



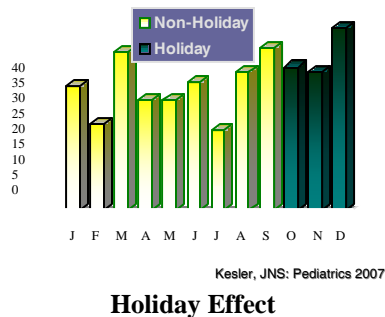
Pennsylvania Shaken Baby Syndrome Prevention & Awareness Program *“Saving babies’ lives one family at a time.”*

Volume 6, Issue 4

Fourth Quarter 2009

Seasonal Variations in the Incidence of Abusive Head Trauma

Over my years of nursing in pediatric critical care, it often appeared to the nursing staff at our hospital that there was an increase in Shaken Baby Syndrome, (Abusive Head Trauma) over the Thanksgiving through New Year holidays. There is a scarcity of research for holiday or seasonal increase in infant abusive head trauma over this time frame.



et al. Demographics of abusive head trauma in the Commonwealth of Pennsylvania. *Journal of Neurosurgery: Pediatrics* 1: 351-356, May 2008.)

OB nurses responsible for the delivery of the education on Shaken Baby Syndrome to parents need to be aware that the added stress of the holidays can be taxing to both first time and seasoned parents. It is therefore important for us as nurses to reinforce the following: Parents need to recognize that the act of parenting can be a huge stressor in itself and can be overwhelming at times. Parents of newborn and young infants need to remember from our hospital based education that “It is never OK to shake a baby”. If the crying is getting on your last nerve, it’s OK to place your baby face up in the crib and walk away for 5 to 10 minutes. Find someone to talk to. Calm down then check on your baby. Never hold your baby when you are feeling out of control or angry. New parents should also plan to have a support system in place when they take their newborn home from the hospital for times when the act of parenting becomes overwhelming.

Carroll Rottmund RN, BS.N, CCRN, CLNC
Nurse Coordinator Pennsylvania SBS Prevention & Awareness Program



Encourage parents to enjoy their little angel this holiday season. They grow so fast!

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Special Points of Interest:

- **Holidays & AHT Incidence**
- **Hospital Survey Update**
- **New “Help Cards” Developed**

Beautiful Jackson Hole In Summer



Members of the New York & Pennsylvania SBS Prevention Programs at the *Second International Conference on Abusive Head Trauma: Medical, Forensic & Scientific Advances & Prevention* in Jackson Hole, Wyoming June 2009.

(Left to Right) NY Nurse Coordinator Kathy DeGuehery, RN; SBS Program Founder Mark Dias, MD; PA Nurse Coordinators Marie Killian, RN & Carroll Rottmund, RN (Missing from the photo: Kim Smith, RN (NY) & Kelly Cappos, RN (PA))



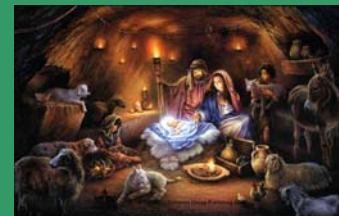
The best gift you can give a new parent is the skills to cope with their crying infant. Parents remember what YOU, the nurse expert, teach them. The education you provide can help to save their child's life!

Hospital Survey Update

The Pennsylvania Shaken Baby Syndrome Prevention and Awareness Program would like to thank all the nurses who have distributed SBS hospital surveys to parents since the fall of 2008. As the first year of survey participation came to a close in September, 44 % of all parents who delivered in Pennsylvania hospitals returned surveys. As we embark on year two of distributing this worthwhile tool, we look forward to an even greater response as it becomes part of your routine practice to offer both parents a survey to complete, during your designated survey month once a year, after providing them SBS education. Parent's responses obtained from the surveys will be published in our upcoming 2010 newsletters.

The SBS hospital surveys contain an area for parents to voluntarily provide their contact information if they wish to participate in a brief follow-up survey 7 months after their hospital education. Volunteers for the 7-month surveys are also obtained during outpatient SBS education in 16 selected counties in Central PA. Since the distribution of the 7-month surveys began in June 2009, 52% have been returned. Through this survey tool, we hope to identify which aspects of the SBS education parents retained 7 months later, what components they felt were most helpful, and the impact they feel the education made on their behaviors as a caregiver. Analysis of the survey responses is in progress. We look forward to sharing these findings with you in the future.

*Whatever Holiday You Celebrate May it be
Safe, Healthy & Happy*



*The Pennsylvania Shaken Baby Syndrome Prevention & Awareness Team
Mark Dias Carroll Rottmund Marie Killian & Kelly Cappos*



Did You Know...

that all Pennsylvania Children's & Birth Hospitals are encouraged to have their Obstetric and NICU staff in-serviced on infant abusive head injuries every three years? In 2009 the Pennsylvania Nurse Coordinators presented updated PNA approved training at 59 hospitals. Forty-one hospitals are due for in-servicing in 2010. If your hospital or birth center has not been in-serviced since 2007 please contact the PA SBS Office to schedule training for your staff in 2010. Thank you!

