

***VALLEYCARE***  
**OLIVE VIEW-UCLA MEDICAL CENTER/HEALTH CENTERS**  
**POLICY & PROCEDURE**

**NUMBER: 261**  
**VERSION: 2**

**SUBJECT/TITLE:** SHAKEN BABY SYNDROME PARENT EDUCATION PROGRAM

**POLICY:** All parents of newborns delivered at Olive View-UCLA Medical Center will receive individualized education related to Shaken Baby Syndrome prior to discharge from the hospital.

**PURPOSE:** To provide guidelines for the educational information to be taught to the parent/parents of newborns.

**DEPARTMENTS:** All

**DEFINITIONS:** **Shaken Baby Syndrome (SBS)** is the term used to describe a group of injuries that result from an infant or child being violently shaken by another individual. The American Academy of Pediatrics describes the severity of the shaking as so violent that competent individuals observing the shaking would recognize it as dangerous. Some of the injuries associated with SBS include traumatic brain injury, retinal hemorrhages, blindness, fractures, seizures, paralysis and death. Poor feeding, vomiting, lethargy, and respiratory difficulty are also associated with shaken baby syndrome (New York Department of Health, 2007).

**PROCEDURE:** **Equipment List:**

- Television/DVD
  - “Portrait of Promise” DVD
  - SBS Brochure
  - Commitment Statement
1. The nurse will explain the following to the parents/caregivers:
    - SBS is a violent and severe form of child abuse that can result in serious brain injury and possibly death.
    - The reason for the SBS education is to make parents aware of SBS and so they share this information with any caregiver of their infant/child.
    - Potential types of injuries that can result from shaking an infant/child include: subdural hemorrhage, swelling of the brain (edema), retinal hemorrhages, partial vision loss or blindness, development delays, skull fractures, rib fractures, cerebral palsy, paralysis, seizures, hearing loss, loss of bowel/bladder control, lifetime learning disabilities, coma, or death, etc.

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- Everyone is at risk.
  - Infant crying is the number one reason a child is shaken. Inform parents that infant crying is normal and there are various effective techniques to cope with crying.
    - a. Is the baby hungry?
    - b. Does the diaper need to be changed?
    - c. Is the baby sick? Does the baby need to be taken to his/her pediatrician?
    - d. Try rocking the baby or walking around with the baby.
    - e. Sing, talk, or offer the baby a pacifier.
    - f. Try taking the infant in the stroller, car ride, hold the baby.
    - g. Call a friend or family member to help
    - h. Place the infant in a safe place, on his/her back and allow crying, but check on your baby every five minutes.
    - i. Call your pediatrician
  - The nurse must be available to answer questions the parents have regarding their child.
2. The nurse will provide the parents/caregivers written educational information about Shaken Baby Syndrome. This includes the SBS Brochure.
  3. The nurse will make provisions for the parents to view the educational DVD "Portrait of Promise." This can be done in the patient's room, on a portable TV/DVD.
  4. The nurse will ask the parents to sign the Commitment Statement that verifies Shaken Baby Syndrome education has been provided. Parents should be aware that "not" signing the Commitment Statement will have no bearing on the care given to the infant/child/mother. Whenever possible, the nurse must make every effort to have both parents sign this Commitment Statement.

\* Written educational information, DVDs and Commitment Statements are available in both English and Spanish.

### **DOCUMENTATION:**

The nurse's charting should reflect the following:

- "Portrait of Promise" viewed or not (if not viewed document reason given by parent)
- Discussion with nurse
- SBS brochure given
- Commitment Statement filed in patient chart

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References:

Dias, M., Smith, K., deGuehery, K., Mazur, P., Li, B., & Shaffer, M. (2005). Preventing abusive head trauma among infants and young children: A hospital-based, parent education program. *Pediatrics*, 115(4), 470-477.

National Center on Shaken Baby Syndrome (2007). Shaken Baby Syndrome. Retrieved on January 29, 2007, from <http://www.dontshake.com>

New York Department of Health (2007). Shaken Baby Syndrome. Retrieved on January 5, 2007, from <http://www.health.state.ny.us/nysdoh/consumer/sbs/definition.htm>

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