



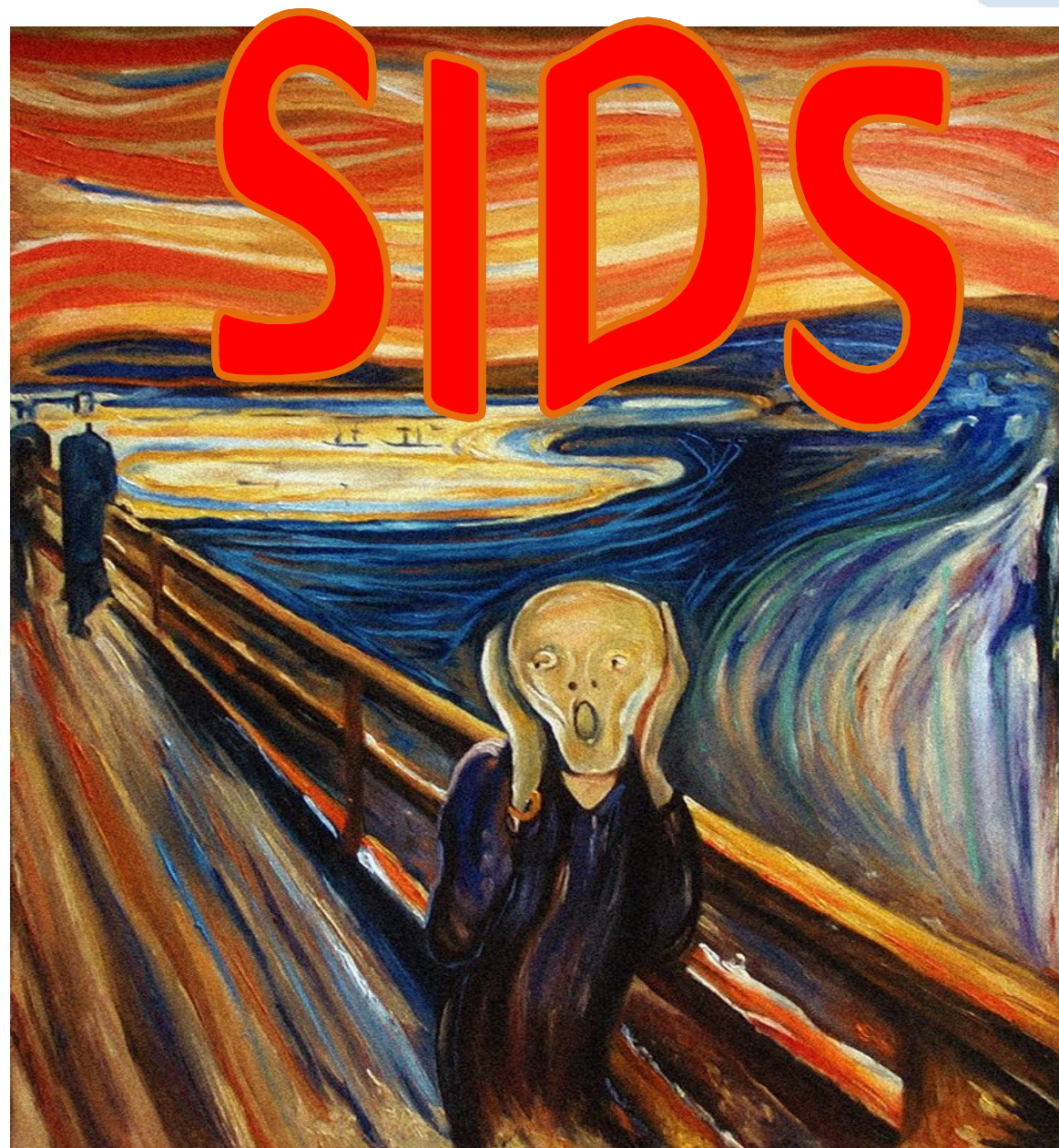
SALVADOR DALÍ

LE SOMMEIL, 1927

DORMIRE A PANCIA IN GIU E

PAVULLO 20 SETTEMBRE 2014

DOTT.SSA TORELLI PAOLA





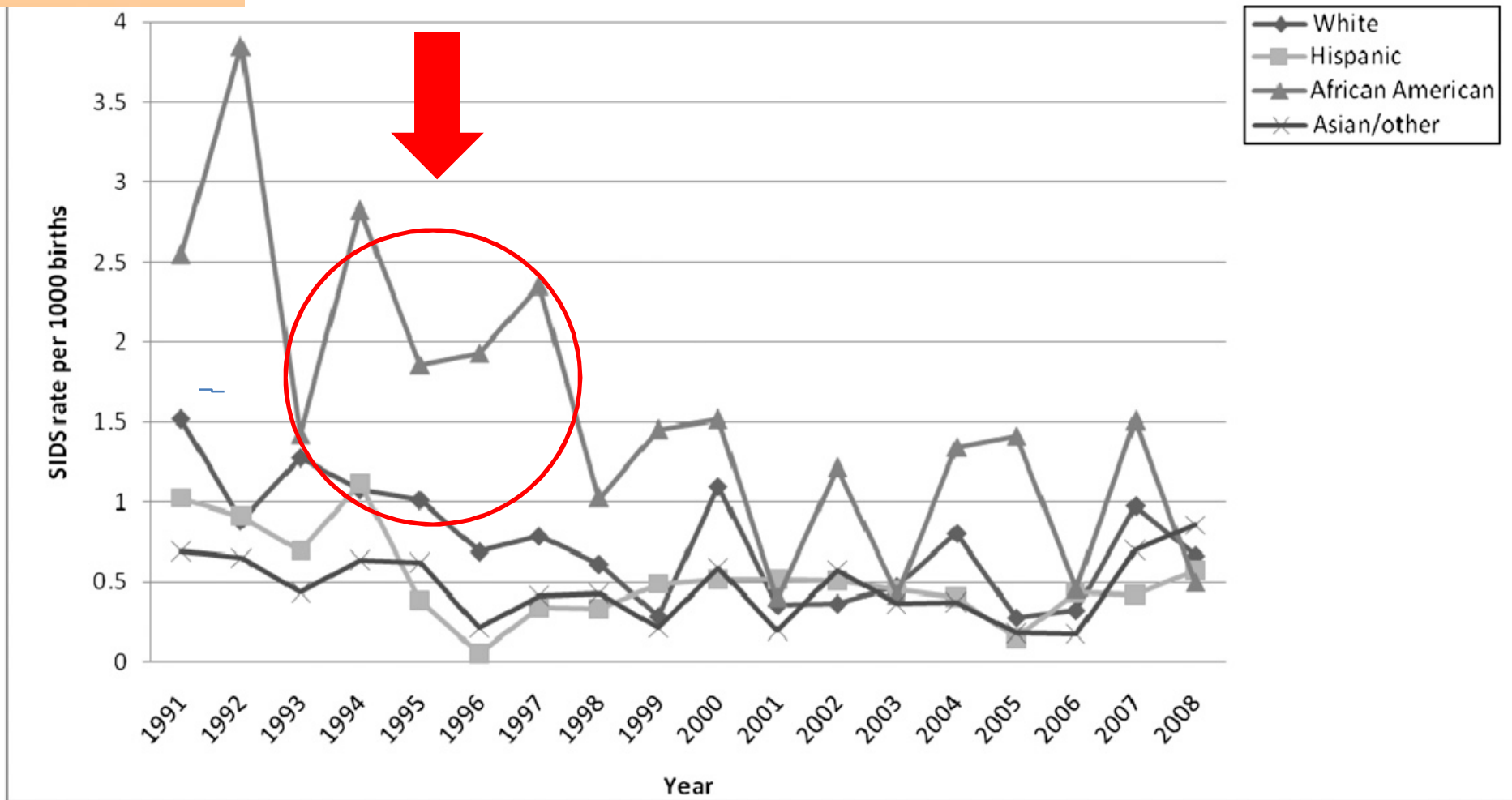
DEFINIZIONE DI SIDS

Si intende la morte di un bambino di età inferiore ad 1 anno, improvvisa, inspiegabile anche dopo una valutazione del caso, comprendente l'esecuzione di una autopsia, l'esame dello scenario in cui si è verificato il decesso, l'esame della storia clinica

E UN EVENTO RARO?

