

# Prep My Ride: Making the Trip Home a Safe One

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## Our Journey on the Road of Car Seat Safety

- Obtained Certification
  - Child Passenger Safety Technician (CPST)
  - After successful completion of a 4-day course given by NHTSA
  - Recertification maintained by community service and continuing education requirements
- Maternal and neonatal nurses self-initiated the Car Seat Committee and developed the program in 2001
- Collaborated with nursing and medical personnel
- Maintain Car Seat Class for the Parent Education Program under the direction of Terry O'Brien, RN, MSN
- Participate in community service activities

## National Highway Traffic Safety Administration (NHTSA)

- Valuable and easily accessible resources via website which include:
  - Car Seat Check locations
  - Ease of Use Rating system
  - Educational materials
- Ongoing problem: 8 out of 10 car seats are misused
- Motor vehicle accidents (MVA)
  - Leading cause of death for infants and children
- Correctly used car seats are:
  - 71% effective in preventing fatalities attributable to MVAs
  - 67% effective in preventing injury that requires hospitalization



## American Academy of Pediatrics (AAP) Recommends:

- Hospital Programs should include:
  - Policies for discharge of children in car seats
  - Development of policies in consultation with CPST
  - Regular review of education materials
  - Trained staff to assess special needs of infants
  - Information about Distribution Program for parents
  - Parent Education Component



**Preparing a Baby for the Ride Home**

**Problems with improper fit of infant in car seat**

- Harness straps above shoulder level
- Crotch strap far away from infants torso

**Lack of knowledge among parents and staff**

- Infants incorrectly positioned in car seat
- Modifying car seat features without knowledge of appropriate alternatives

**Needs Assessment: Gain Knowledge about Car Seat Safety**

Attended 4-day CPST course sponsored by NHTSA

- To complete certification requirements

Began conducting car seat test

- Evaluate preterm infant's ability to sit semi-upright for one hour without apnea, bradycardia, and/or desaturation

**Developed Car Seat Class**

- For Parent Education Program
- Geared towards expecting parents and grandparents



**Documentation**

Developed Car Seat Test Form and Nursing procedure

- Standardized method of documentation
- Facilitated finding results easily

Created Car Seat Release Form

- AKA-legal waiver
- Nurses review key teaching points at discharge
- Responsibility lies with parents for placing infant in car seat

Developed Infant Transportation Policy

- Includes recommendation from AAP, guidelines for car seat test, Pennsylvania State laws
- Responsibility of Nurses and Physicians

**Committee Formed Consisting of Five Child Passenger Safety Technicians (CPST)**

Reviewed AAP recommendations

- As defined in policy statement

Expanded Parent Education Program

- To include classes offered 6x/year

Developed and presented competency

- To the nursing staff on Maternal-Infant Unit and Intensive Care Nursery

**Committee Activities**

- Recertification requirements completed
- Participated in Safe Kids Coalition events
- Nursing Organization Panel Discussion
- Presented topic at professional conference to get the "word out" about the need for car seat education

**Activities and Ongoing Events:**

- Resource for nursing and pediatric staff
- Provide updates and education
- Lecture during Critical Care Course
- Car seat checks-community service
- Educational Booths
- Continue to offer parent education car seat class

## Car Seat Class for Parent Education Program

- Complimentary two-hour class offered 6x/year consisting of:
  - Demonstration of infant-only rear facing and convertible car seats, and booster seats
  - Audio-visual component
  - Hands-on opportunities
  - Community resources
- Evaluation comments from parents:
  - "Good information"
  - "Very helpful"
  - "Know what to buy and do... make good decisions"
  - "Learned more than I thought I would"
  - "Never thought there was so much to learn about car seats!"
  - "Show and tell was very helpful"
  - "Viewing seats very helpful... props are very necessary."
  - Most comments were positive: ratings 4-5, good to excellent
- Stats:
  - Started offering classes: September 2001
  - Offered 6 times/year
  - Average attendees: 15 people/class

## Car Seat Release Form

- Checklist of key educational points that discharging nurse reviews with parents
- Legal release form to cover hospital employees
- Parental disclaimer that education was received and car seat was not present at time of discharge

## Car Seat Test and Data Form

- Needed for infants
  - <37 weeks gestation
  - Medical condition that place infants at higher risk for apnea and/or oxygen desaturation
- Completed prior to discharge for at least 60 minutes in infant's own car seat
- Evaluate infant's heart rate, respiratory rate, and oxygen saturations while sitting semi-upright
- Completed by nursing staff and signed off by physician

