SIDS Poster

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Abstract

This study sought to develop, implement and evaluate a Jordanian SIDS Education Prevention Program (JSEPP), to reduce mortality rates due to SIDS in Jordan. This study targeted health care providers, who subsequently delivered the information to families.
Sudden Infant Death Syndrome (SIDS) Risks in Jordan: Using Education to Create a Ripple of Change

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Background: This Study sought to develop, implement and evaluate a Jordanian SIDS Education Prevention Program (JSEPP), to reduce mortality rates due to SIDS in Jordan. This study targeted health care providers, who subsequently delivered the information to families.

Method: The mixed method design was adapted using action research. A pre-post test questionnaire was used to evaluate changes in knowledge and practice for SIDS prevention among health care providers in a major hospital in northern Jordan. Focus groups explored participants’ experience of undertaking the JSEPP.

Results: Findings indicated an improvement of health care providers’ knowledge regarding SIDS risk. It also reported they could more effectively advise and educate families. However, some barriers were highlighted and recommendations for reducing SIDS risks in Jordan, including improving the JSEPP are identified.

Conclusions: Action research was seen as an effective method for implementing change in relevant practical skills. The JSEPP was perceived to be important and helpful in the workplace. Health care providers felt empowered to initiate changes in their practices, to be more ‘SIDS safe’, and to be proactive in educating families. Two key areas of concern for SIDS risks with Jordanian infants: the home environment (smoking, overheating and poor ventilation) and sleeping practices (side position, loose and heavy bedding). Education, economical factors and culture were highlighted as barriers to SIDS education in Jordan.

Recommendations: More research is needed to explore infant care practices and home environment among families in Jordan, especially for high risk groups. The SIDS education program is needed to target refugees, Bedouin and families in rural, desert and highland areas as they were defined as a high risk group. Future work also should also consider the ongoing impact of this intervention on practices among families who were exposed to the education prevention during the study period.

- This study provides a basis for further research to assist and monitor the process of implementing a SIDS prevention intervention in a various places in Jordan or in the Middle East region. The study identified high risk groups and cultural barriers and challenges to convey SIDS prevention measures in Jordan.
- Hope this finding will enable stakeholders, policy makers, health care providers, and other commissioners and users of health care services to consider how their decisions affect the quality of infant care.

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