NO

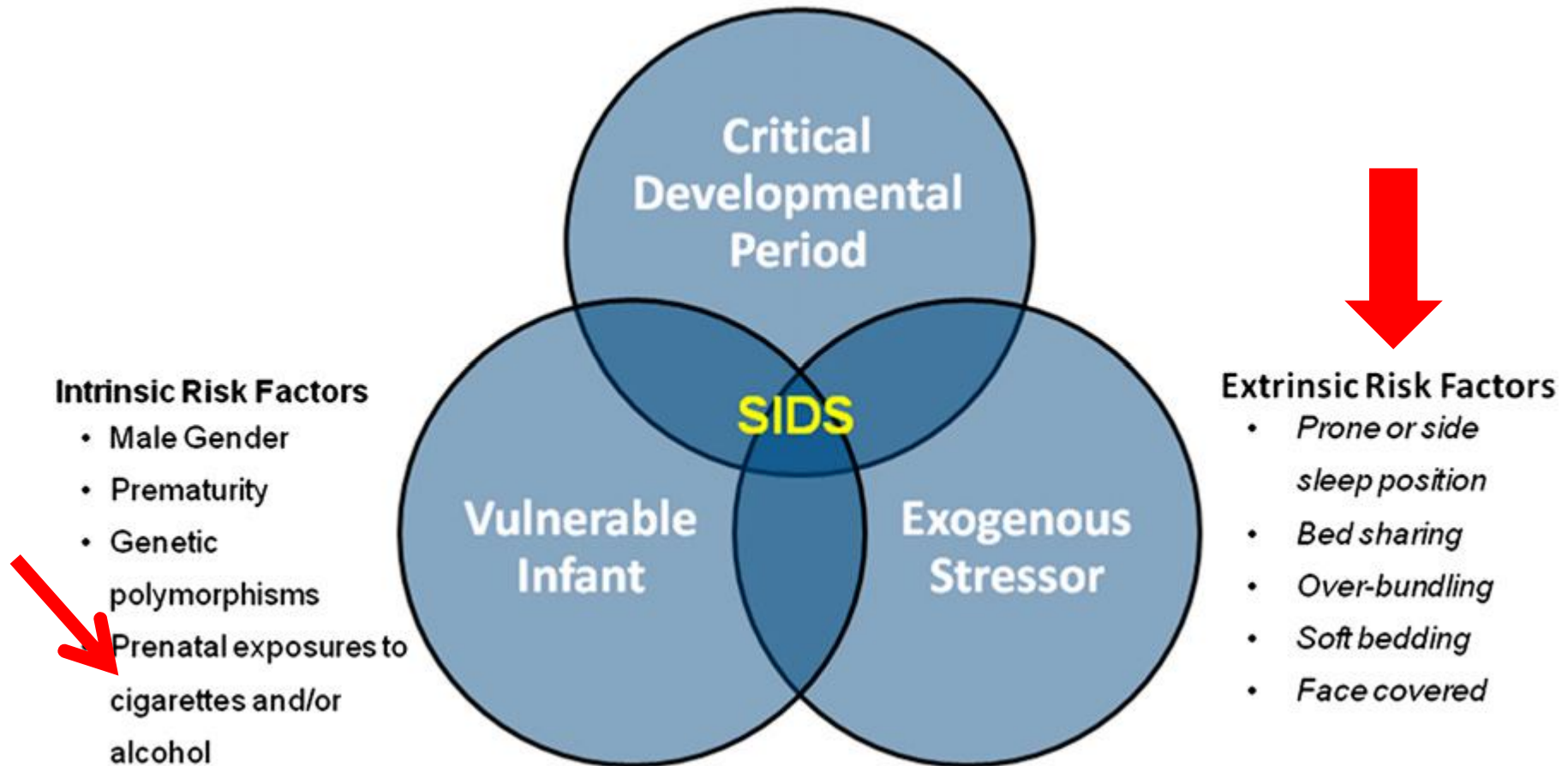
INCIDENZA FRA 0,7-1 SU 1000 NATI VIVI



SIDS rate per 1000 births by year in San Diego County, California. The SIDS rate was calculated as the ratio of the number of SIDS deaths (San Diego Medical Examiner's Office) to the number of live births in San Diego County (California Department of Public Health Birth Records).¹⁸ The BTS campaign in the United States began in 1994.



0-12 Postnatal Months





Prone sleeping position and SIDS: evidence from recent case-control and cohort studies in Tasmania.

[Dwyer T¹](#), [Ponsonby AL](#), [Gibbons LE](#), [Newman NM](#).

[Author information](#)

¹Menzies Centre for Population Health Research, Hobart, Tasmania, Australia.

