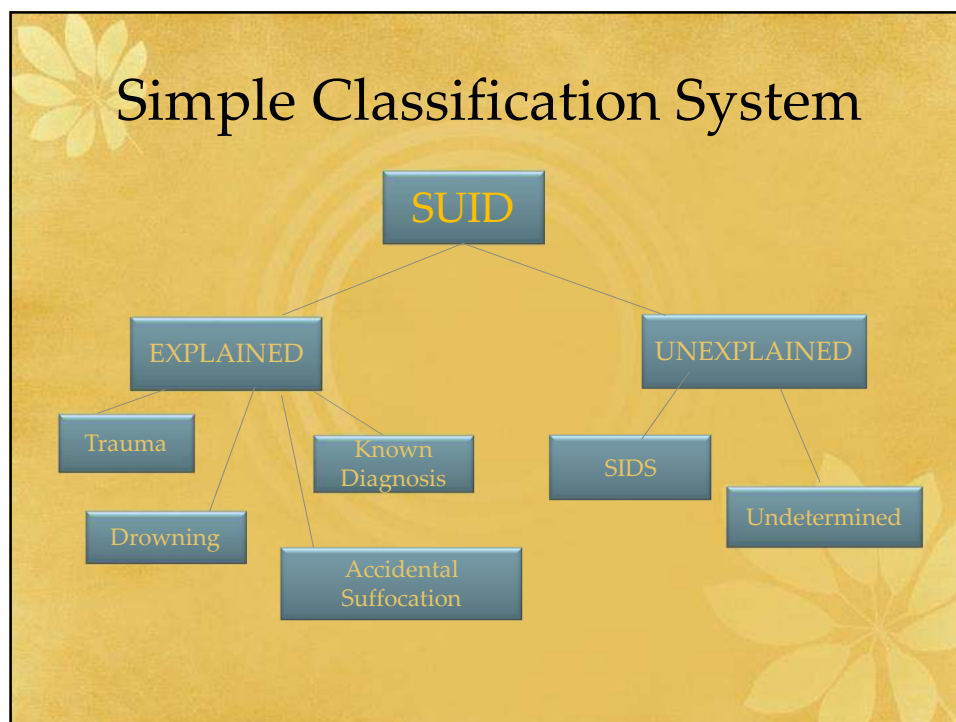
- ❖ Discuss and provide an understanding of SIDS and other SUID's (Sudden Unexpected Infant Death) such as unsafe sleep environment related deaths.
- ❖ List the Safe Sleep Recommendations for babies by using the AAP recommendations.
- ❖ Discuss how we can make sure the babies we see have a safe place to sleep.

## Statistics

- In Oklahoma, Canadian, Cleveland, and Logan County from 2006 to 2011, 96 babies died from sleep related deaths accounting for 21.2% of the 453 infant deaths
- 59.4% of the 96 babies who died were sleeping with a parent(s) or sibling(s)
- 85.4% (82 of 96 infants) indicated multiple unsafe sleep factors (blankets, pillows, adult bed, etc) in the sleep environment
- Only 33 of the 96 babies were reported to have been put in the supine position
- More infants die unexpectedly during sleep than from any other type of injury (still the #1 killer of infants 1-12 months old).

## What is SUID?

- Sudden and unexpected infant death is a term used to describe any sudden and unexpected death, whether explained or unexplained (including SIDS). SUIDs can be attributed to suffocation, asphyxia, entrapment, infection, ingestions, metabolic diseases, arrhythmia-associated cardiac channelopathies, and trauma (accidental or non-accidental).



## Sleep-Related Deaths

- Most SUIDs occur during sleep or in the sleep environment = Sleep related deaths
  - Suffocation, strangulation, entrapment
  - Undetermined/ill-defined/unknown
  - SIDS

## SIDS

- Any SUID (i.e. sudden and unexpected death) that remains unexplained after:
  - A complete review of the history
  - An autopsy
  - A death scene investigation.

Typically a seemingly healthy infant is found dead after a sleep period, dying either during sleep itself or during a transition from sleep to waking.

## SIDS is NOT...

- Preventable, but the risk can be greatly reduced by following the American Academy of Pediatrics (AAP) guidelines for SIDS reduction
- Suffocation
- Caused by vomiting and choking, or by minor illnesses such as colds or infection
- Caused by immunizations
- Contagious
- Child abuse or neglect
- The cause of every unexpected infant death



## Facts about SIDS

- SIDS age Range. The risk of SIDS peaks at 2 to 4 months of age. SIDS is rare during the first month of life and after the age of six months.
  - Age – Vulnerability
  - 2-4 months – 75%
  - 4-6 months – 15%

## Vulnerable to SIDS

### Physical Factors

- Brain abnormalities
- Low Birth Weight
- Respiratory Infection

### Sleep Environmental Factors

- Sleeping on stomach/side
- Sleeping on a soft surface
- Sleeping with parents


## Home Assessment Observations

- Where do you lay your infant to sleep?
  - How do you lay your infant to sleep?
  - Does your infant sleep in equipment not designed for infant sleep (i.e. car seat, high chair, bouncer, stroller, swing, etc.)?
  - Does your infant sleep with anything/anyone?
  - How often do you check on your baby during nap and bedtime?
  - Are there any loose cords or hanging items on or near the crib?
  - Is the mattress raised at one end?
  - Do you use a pacifier?
  - Are there any wedges?
  - Do individuals smoke in the house?
  - Who watches your infant and how do they put them to sleep?
- (Address dangers of bottle propping).

