



## Becoming an AHT/SBS Prevention Hospital Champion Step-by-step process

We invite you to join the Nebraska Safe Babies Initiative: Abusive Head Trauma / Shaken Baby (AHT/SBS) Prevention Campaign. In 2017, Nebraska had 54 Birthing Hospitals that routinely delivered babies, touching the lives of over 26,500 new babies, parents, and caregivers. Every day, health providers can educate with a prevention lens and utilize The Crying Plan to protect our babies from child abuse. Your hospital can make an impact by joining our exciting venture.

How to become a Hospital Champion: 5 steps

### 1. Take the NE Safe Babies: AHT/SBS Prevention Campaign Pledge

- Designate an Internal AHT/SBS Prevention Coordinator to supervise and guide the hospital based AHT/SBS Program and become the main point of contact for the NE DHHS AHT / SBS Campaign State Coordinator.
- Sign and Return Pledge:
  - [Hospital Pledge Form](#)
  - The CEO, hospital administrator, or director of the hospital and the AHT/SBS Prevention Coordinator signs the pledge.
  - Return the form:
    - By MAIL: Jackie Moline, MCH – 6th Floor  
P.O. Box 95026  
Lincoln, NE 68509
    - By EMAIL: Jackie.Moline@nebraska.gov with “AHT/SBS Hospital Pledge” in the subject line

### 2. Develop or update current AHT/SBS prevention policy

Develop, update, or incorporate AHT/SBS prevention education into a policy, procedure, protocol, or standard operating procedure, to address the following criteria:

- Meet State Statute guidelines by presenting a video and reading materials to new parents, discussing the dangers of shaking a baby and sudden infant death syndrome.



- Annual education for all nurses caring for patients one year or younger (initial baseline education for all nurses & new employees, reviewed annually). Baseline education provided in one of two ways:
  - **1-2-3 Don't Shake Me Prevention Education on Abusive Head Trauma**
  - OR**
  - **Another DHHS approved**, evidence-based model that provides equivalent education outlined in all 3 modules **AND** the completion of **The Crying Plan Online Education**. (See step #3 Hospital Personnel Education and Education Plan for further clarification.)
- Annual internal compliance audits for employee education (most hospitals already have this in place for required education)
- Provide evidenced-based patient education on AHT/SBS prevention according to the [American Academy of Pediatrics](#), the [National Center on Shaken Baby Syndrome](#) or [CDC](#).
- Incorporate AHT/SBS prevention education and The Crying Plan into the post- discharge follow-up call to the patients. (See Step #5 for further clarification)

Before policy is implemented email a copy to Jackie Moline @ [Jackie.moline@nebraska.gov](mailto:Jackie.moline@nebraska.gov) for review.

**Links of Sample Policy:**

- [DHHS AHT/SBS Prevention Policy Template](#)
- [CHI Health Good Samaritan](#)
- [Howard County Medical Center, Period of Purple Crying](#)
- [Methodist Women's](#)
- [Sidney Regional Medical Center](#) – combined Safe Sleep and AHT/SBS Policy

**3. Hospital Personnel Education and an Education Plan**

**Education Plan:**

- [Complete NE Safe Babies Clinic Education and Internal Audit Plan](#) demonstrating compliance use with either the
  - **1-2-3 Don't Shake Me, Prevention Education on Abusive Head Trauma** **OR**
  - **Another approved evidence-based model that provides equivalent education outlined in all 3 modules.**
- Areas to include may be Labor and Delivery, Post-Partum, Pediatrics, Outpatient Surgery, and Emergency Room.

**Hospital Personnel Education: Complete only section A or only section B.**

**Option A:** The **1-2-3 Don't Shake Me, Prevention Education on Abusive Head Trauma**, is a free interactive online education containing three different modules on Abusive Head Trauma Prevention. As a result of participation in this activity, 80% of participants will demonstrate increased knowledge by stating that they intend to implement changes of practice incorporating Abusive Head Trauma Prevention and The CRYing Plan into education of new and expectant parents.

Nebraska Safe Babies –Abusive Head Trauma/Shaken Baby Prevention Hospital Campaign  
 For more info, contact: [Jackie.Moline@nebraska.gov](mailto:Jackie.Moline@nebraska.gov)



1.0 contact hours will be awarded to nurses that complete all three learning modules of the interactive online activity, successfully complete the posttest with a minimum grade of 75% and submit the online evaluation. The interactive online education can be found at: [Answers4Families](#). For more information, see to [Guide to Accessing 1-2-3 Don't Shake Me Training](#)

*This nursing continuing professional development activity was approved by the Georgia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. The CE for this activity expires February 9, 2025.*

The **1-2-3 Don't Shake Me, Prevention Education on Abusive Head Trauma** modules include:

