Background:
About 4 years ago at Inova Fairfax Women’s Hospital on the Labor and Delivery Unit, a newborn who was deemed a healthy newborn and had no risk factors was found blue and unresponsive on their mother’s chest roughly at 1 hour of life. It was later discovered that the newborn died due to sudden unexpected postnatal collapse/sudden infant postnatal collapse.

Labor and Delivery (LDR) Registered nurses (RNs) were not aware that sudden unexpected postnatal collapse (SUPC) existed, were not responsible for assessing neonates for SUPC, and were not educating their patients about SUPC.

Purpose:
The purpose of this project is to determine if educating LDR RNs would increase their knowledge on SUPC and therefore decrease the incidence of SUPC.

Methods
Four articles were reviewed and appraised.

Becher, Bhushan, and Lyon define SUPC as both severe apparent life-threatening events and sudden infant death (SID) occurring <24 h, in infants where the postnatal adaption appears normal (10 minute apgar score >8).

Davanzo, Cunto, Paviotti, Travan, Inglese, and Brovedani found that SUPC can cause death or permanent disability in neonates.

Ludinton-Hoe and Morgan believe that RNs should closely assist the mother and monitor the position and airway of the newborn to prevent SUPC.

Pejovic and Herlenius encourage RNs to use the RAPP tool (Respirations, Activity, Perfusion, Positioning) while assessing the newborn.

We used the evidence to create a pre-test, education session via PowerPoint, and a post-test to assess LDR RNs knowledge about SUPC.

Findings
After reviewing the results, we found that overall, the scores improved on the tests after the education session.

54% of the scores increased, 41% of the scores stayed the same, and 5% of the scores decreased

The results of the posttest were as follows:
- 5% of the RNs received a score of 25%
- 37% of the RNs received a score of 50%
- 35% of the RNs received a score of 75%
- 20% of the RNs received a score of 100%

The results of the posttest were as follows:
- 0% of the RNs received a score of 25%
- 10% of the RNs received a score of 50%
- 35% of the RNs received a score of 75%
- 55% of the RNs received a score of 100%

The findings of this EBP findings indicate that educating RNs on SUPC increases their knowledge on the subject and therefore can decrease the incidence of SUPC.

Implications for Practice
The findings of the EBP prove that educating RNs does in fact increase their knowledge on a particular topic. With this increased knowledge, a greater number of RNs will be aware of signs and symptoms in addition to educating their patients about SUPC thus preventing SUPC.

The findings of the EBP also open up the conversation of whether or not LDR RNs should be mandated to assess for SUPC during the recovery process. RNs leaders may need to consider developing a specific a flowsheet in EPIC where SUPC assessment can be made so that RNs are held accountable for SUPC assessments.

References


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Acknowledgements
Specify if applicable. If not, use this section for study contact info.
Study was funded by Inova Fairfax Labor and Delivery Unit.