## What should you teach parents?



- Teach parents that infants should always be placed to sleep on their backs for all sleeps.
- Remind parents that room sharing, not bed sharing, is appropriate for infants, and can reduce the risk of SIDS by up to 50%.
- Teach them about the dangers of cigarette smoke to infants
- Remind parents to keep soft items such as pillows, blankets, comforters, bumper pads, and stuffed animals out of the baby's sleep environment



- Teach parents not to overdress the baby, with no more than 1 extra layer than the adult.
- Tell them that the only items in the crib should be a firm crib mattress with a tight-fitting crib sheet
- Tell them to check on the baby every few hours, even at night
- Teach them never to prop the baby's bottle
- A pacifier is ok and combined with breastfeeding, reduces the risk of SIDS

## Problems with sleeping with baby

- Overheating
- Soft bedding
- No safety standards from adult mattresses
- Risk of entrapment

Most studies show 50-75% of SUID deaths occur when the baby is sleeping with another person.

## Important to know

- Sleeping with your baby is always risky but the baby's risk of SIDS/SUID is higher when...
  - Mom smoked during pregnancy or was exposed to smoke
  - Baby was born early or is low birth weight
  - If drugs, alcohol, or other meds are being used that makes the caretaker sleepy.

## Barriers to education

- They think the baby isn't comfortable on its back
  - Teach them that when babies are placed on their back all the time they are comfortable in that position
- They are afraid the baby will have a flat head
  - Teach them that when baby is awake that tummy time is important
- Advice from others
  - Teach them that although their parents may have placed them on their tummy as an infant we know much more now about how to keep babies safe while sleeping



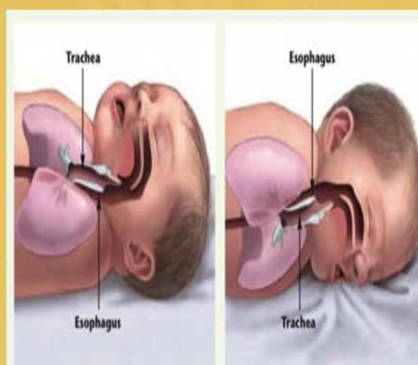
## Back sleeping vs. Stomach sleeping

### Back sleeping (Supine)

- The tube the food goes down is below the windpipe.
- If baby spits, then the food will stay below therefore keeping the baby from choking.

### Stomach sleeping (Prone)

- The tube that the food goes down is **above** the windpipe.
- If the baby spits up, the food can go into the windpipe and the baby could choke.



## Safe Sleep is as easy as ABC

### *Baby should sleep...*

Alone, on his/her  
Back, in a  
Crib with the  
Dangers Eliminated

- No pillows
- No blankets
- No bumper pads
- No stuffed animals
- No toys
- No clutter
- No cords
- No smoking



## AAP Risk Reduction Guidelines

- Put baby to sleep on his/her back
- Do not smoke around the baby
- Use a firm crib mattress covered by a fitted sheet
- Remove ALL extraneous objects from the crib
- Provide a separate but proximate sleep environment
- Consider a pacifier
- Avoid commercial devices marketed to reduce the risk of SIDS

## Resources

### Text 4 Baby

- [www.text4baby.org](http://www.text4baby.org)

### Preparing for a Lifetime

- [www.ok.gov/health/Child\\_and\\_Family\\_Health/Improving\\_Infant\\_Outcomes/index.html](http://www.ok.gov/health/Child_and_Family_Health/Improving_Infant_Outcomes/index.html)

### The National Institutes for Health, Back to Sleep Campaign

- [www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids)

### First Candle – Helping Babies Survive and Thrive

- [www.firstcandle.org](http://www.firstcandle.org)

### OK-Train

[www.oktrain.gov](http://www.oktrain.gov)

Thank you!



Fetal and Infant Mortality Review Project  
Oklahoma City County Health Department  
921 NE 23<sup>rd</sup> Street Oklahoma City, OK 73105  
Phone: 405.524.4406 Email: [fimr@occhd.org](mailto:fimr@occhd.org)  
[www.occhd.org](http://www.occhd.org)