Abstract

...The population attributable risk percentage, based on the high risk cohort data, was 0.38 (95% CI [0.35-0.41]), suggesting that a significant reduction in SIDS incidence might occur if the prevalence of the prone sleeping position in the infant population were reduced. Other factors which may be important for the development of any public health interventions to reduce SIDS based on these findings are discussed

Lancet;1991 May 25;337(8752):1244-7.

Prospective cohort study of prone sleeping position and sudden infant death syndrome.

[Dwyer T¹](#), [Ponsonby AL](#), [Newman NM](#), [Gibbons LE](#)

...Matched analysis to control for the confounding effects of infant birthweight and maternal age indicated that prone sleeping position was associated with an increased risk of SIDS (OR 4.47 95% CI [1.30-15.43]). The findings are strengthened by the results of a concurrent retrospective case-control study of 42 SIDS cases in which the prone position was also associated with an increased risk of SIDS (unadjusted OR 3.45 [1.59-7.49]).



[Pediatrics](#). 1994 May;93(5):814-9.

Infant sleep position and risk for sudden infant death syndrome: report of meeting held January 13 and 14, 1994, National Institutes of Health, Bethesda, MD.

[Willinger M](#)¹, [Hoffman HJ](#), [Hartford RB](#).

Author information

¹Pregnancy Perinatology Branch, National Institute of Child Health and Human Development, National Institutes of Health, Rockville, MD 20852.

CONCLUSION:

The overwhelming opinion of the assembled experts was that the evidence justified greater effort to reach parents with the American Academy of Pediatrics' recommendation that healthy infants, when being put down to sleep, be positioned on their side or back

[Arch Dis Child](#). 2007 Jul;92(7):625-6. Epub 2007 Apr 3.

The continuing decline in SIDS mortality.

[Mitchell EA](#)¹, [Hutchison L](#), [Stewart AW](#).

Author information

¹Department of Paediatrics, University of Auckland, Auckland, New Zealand.

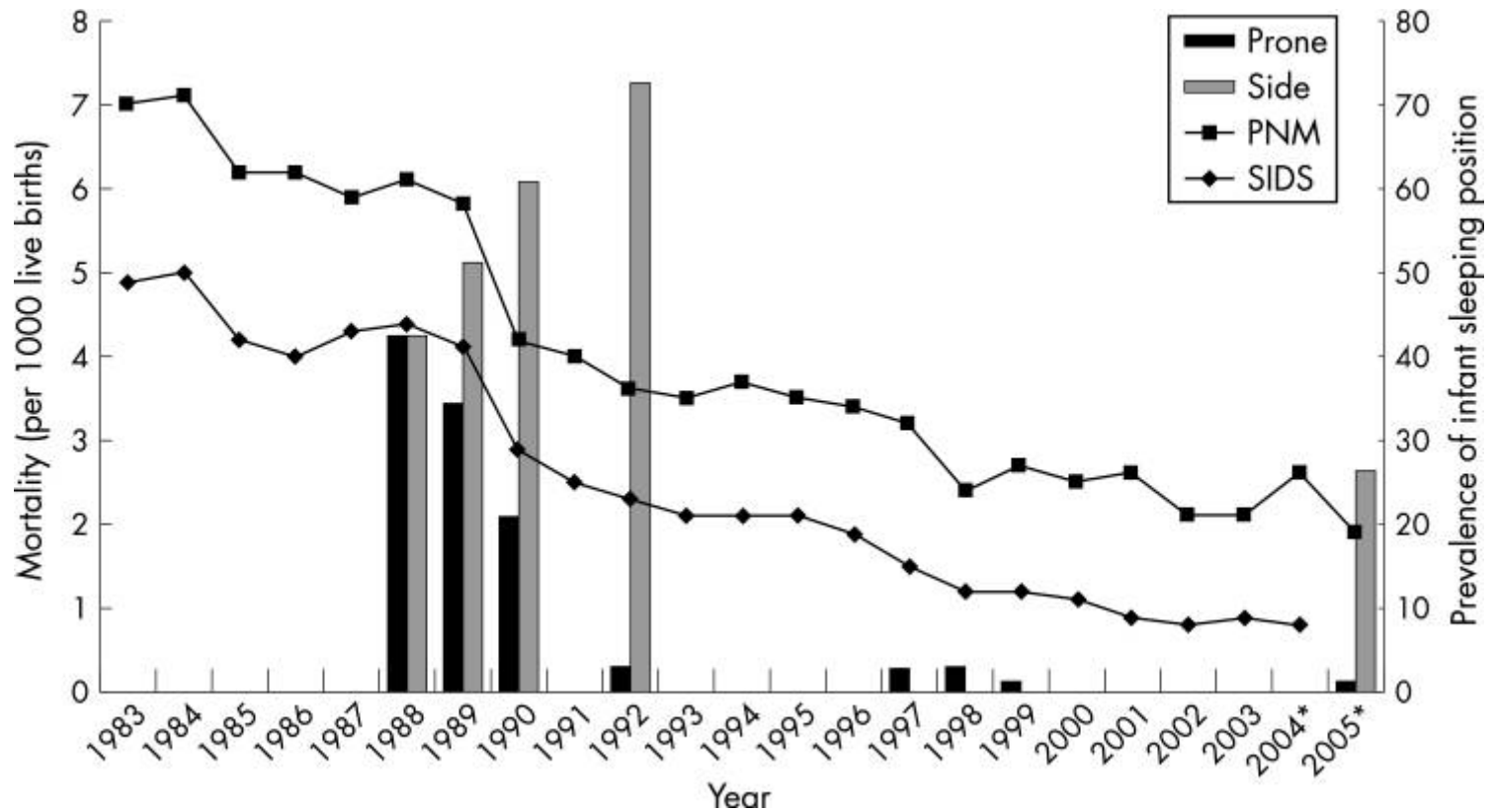
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Abstract

