

LESSON PLAN

TOPIC: SUDDEN INFANT DEATH SYNDROME

Developed by:

**Florida Association of EMS Educators
in cooperation with Florida SIDS Alliance.**

January 1999

DOMAIN/LEVEL:

OBJECTIVES:

Upon completion of this course of instruction, the student will be able to:

1. Define Sudden Infant Death Syndrome (SIDS).
2. Describe the general population characteristics of a probable SIDS infant.
3. Describe the common physical characteristics of a probable SIDS infant.
4. Describe the "typical" scenario of a probable SIDS infant.
5. Identify important actions which should be initiated by a emergency responder.
6. Identify potential responses of parents/ caregivers to an infant death.
7. Identify potential responses of emergency responders to an infant death.
8. Identify the common signs and symptoms of critical incident stress (CIS).
9. Identify strategies for decreasing the impact of CIS.
10. Identify community resources available to parents/caregivers

REQUIREMENTS:

1. Equipment:

Media presentation equipment
(method to be selected by instructor)
Computer/Projector
Slide Projector
Overhead Projector
TV/VCR (if video tape recommendations utilized)

MATERIALS:

1. Program Lesson Plan
2. Program Roster
3. Instructor/Program Evaluation Packet
4. Student Manual
5. Post Test
6. Presentation Medium (Computer, Slides, Transparencies)
7. Video Tape: See Lesson Plan Recommendations

TIME	CONTENT	NOTES	DOMAIN	RATIONALE
	<p>I. Administration Matters:</p> <p><u>Explain:</u></p> <ol style="list-style-type: none"> 1. Classroom process for lesson 2. Breaks 3. No Smoking Policy <p>II. Introduction/Set Induction</p> <ol style="list-style-type: none"> A. Introduce yourself B. Brief program overview <p>III. Objectives</p> <p>See attached</p>	<p>Slide #1 – Title</p> <p>Slide #2 – Development Team</p> <p>Slide #3 – Peer Review Team</p> <p>Slide #4-6 - Objectives</p>		<p>Prevent later confusion and interruptions.</p> <p>Set tone for program</p> <p>Student will have a good overview of course content and expectations. Will help refresh information later.</p>

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	<p>B. Internal Appearance On Autopsy</p> <ol style="list-style-type: none"> 1. Pulmonary congestion and edema 2. Intrathoracic petechiae in 90% of SIDS infants 3. Stomach contents in trachea 4. Microscopic inflammation in trachea <p>VIII. Typical SIDS Infant Scenario</p> <ol style="list-style-type: none"> A. SIDS almost always occurs when infant is asleep or appears to be asleep B. Infant is usually healthy prior to death C. Infant may have had a cold or recent physical stress D. Infant may have been placed down for a nap and found not breathing or appearing to be dead. 10-20 minutes to several hours later E. Parents report not hearing any signs of a struggle even when they have been within hearing distance at all times <p>IX. Emergency Responder Activity</p> <ol style="list-style-type: none"> A. Initiate resuscitation per EMS System practice parameters and protocols B. Support of parents <ol style="list-style-type: none"> 1. Use calm directive voice 2. Be clear in instructions to those present 3. Provide explanations to the parents about treatment and transport 	<p>Slide #15 – Internal Appearance</p> <p>Slide #16 – Typical SIDS Scenario</p> <p>Slide #17 – Emergency Responder Activity</p> <p>Slide #18 – Support of Parents</p>		<p>Understanding what a typical SIDS infant scenario consists of will help student during the assessment process and in dealing with the family</p> <p>An organized systematic approach will help the student to perform all proper evaluations and documentation</p>

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	<p>3. Observe for any unusual conditions</p> <ul style="list-style-type: none"> a. High room temperatures b. Odors in the environment c. Anything out of the ordinary <p>4. Presence of medications?</p> <ul style="list-style-type: none"> a. Take all medications to the hospital, if possible <p>X. Anticipated Parental Responses</p> <p>A. Common responses are not predictable but may include:</p> <ul style="list-style-type: none"> 1. Denial, shock and disbelief 2. Anger, Rage, Hostility 3. Hysteria 4. Withdrawal 5. Intense Guilt 6. Fear 7. Helplessness and confusion 8. No visible Response 9. May or may not accept the infant is dead <p>B. Expected requests from the parent may include:</p> <ul style="list-style-type: none"> 1. Repetitive questions 2. Request to not initiate care 3. Request to be alone with the infant 4. Request to terminate resuscitation efforts 5. Request for the cause of apparent death 	<p>Video Tape Recommendation: Death and Dying, Emergency Medical Update 10/94, Vol. 7 #12 (9.5 min.)</p> <p>Slide #21 – Anticipated Parental Responses</p> <p>Emphasize that responses noted may vary and that Emergency Response Personnel need to keep their emotions/reactions under control</p> <p>Slide #22 – Expected requests from Parents</p>		<p>Understanding the possible responses of the parents will help the student to deal with emotional displays and the family's needs</p>

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	<p>C. If parent attempts to interfere with appropriate care</p> <ol style="list-style-type: none"> 1. Show empathy 2. Do not become angered or argumentative 3. Avoid restraining parent 4. Be professional (put yourself in their shoes) <p>XI. Anticipated Emergency Personnel Responses</p> <p>A. Emergency personnel responses may include:</p> <ol style="list-style-type: none"> 1. Withdrawal, avoidance of parents 2. Self-doubt, if the infant does not recover 3. Anger, wanting to blame someone 4. Identification with parents 5. Sadness and depression <p>B. Emergency personnel expectations of parent behavior</p> <ol style="list-style-type: none"> 1. Hysterical and tearful responses 2. Disbelief that not every parent will initiate CPR 3. Disbelief/Unable to accept a parent decision that their infant is dead and that they do not want CPR started 4. Cultural differences in mourning and grieving process 	<p>Slide #23 – If Parents Interfere</p> <p>Slide #24 – Anticipated Emergency Personnel Responses</p> <p>Slide #25- Emergency personnel expectations of parents</p> <p>Video Tape Recommendation: SIDS, Emergency Medical Update 1/91, Vol. 4 #3 (14 min.)</p> <p>Or</p> <p>SIDS, Pediatric Education for Paramedics, Florida Emergency Medicine Foundation and California EMS Authority, 1997 (31.17 min.)</p>		<p>Anticipating the possible responses of emergency response personnel will help to prepare the student to deal with a SIDS incident and prevent them from dealing with the parents in a negative way</p> <p>Cultural models of grief vary - what the emergency responder expects as a grief response may not be the way the SIDS parents show grief</p>

