**ISA ISPID  
  
Abstract Submission  
  
Nº: 187**

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| Topics: **SIDS/SUID** |
| Type: **Oral** |
| **A National Study: Nurses as Role Models for Parents in Israel:Practicing and delivering the Reduce the Risk of SIDS message** |
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| **Introduction** The first 2 days following delivery is the nurse’s best window of opportunity to influence parents’ behaviors to help reduce the risk of SIDS. Study Objectives: 1. Examine how knowledgeable nurses are of the “Reduce the Risk” and “Safe Sleep” campaigns. 2. Discover whether nurses consistently apply these practices in the hospital. 3. Ascertain what nurses are actually communicating to parents and caregivers regarding risk reduction and safe sleep practices.  **Material and Methods** Questionnaire designed to determine knowledge of risk reduction practices, implementation of these practices and the quality of guidance provided by nurses all over the country. Participation was voluntary and anonymous.  **Results** 247 nurses working in NICU, Newborn and Maternity  wards of hospitals and health community centers throughout the country responded. Major findings show that  while nurses are generally knowledgeable regarding sleep position and smoking, most lack awareness of what constitutes a safe sleep environment guidelines (e.g., foot to feet, no objects in bed, tucked in blanket, overheating avoidance).  Junior nurses provided better recommendations regarding most guidelines and specifically with regards to breastfeeding and pacifier use Overall, nurses with academic qualifications provided better guidelines Department’s affiliation seems to have no effect on either knowledge or messages delivered.  **Conclusions** It is important to further improve knowledge and awareness among nurses. It is also important to specifically address the role of non-professional staff (nurses’ assistants, students and other helpers) in improving awareness of best risk reduction practices. We suggest conducting training sessions to update recommendations and discuss issues raised by the staff on a regular basis. The training should specifically focus on strategies improving parents’ compliance with the most straightforward safe sleep recommendations that require little effort. |
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