

# CDOP Newsletter

Issue 2: December 2016

## KEY MESSAGES

Welcome to the 2nd Edition of the CDOP Newsletter. This edition we are looking at two key messages:

- *SIDS and Co-sleeping*
- *Nappy sacks*

All professionals are encouraged to continue with providing parents with the key messages regarding safe sleeping for babies and safety around nappy sacks usage.

## SIDS & CO-SLEEPING

Over the last year, the district has continued to see babies under a year of age who have died due to Sudden Infant Death Syndrome (SIDS). In many cases this has occurred with co-sleeping together with risk factors such as smoking, alcohol or drug use and sleeping on a sofa.

As there is an association between SIDS and co-sleeping, especially when risk factors are present, we identify such infant deaths to be modifiable. It remains one of our key recurrent causes of modifiable deaths.

Bradford CDOP is asking for your organisation to help minimise the chances of similar deaths in the future by ensuring this issue continues to be a high priority.

Please ensure all your staff are fully aware of current policies and guidance and are able to communicate the risks effectively with parents and families. This includes the prevention of SIDS overall and also specifically SIDS and co-sleeping.

CDOP has noted that the NICE guidance on postnatal care was last updated in February 2015: <https://www.nice.org.uk/guidance/cg37>



## NICE guidelines state:

- sleeping (parents or carers sleeping on a bed or sofa or chair with an infant) and SIDS [**new 2014**]
- Inform parents and carers that the association between co-sleeping (sleeping on a bed or sofa or chair with an infant) and SIDS is likely to be greater when they, or their partner smoke [**new 2014**]
- Inform parents and carers that the association between co-sleeping (sleeping on a bed or sofa or chair with an
- infant) and SIDS may be greater with:
  - ◇ Parental or carers recent alcohol consumption or
  - ◇ Parental or carers drug use, or
  - ◇ Low birth weight or premature infants [**new 2014**]

### Further advice for parents is available via the following links:

- UNICEF's caring for your baby at night:  
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/caring-for-your-baby-at-night/>
- Lullaby safer sleep link and video for parents and carers:  
<http://www.lullabytrust.org.uk/safer-sleep>
- NHS Choices - SIDS:  
<http://www.nhs.uk/Conditions/Sudden-infant-death-syndrome/Pages/Introduction.aspx>

## NAPPY SACKS NATIONAL CAMPAIGN

### Choking and suffocation risk to babies from nappy sacks

Nappy sacks have been implicated in causing suffocation and choking of babies less than one year old.

RoSPA is aware of at least 16 baby deaths in England and Wales due to nappy sacks – thin plastic bags used to dispose of soiled nappies. Children can easily suffocate or choke on this item if it is left in their reach as they naturally grasp anything and put it in their mouths, but they find it more difficult to let go.

#### Why is this happening?

The typical scenario associated with the deaths is that the sacks are stored within the baby's reach, close to the baby's cot—including under the mattress usually for convenience. In some cases, the nappy sacks had been left near to or in the cot for ease of changing the baby's nappy in the night. The light flimsy material of the bag is easy for a baby to grasp automatically and then instinctively bring to their mouth for exploration, which can lead to obstruction of the nose, and mouth and even inhalation.

Feedback from parents, carers and professionals demonstrated that the risk to young babies is compounded by the fact that widespread usage of nappy sacks is a relatively recent phenomenon.

Parents and carers are generally aware of the dangers posed by plastic bags, but do not make the same link to nappy sacks and so are less likely to take the same safety precautions. The risk of potential hazard is increased by the lack of mandatory suffocation warning advice on the packaging and the product's frequent availability as loose bags in a packet, as opposed to supplied on a roll.

#### KEY MESSAGES

- ❖ **Always keep nappy sacks and other plastic bags or wrapping away from babies and young children**
- ❖ **Never place nappy sacks in a baby's cot or pram**
- ❖ **Buy nappy sacks on a roll if possible.**

For further information please visit:  
<http://www.rospa.com/campaigns-fundraising/current/nappy-sacks/>

## RESEARCH – NEWBORN HEARING TEST & LULLABY TRUST

An innovative new study funded by The Lullaby Trust is being launched, which could have profound implications for preventing the sudden and unexpected deaths of babies and children. The study, which is being carried out by University of Bristol, could allow babies at greater risk of Sudden Infant Death Syndrome (SIDS) to be identified by examining the results from the newborn hearing screening test.

Preventative steps could then be taken to help save the lives of those at high risk. The study also aims to learn more about unexpected death in older children and how we might also be able to prevent such deaths in the future.

The research team is led by Professor Peter Fleming, Consultant Paediatrician at University

Hospitals Bristol and Professor of Infant Health and Developmental Physiology at Bristol University.

The study also involves researchers from Birmingham Women's Hospital, Sheffield Children's Hospital and Seattle Children's Hospital in the USA.

Recruitment for participants will start later in 2016, which The Lullaby Trust is helping to conduct. The Lullaby Trust is proud to support this important research, which could be pivotal in reducing the number of babies dying of SIDS and unexpected deaths of older children in the future.

For more information about the research please visit:  
[www.lullabytrust.org.uk/current-research](http://www.lullabytrust.org.uk/current-research)

### Reporting a Child Death

All deaths of children from birth to the day before their 18<sup>th</sup> birthday should be reported through the Child Death Review Office as soon as possible after death.

It is important to remember that a child's death should be reviewed in the area where the child would normally reside rather than in the area in which they die.

#### To notify a child death please contact:

Louise Clarkson CDOP Manager on **01274 273519** as soon as possible after the child has died.

Notification forms can be found on the BSCB website [www.bradford-scb.org.uk](http://www.bradford-scb.org.uk) or by contacting: 01274 273519