

Develop a Sudden Infant Death Syndrome  
(SIDS) Education Package in Jordan: Using  
Participatory Action Research Approach to  
Create Ripple of Change

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# Develop a Sudden Infant Death Syndrome (SIDS) Education Package in Jordan: Using Participatory Action Research Approach to Create Ripple of Change

Shereen Hamadneh and Jehan Hamadneh

## Abstract

*Infant mortality is high in Jordan, a developing country in the Middle East, at 19 per 1000 live births. Most mortality risk factors are preventable. The SIDS incidence rate has also been extrapolated as 11.22 per 1000 live births [1]. This is much higher than the United State of America (USA), a developed country (0.54 per 1000 live births) [2]. Most of modifiable SIDS risk factors can be reduced by increasing knowledge, change behaviors and practices regarding SIDS risks and prevention measures.*

*There has not been a major investment in educating Jordanians about SIDS. Health care providers are identified as an effective group who can make a wide change by educating and advising families. They can deliver the information in workplaces to families visiting health institutions, as well as to families met during regular daily life within their community.*

*This study investigated the development of a Jordanian SIDS Infant Education Package (JSEP), implemented in a major hospital in North Jordan. The targeted group comprised a convenience sample of 103 nurses and midwives working /training in the maternal, childbirth and neonatal units at the King Abdullah University Hospital (KAUH) in Jordan. The feasibility of the developed JSEP was evaluated by conducting three focus groups.*

**KEYWORDS:** SIDS, Education, Health care providers, Participatory Action Research

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