New Parent Help Cards in Development

Teresa Olsen, Director of Child Abuse & Neglect Education & Prevention for the *Pennsylvania Chapter of the American Academy of Pediatrics* has developed a new "Help Card" for parents. This trifold card takes a positive approach to parenting & suggests tips for parents to cope with a crying child. The new card will replace the current Department of Public Welfare 1-800-For-A-Child card which has been in existence for over nine years. Information on how to obtain these cards for your new parents will be released in the next newsletter.





www.pasbs.com



**Pennsylvania Shaken Baby Syndrome
Prevention & Awareness Program**
“Saving babies’ lives one family at a time.”

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Preventing Infant Abusive Head Trauma through Parent Education

The *Shaken Baby Syndrome Prevention & Awareness Program* was developed in 1998 in Upstate New York by Dr. Mark Dias, Pediatric Neurosurgeon. Since the inception of the SBS program, Upstate New York has reduced the incidence of infant abusive head injuries by nearly 50%. In 2002, the identical program was started as a pilot study in central Pennsylvania and *Pennsylvania Law 2002-176: The Shaken Baby Syndrome Education Act* was passed. The program partnered with the *PA Department of Health* and in 2006 became the **first state in the nation** to provide SBS education in a consistent and comprehensive manner in 100% of all birthing and children’s hospitals and free standing birth centers in Pennsylvania .

In October 2007, The *Centers for Disease Control (CDC)* awarded the *Pennsylvania Shaken Baby Syndrome Prevention & Awareness Program* a \$2.8 million dollar grant to continue the prevention efforts by expanding SBS education into Pediatric & Family Practice offices in 16 counties in Central Pennsylvania. Phase II is funded by the CDC for five years.

The *Pennsylvania Shaken Baby Syndrome Prevention & Awareness Program* provides PNA approved nursing in-services, supplies, educational videos and guidance free of charge.

Our goal, with your help, is to ensure that every parent of every child born in Pennsylvania receives education on shaken baby syndrome!



The Pennsylvania Hospitals/Birth Centers Providing SBS Education

Abington Memorial Hospital
Albert Einstein Medical Center
Allegheny General Hospital
Altoona Hospital
Armstrong Center for Med & Hlth
Barnes-Kasson Hospital
Berwick Hospital Center
Birth Care & Family Health Svcs
Birth Center: Bryn Mawr
Bloomsburg Hospital
Bradford Regional Med. Center
Butler Memorial Hospital
Carlisle Regional Med Center
Chambersburg Hospital
Charles Cole Memorial Hospital
Chester County Hospital
Children’s Hospital: Philadelphia
Children’s Hospital: Pittsburgh
Clarion Hospital
Clearfield Hospital
Community Medical Center
Conemaugh Memorial Med Center
Crozer Chester Medical Center
Delaware County Memorial Hosp
Doylestown Hospital
Dubois Regional Medical Center
Easton Hospital
Elk Regional Medical Center
Ellwood City Hospital
Ephrata Hospital
Evangelical Community Hospital

Excelsa Health: Westmoreland
Forbes Regional Hospital
Geisinger Medical Center
Geisinger Wyoming Valley Med Ctr
Gettysburg Hospital
Good Samaritan: Lebanon
Grand View Hospital
Grove City Medical Center
Hahnemann University Hospital
Hamot Medical Center
Hanover General Hospital
Harrisburg Hospital
Hazleton General Hospital
Heart of Lancaster Regional Med Ctr
Heritage Valley HS: Beaver
Holy Redeemer Hosp & Medical Ctr
Holy Spirit Hospital
Hosp University of Pennsylvania
Indiana Regional Med Center
Jameson North Memorial Hospital
J.C. Blair Memorial Hospital
Jennersville Regional Hosp.
Lancaster Gen Women & Babies Hosp
Lower Bucks
Lehigh Valley Hospital
Lewistown Hospital
Lock Haven Hospital
Magee Woman’s Hospital
Main Line: Bryn Mawr
Main Line: Lankenau
Main Line: Paoli

Meadville Medical Center
Memorial Hospital: Towanda
Memorial Hospital: York
Mercy Hospital: Pittsburgh
Mercy Jeannette Hospital
Mercy Suburban General Hospital
Millcreek Community Hospital
Montgomery Hospital
Moses Taylor Hospital
Mt. Nittany Medical Center
Nason Hospital
Ohio Valley General Hospital
Penn State Hershey Medical Center
Pennsylvania Hospital
Phoenixville Hospital
Pocono Medical Center
Pottstown Memorial Med. Center
Punxsutawney Hospital
Reading Birth & Women’s Center
Reading Hospital & Med Center
Riddle Memorial Hospital
Robert Packer Hospital
Sacred Heart Hospital
Schuylkill Med Ctr
Sewickley Valley Hospital
Sharon Regional Health
Soldiers & Sailors Memorial
Somerset Hospital Health Center
St. Christopher’s Hospital
St. Clair Memorial Hospital
St. Joseph Med Center of Reading

St. Luke’s Hospital: Allentown
St. Luke’s Hospital: Bethlehem
St. Mary’s Medical Center
St. Vincent Medical Center
Temple University Hospital
Thomas Jefferson University Hosp
Titusville Area Hospital
Tyler Memorial Hospital
Uniontown Hospital
UPMC: Bedford Memorial
UPMC Horizon: Shenango Valley
UPMC: Northwest
Warren General Hospital
Washington Hospital
Wayne Memorial Hospital
Waynesboro Hospital
Western PA Hospital
Wilkes-Barre General Hosp.
Williamsport Hospital
Windber Medical Center
York Hospital



Sleep Soundly Little Santas!

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