Nurse Managers Are Responsible for Staff Education

Shaken baby syndrome (abusive head trauma) education of parents in the state of Pennsylvania is the responsibility of staff nurses according to Pennsylvania Law 2002-176: The Shaken Baby Syndrome Education Act. This education is mandated in the hospital/birth center after the birth of EVERY baby but prior to discharge from the hospital/birth center. If the baby is being discharged home with the mother then the education is to be done by the maternity unit nurse. If the baby is being cared for in the neonatal intensive care unit then the education must be done by the NICU staff prior to the baby being discharged home with the parents even if it was introduced in the OB unit previously.

Nurse managers of obstetric units, neonatal intensive care units and birthing centers are ultimately responsible for their staff's compliance to the statewide mandate. If new staff have been hired then the nurse manager must ensure that the new staff members are trained in the proper presentation of the SBS education according to the statewide community standard of nursing practice which includes ALL of the following elements:

- One-on-one discussion between the nurse and parents about crying, soothing, coping, selecting safe caregivers, and SBS
- Viewing “A Life in Your Hands: Preventing Shaken Baby Syndrome©” video
- Reading the SBS brochures
- Signing a commitment statement verifying that the education was completed

Over the years, more than 22 newsletter articles had been published related to these recommendations and three versions of the SBS sample policy were provided to all PA hospitals. Nurse managers are expected to share these newsletters with their staff. These components are covered in detail during every SBS in-service presented by our team to hospital staff statewide. Staff lounge posters containing these recommendations were distributed to every hospital and birth center, therefore, they should be present in every OB & NICU across the state. No PA OB or NICU nurse should ever say they were not aware of their responsibility for this education and the manner in which it is to be presented.

If you are a new nurse manager; if you are not sure if your staff is providing the education correctly; or if you have new staff please contact the PA SBS Program office. We will be happy to assist you in bringing your staff compliance up to speed by providing them with PSNA approved onsite training, policy guidelines, and assistance specific to your needs.

Thank you for ensuring that all new parents at YOUR facility receive this lifesaving education!
Governor Corbett Proclaims Shaken Baby Syndrome Awareness Week in April 2014

We wish to thank Governor Tom Corbett, the Pennsylvania House of Representatives and Mr. Darryl Gibbs for their commitment to protecting little ones from harm by proclaiming April 20 through 26, 2014, "Shaken Baby Syndrome Awareness Week" in Pennsylvania.

After losing his precious 8 month old daughter Cynthia to abusive head trauma, Darryl Gibbs dedicated his life to preventing this tragedy from happening to others. As mentioned in past PA SBS newsletters, Darryl has been instrumental in passing four Shaken Baby Syndrome laws while he was living in the state of New York including Cynthia’s Law in 2006. He has worked tirelessly on the national level to create the first national SBS public health campaign, entitled “The Shaken Baby Syndrome Prevention Act of 2010,” sponsored in the United States Congress. Since moving to Pennsylvania Darryl has been determined to increase public awareness on the community platform. He was the driving force behind the passage of the noncontroversial House Resolution No. 817 by the General Assembly of Pennsylvania on April 29, 2014.

The resolution notes that “Prevention and awareness efforts are supported by national and local organizations such as the PA Department of Health, the Brain Injury Association of Pennsylvania, the Centers for Disease Control and Prevention, the American Academy of Pediatrics, Prevent Child Abuse Pennsylvania, the Cynthia Gibbs Foundation, the Skipper Initiative, the National Center on Shaken Baby Syndrome, the Children’s Defense Fund, the Child Welfare League and the Shaken Baby Alliance and the Pennsylvania Family Support Alliance, that all work to educate new parents and caregivers and increase awareness among the general public to encourage increased support for victims and their families in the health care and criminal justice systems.” In addition the resolution states that “The House of Representatives wishes to commend Dr. Mark Dias and his dedicated nurse coordinators at the PA Shaken Baby Syndrome Prevention and Awareness Program for 12 successful years as leaders in the fight to prevent Shaken Baby Syndrome throughout this Commonwealth”. (H.R. Res. 817, P. 3447, 2014)

As nurses in the PA hospitals who deliver this valuable prevention message to new parents, we commend each and every one of you for the valuable work that you are doing and invite you to share in the Governor’s proclamation which is included as an insert in this newsletter.

SBS In-service Credit Provided Electronically

In-services about infant abusive head trauma are presented by the three PA SBS Prevention Program Nurse Coordinators to hospital staff statewide. This one hour formal training has been approved for one contact hour of continuing education credit via the Penn State Milton S. Hershey Medical Center Nursing Education and Professional Development Department which is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

PSNA has encouraged all programs to utilize an online format for evaluating presentations and providing the credits for attendance. Therefore, the Pennsylvania Shaken Baby Syndrome Prevention Program has transitioned from paper evaluations and certificates to an online Survey Monkey format. At the conclusion of every in-service, information will be provided about the new evaluation process and the PSNA certificate can be printed upon completion of the survey.
Don’t Forget About What Dads Need
When Educating New Parents

Since June 15, 2014 is Father’s Day we encourage you to take a moment to think about how your staff provides services to meet the needs of new dads.