The "Back to Sleep" campaign resulted in a dramatic decrease in sudden infant death syndrome (SIDS) worldwide. SIDS mortality has continued to decline (in New Zealand by 63% from 1993 to 2004), but the reason for this has not been explained. A postal survey found that the proportion of infants sleeping on their back has increased substantially (from 24.4% in 1992 to 72.3% in 2005), and this could account for the 39%-48% decrease in SIDS mortality.

[Arch Dis Child.](#) 2007 Jul;92(7):625-6. Epub
2007 Apr 3.

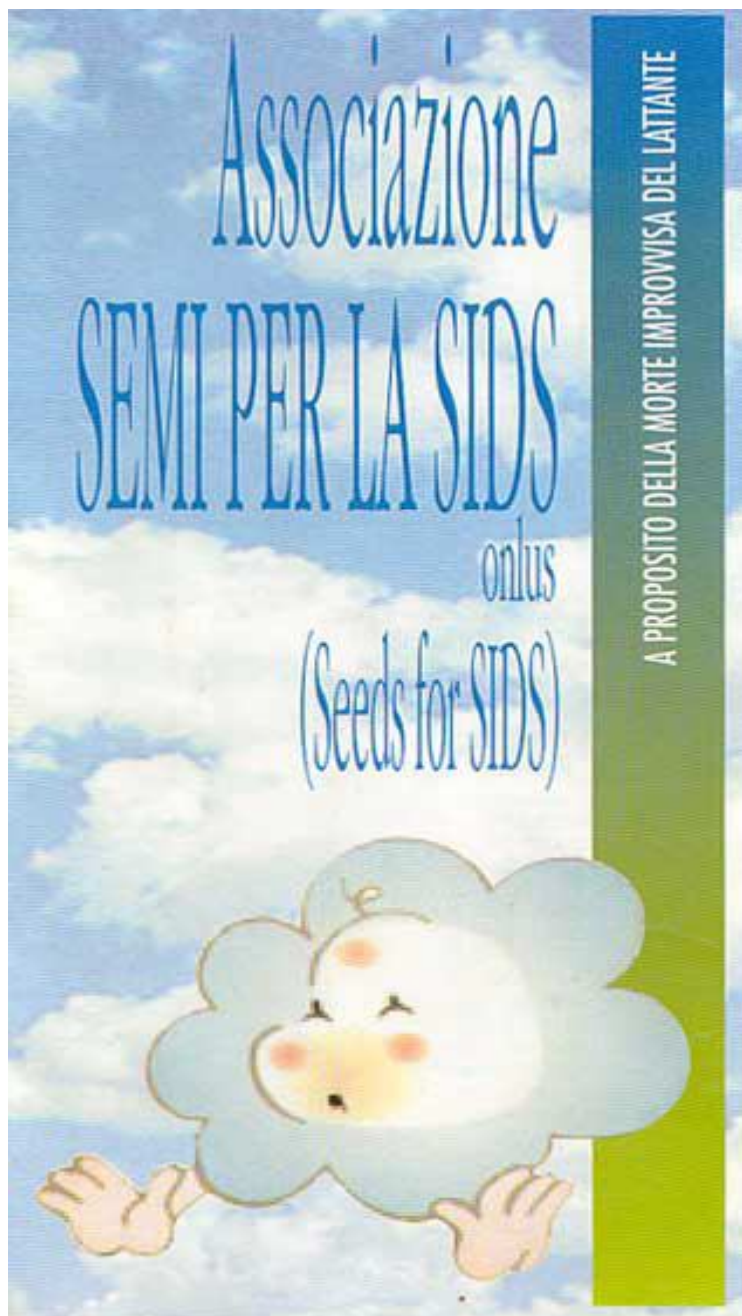
The continuing decline in SIDS mortality.
[Mitchell EA](#)¹, [Hutchison L](#), [Stewart AW](#).



