



SIDS

Karina Espinoza

The Basics

SIDS= sudden unexpected death in a prev healthy infant <1 year of age, post-mortem cannot identify cause of death

- typical presentation is caregiver puts baby to sleep, then when comes back baby has died
- temporal relationship w/ viral illness (usually when the viral illness is resolving)

Risk factors that increase risk for SIDS

1. Sleeping prone

- a. Recommended up to 1 year of age
- b. Babies roll over at 3-4 months of age; so do NOT swaddle after 3 months of age (bcs won't be able to roll back and can suffocate)

2. Soft bedding

3. Other items in crib

4. Room being too hot

5. Smoke

6. Bed sharing

- a. Adult could roll on top of infant without wanting to
- b. Especially dangerous if parent and baby fall asleep in couch/chair
- c. Room sharing is recommended!

Triple risk hypothesis

There is an intersection of :

1. Development (immature cardioresp reflexes, 2-4 months old)
2. Environmental factors (smoke, items in crib)
3. Intrinsic vulnerability of the infant - decreased protective brainstem responses
= decreased serotonin response or serotonin binding

Protective factors for SIDS

- Immunized on schedule
- Pacifier (small protective effect, even if it falls out when baby sleeps)
- Exclusive breastfeeding

Organic causes that mimic SIDS

1. Metabolic disorders- MCAD deficiency, so when babies are fasting or under stress→ risk of death
2. Prolonged QT
3. Pneumonia
4. Sepsis
5. CHD
6. Meningitis

Further Work-up

In California an autopsy is required

We can think about NAT, but think about this when you see retinal hemorrhages, lacerations, external bruising

Counseling the family...

Super important to call family and touch base with them, offer comfort

There are SIDS parents support groups

- First Candle support group