Having a baby changes everything...not only for the new mother but for the new father as well. The enormity of having a child affects men differently than women and can vary not only between men but also with each pregnancy. Even fathers who were involved in the planning of the pregnancy, and attentive every step of the way, often find that actually caring for the demands of a little one can be very different from the vision they had prior to the baby’s birth. Men who are used to being in charge, organized, and prepared, may find that the financial, emotional, and physical demands of having a child are challenges they have never experienced before.

By directly inquiring how the dad is doing, and providing him with the opportunity to express his feelings and ask questions, validates that HE is important and will play a special role in the life of his child. Provide the new father with resources in your area specific to the needs of new dads as well as websites that address these issues such as:

New Father Fears (www.parents.com)
22 Tips for New Dads and Baby Basics for New Dads (www.babyzone.com/mom/fatherhood)
New Dads: What to Expect After Baby Arrives (www.webmd.com)

Encourage new dads to occasionally have “man nights” with friends and “date nights” with the baby’s mom so he doesn’t feel like he has totally lost touch with the person he was pre-baby. It will rejuvenate him and make him a better dad in the long run!

Post Partum Depression Can Affect Dads Too

PPND (Paternal Postnatal Depression) is a condition that can occur in men after the birth of a child. Depression, anxiety, or other problems with mood can occur anytime during the first year of a baby’s life.

Research published in the Journal of the American Medical Association (2010), notes that 10% of dads get depressed before or after the birth of their child. The number spiked to 26% during the three-to six-month period after the baby's arrival. "That’s more than twice the rate of depression we usually see in men," explains James F. Paulson, Ph.D., author of the study. Since this is also the time where there is a high risk for abusive head trauma in infants, and 75% of the time the perpetrators are parents and 60% of the time it’s the father or father figure, understanding the link between depression and child abuse is very important.

Websites such as: www.postpartummen.com and support groups for dads can provide valuable resources to assist a new dad who is feeling overwhelmed. Acknowledging that PPND exists can be the first step in obtaining help for dads who are feeling down.

Depression and PTSD can make parenting especially challenging!
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 Pennsylvania Department of Health and by 2006 became the first state in the nation to provide consistent hospital-based education in 100% of all birthing and children’s hospitals in Pennsylvania according to the Dias Model.

In 2007, the Centers for Disease Control & Prevention (CDC) awarded the PA Shaken Baby Syndrome Prevention Program a $2.8 million dollar grant to expand the program into pediatric and family practice offices in 16 counties in Central Pennsylvania for a five year period. The CDC also provided funding for the development, production, and distribution of a new abusive head trauma video entitled, “A Life in your Hands: Preventing Shaken Baby Syndrome®” which is now being utilized in hospitals statewide and on the Newborn Chanel nationally.

The Pennsylvania Shaken Baby Syndrome Prevention Program, through ongoing funding from the Pennsylvania Department of Health, provides PSNA approved nursing in-services, supplies, and guidance free of charge to all PA hospitals & birthing centers.

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

Pennsylvania Hospitals and Birth Centers Providing Infant Abusive Head Trauma Education

Abington Memorial Hospital
Geisinger Lewistown Hospital

Albert Einstein Medical Center
Geisinger Medical Center

Albert Einstein Med Ctr Mont
Geisinger Wyoming Valley Med Ctr

Armstrong Center for Med & Hlth
Good Samaritan: Lebanon

Berwick Hospital Center
Grand View Hospital

Birth Care & Family Health Svcs
Grove City Medical Center

Birth Center: Bryn Mawr
Hahnemann University Hospital

Butler Memorial Hospital
Hanover General Hospital

Carlisle Regional Med Center
Harrisburg Hospital

Chambersburg Hospital
Heart of Lancaster Regional Med Ctr

Charles Cole Memorial Hospital
Heritage Valley HS: Beaver

Chester County Hospital
Heritage Valley HS: Sewickley

Children’s Hospital: Philadelphia
Holy Redeemer Hosp & Medical Ctr

Children’s Hospital: Pittsburgh
Holy Spirit Hospital

Clariion Hospital
Hosp University of Pennsylvania

Conemaugh Memorial Med Ctr
Indiana Regional Med Center

Crozer Chester Medical Center
J.C. Blair Memorial Hospital

Delaware County Memorial Hosp
Jennersville Regional Hosp.

Doyleston Hospital
Lancaster Gen Women & Babies Hosp

Dubois Regional Medical Center
Lehigh Valley Hospital

Easton Hospital
Lehigh Valley Hazleton Hospital

Elk Regional Medical Center
Lock Haven Hospital

Ephrata Hospital
Magee Woman’s Hospital

Evangelical Community Hospital
Main Line Bryn Mawr

Excelsa Health Westmoreland
Main Line Paoli

Forbes Hospital
Main Line Lankenau

Geisinger Bloomsburg Hospital
Main Line Riddle

Meadville Medical Center
Midwife Ctr for Birth/Women's Hlth

Monongahela Community Hospital
Millerereck Community Hospital

Moses Taylor Hospital
Mt. Nittany Medical Center

Penn State Hershey Medical Center
Nason Hospital

Pennsylvania Shaken Baby Syndrome Prevention Program, through ongoing funding from the Pennsylvania Department of Health, provides PSNA approved nursing in-services, supplies, and guidance free of charge to all PA hospitals & birthing centers.

All PA SBS Newsletters can be found on our website at: http://www.pennstatehershey.org/web/shakenbaby/home

Enjoy the Summer