[Pediatrics](#). 2011 Nov;128(5):1030-9. doi: 10.1542/peds.2011-2284. Epub 2011 Oct 17.
SIDS and other sleep-related infant deaths: expansion of recommendations for a safe infant sleeping environment.

[Task Force on Sudden Infant Death Syndrome](#), [Moon RY](#)

Level A recommendations
Back to sleep for every sleep
Use a firm sleep surface
Room-sharing without bed-sharing is recommended
Keep soft objects and loose bedding out of the crib
Pregnant women should receive regular prenatal care
Avoid smoke exposure during pregnancy and after birth
Avoid alcohol and illicit drug use during pregnancy and after birth
Breastfeeding is recommended
Consider offering a pacifier at nap time and bedtime
Avoid overheating
Do not use home cardiorespiratory monitors as a strategy for reducing the risk of SIDS
Expand the national campaign to reduce the risks of SIDS to include a major focus on the safe sleep environment and ways to reduce the risks of all sleep-related infant deaths, including SIDS, suffocation, and other accidental deaths; pediatricians, family physicians, and other primary care providers should actively participate in this campaign
Level B recommendations
Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention
Avoid commercial devices marketed to reduce the risk of SIDS
Supervised, awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly
Level C recommendations
Health care professionals, staff in newborn nurseries and NICUs, and child care providers should endorse the SIDS risk-reduction recommendations from birth
Media and manufacturers should follow safe-sleep guidelines in their messaging and advertising
Continue research and surveillance on the risk factors, causes, and pathophysiological mechanisms of SIDS and other sleep-related infant deaths, with the ultimate



**DIAMO VOCE ALLE
ASSOCIAZIONI DEI GENITORI**

MESSAGGI DA PORTARE A CASA

Sleeping Safely

Nanna Sicura



nei primi mesi di vita

- La posizione più idonea per dormire è quella sulla schiena
- Non fatelo dormire a pancia sotto nè di fianco
- Fatelo dormire su materasso rigido senza cuscino, nella vostra stanza ma non nel letto con voi

During the first months of life

- The best sleeping position for your baby is on his/her back
- Never let your baby sleep face down or on his/her side
- Let your baby sleep on a firm mattress without a pillow in your room, but not in your bed with you

Keep your baby Smoke-Free

Non fatelo Fumare



- Durante la gravidanza
- Quando è nato
- Non fumate e non tenete il bambino in ambienti dove si fuma

- During pregnancy
- Once born
- Do not smoke or keep your baby in smoke-filled rooms

Cool is Best

Fresco è Meglio



- Non copritelo troppo
- Non avvolgetelo stretto nelle coperte
- Tenetelo lontano da fonti di calore: la temperatura ambientale ideale è di 18-20 °C
- Se ha la febbre può aver bisogno di essere coperto di meno, mai di più

- Do not cover your baby too much
- Do not wrap your baby tightly in blankets
- Keep your baby away from heat sources: the ideal room temperature is 18-20°C
- If your baby has a high temperature he/she needs to be covered less, not more!

Using a Dummy while sleeping can also reduce the risk of SIDS

Anche l'impiego del Succhiotto durante il sonno può ridurre il rischio di SIDS



è tuttavia importante

- Introdurlo dopo il primo mese di vita
- Non forzare il bambino se lo rifiuta
- Se lo perde non va reintrodotta
- Evitare di immergerlo in sostanze edulcoranti
- Sospenderne l'uso entro l'anno di vita

However, it is important to remember

- To give your baby a dummy only after the first month of life
- Not to force your baby if he/she does not want it
- Not to reuse it if it falls out
- To avoid coating it in sweeteners
- To stop using it before the age of one

GRAZIE PER L'ATTENZIONE