<b>Module 1:</b> What is Abusive Head Trauma	<b>Module 2:</b> Prevention of Abusive Head Trauma	<b>Module 3:</b> The Crying Plan
<ul style="list-style-type: none"> <li>• Definition of AHT and AAP name change</li> <li>• Nebraska Laws</li> <li>• AHT is 100% preventable</li> <li>• Statistical data</li> <li>• Brain size at birth, 9 months and 2 years</li> <li>• What happens to the brain when shaken</li> <li>• Understand and recognize the consequences of shaking a baby</li> <li>• MRI views of baby with AHT</li> <li>• Signs and symptoms of AHT</li> </ul>	<ul style="list-style-type: none"> <li>• AHT is 100% preventable</li> <li>• Calming techniques for caregiver and infant</li> <li>• Video on calming technique by Dr. Robert Hamilton</li> <li>• What to do if you think a baby has been shaken</li> <li>• Photos / video of AHT baby</li> <li>• What caretakers can do when they get frustrated</li> </ul>	<ul style="list-style-type: none"> <li>• Inconsolable crying is the #1 reason for AHT</li> <li>• AHT is 100% preventable</li> <li>• Crying is normal infant behavior</li> <li>• Discuss infant crying curve</li> <li>• Why / reasons babies cry</li> <li>• The Crying Plan Card</li> <li>• What is a crying plan</li> <li>• Why a crying plan is essential prior to needing it</li> </ul>

**Option B: A DHHS approved**, evidence-based model that provides equivalent education outlined in all three modules may be used to provide hospital personnel education, **ALONG WITH** the completion of the online education **The Crying Plan**. The hospital must deliver the program as outlined in the implementation protocol and fidelity agreement set forth by that program. Contact Jackie Moline at [jackie.moline@nebraska.gov](mailto:jackie.moline@nebraska.gov) if you have questions regarding the AHT/SBS prevention education program your hospital is using.

For example, *Period of Purple Crying®* is an approved, evidence-based, model of prevention education, however it does not include the information in module 3 of the *1-2-3 Don't Shake Me Prevention Education on AHT*. If a hospital utilizes the *Period of Purple Crying®* program, they must provide evidence not only of fidelity, but that Module 3 (The CRYing Plan) of the 1-2-3 Don't Shake Me Prevention Education on AHT, was also completed. The CRYing Plan interactive online education can be found at: [Answers4Families](#).

For more information, see to [Guide to Accessing 1-2-3 Don't Shake Me Training](#)



**The Crying Plan**, is a free interactive online education. As a result of participation in this activity, eighty percent (80%) of participants will demonstrate an increase in knowledge by stating that they intend to implement changes in practice incorporating infants crying into education of new and expectant parents. 0.56 contact CE will be awarded to nurses that complete The CRYing Plan interactive online activity, successfully complete the posttest with a minimum grade of 75%, and submit the online evaluation.

The CRYing Plan interactive online education can be found at: [Answers4Families](#). For more information, see to [Guide to Accessing 1-2-3 Don't Shake Me Training](#)

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#### 4. Provide patient / client education

Provide evidenced-based patient education on AHT/SBS according to the [AAP](#), the [National Center on Shaken Baby Syndrome](#) or [CDC](#). Patient education to include the following:

1. **Definition of AHT / SBS**
2. **Why babies are susceptible to injury** - (their heads are bigger proportionally than the rest of their bodies and their neck muscles are weak, and factors that put an infant at risk like being less than 1 year of age, prematurity or disability, multiple birth, inconsolable or frequent crying)
3. **Factors that increase the parents or caregivers Risk for harming a baby** (male parent or partner, infant crying causes frustration or anger, being tired, limited anger management or coping skills, limited social support, young parental age).
4. **Injuries that shaking a baby can cause.** (blindness, ..... even death)
5. **Signs and symptoms of AHT /SBS**
6. **What parents should do if they think their baby has been shaken** (call 911, take to the nearest emergency room)
7. **Inconsolable crying is the #1 trigger for AHT**
8. **Explanation of why babies cry** (tired, hungry, sick, .....)
9. **Steps to calm a crying baby** (rock baby, offer pacifier, swaddle the baby, hold them close.....)
10. **Prevention Strategies / Tips on what the parent should do if the baby's crying is bothering them** (put the baby in a safe place like a crib, close the door, and walk away, checking back on the baby every 5 to 10 minutes until crying stops or the parent / caregiver is calm; call a friend for support or to give you a break, exercise, listen to music)
11. **Review a crying plan and encourage them to fill it out prior to discharge.** [The Crying Plan](#)



## 5. Incorporate AHT/SBS prevention information and The Crying Plan into the follow up / discharge phone calls to patients.

Follow up phone calls / discharge phone calls will include learning about AHT/SBS and The Crying Plan. DHHS will survey hospitals bi-annually to gather data on the information regarding AHT/SBS and The Crying Plan collected from the follow-up phone calls/ discharge phone calls.

Complete the NE Safe Babies Clinic Education and Internal Audit Plan ([see step #3](#)).

Questions to add to your hospitals the follow up phone call/ discharge phone call include:

- Before you went home from the hospital, did you learn about Abusive Head Trauma commonly known as Shaken Baby Syndrome?
- Did you receive information on The Crying Plan?
- Do you have The Crying Plan ready to use for when you are feeling frustrated with your babies crying?

### Champion Status:

Send completed AHT/SBS Prevention Policy, and the Education and Internal Audit Plan to NE DHHS State ABH/SBS Coordinator:

By MAIL: Jackie Moline, MCH – 6th Floor  
P.O. Box 95026  
Lincoln, NE 68509

By EMAIL: [Jackie.Moline@nebraska.gov](mailto:Jackie.Moline@nebraska.gov) with “ABH/SBS Hospital Policy and Education Plan” in the subject line.

The following checklist may help: [AHT/SBS Hospital Champion Checklist](#)

After we receive the implemented policy and the education plan, your hospital name and logo will be placed on the DHHS ABH/SBS Hospital Champion list.