



WOMEN'S HEALTH PROGRAM

CLINICAL POLICY/PROTOCOL

TITLE: Infant Car Seat Education Policy	NUMBER: 1108
Sponsor: Director, Women's and Newborn Health Program	Page: 1 of 5
Approved by: Medical Advisory Committee	Approval Date: October, 2016 Effective Date: January 16, 2017
Applies To: Women's and Newborn Health Program staff directly responsible for the discharge education for families of infants being discharged for the first time.	

POLICY STATEMENTS

Staff Education

All Women's and Newborn Health Program staff directly responsible for discharge education for families of infants being discharged for the first time will be educated on and be knowledgeable of the correct use of a car seat for infants.

Staff will receive education on car seat safety with a staff member who is a certified Child Passenger Safety Technician. This may occur in orientation or when identified that a staff member has not had this training.

Staff will receive training on how to provide education to caregivers on the safe use of a car seat.

Staff will be required to do an in-person or online car seat education review every two years.

Staff will have access to car seat safety information, which is updated regularly.

Caregiver Education

Staff will provide information and education to caregivers on the safe use of a car seat for transporting their infant prior to being discharged for the first time.

This education will include the following content:

1. How to determine if a car seat is safe to use.
2. Proper harnessing techniques, including positioning the infant and ensuring the harness is properly adjusted.

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3. Installation information including the direction of the car seat and ensuring the proper recline.

A staff member will be available before or at discharge to review caregivers understanding of the safe positioning of the infant in the car seat. This includes answering questions, reinforcing skills and confirming that the caregiver has been able to successfully place the infant in the car seat. Staff will review that the above principles need to be applied every time the caregiver places the infant in a car seat.

GUIDING PRINCIPLES AND VALUES

It is the law in Nova Scotia that children traveling in motor vehicles are required to be secured in a child restraint system that is appropriate for their age, weight and height. Infants must be secured in a rear-facing seat that meets Canadian safety standards. [6] [7]

Motor vehicle collisions are the number one cause of death for Canadian children. When used correctly, car seats reduce the risk of fatal injury by 71% and risk of serious injury by 67%. [1]

Health care providers have a unique opportunity to reach caregivers and provide education on the importance of using a car seat correctly. [2] [3] [4] [5]

PROTOCOL

1. The infant is **always** placed in the car seat and buckled in by the infant's caregiver not a staff member.
2. The staff member refers the caregiver to their own car seat and vehicle manuals in order to get the most appropriate information related to installation of the car seat in their vehicle.
3. The staff member will not accompany the caregiver to a vehicle except in extenuating circumstances.
4. The staff member provides the caregiver with child passenger safety resources and advises where additional information and help on child passenger safety can be found. See appendix B: Resource List.
5. All caregivers receive education on the safe transportation of their infant in a car, even when they do not have a seat. For education purposes, a demo seat is used where available.
 - 5.1 Education provided to caregivers should be documented in the infant's permanent health record.

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6. Staff in departments who do not routinely discharge infants can reach out to FNCU and NICU for support in providing this education at discharge.

REFERENCES

1. van Schaik, C. (2008). Position statement on Transportation of infants and children in motor vehicles. *Paediatrics & Child Health* 13 (4). Retrieved from Canadian Pediatric Society website: <http://www.cps.ca/en/documents/position/car-seat-safety>
2. Bull, M. J., and Chappelow, M. L. (2014). *AAP News*, 35 (17). Retrieved from American Academy of Pediatrics website: <http://www.aappublications.org/content/35/7/17>
3. Jefferies A. (2016) Canadian Paediatric Society, Fetus and Newborn Committee. Going Home: Facilitating discharge of the preterm infant. *Pediatric Child Health* 2014;19(1):31-36: <http://www.cps.ca/en/documents/position/facilitating-discharge-of-the-preterm-infant>
4. Yanchar, N. L. (2008). When treating is not enough: The roles of health care providers in prevention and control of childhood motor vehicle crash injuries. *Paediatrics & Child Health*, 13(4), 277–278. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2529447/>
5. Yanchar, N. L., Warda, L. J., & Fuselli, P. (2012). Child and youth injury prevention: A public health approach. *Paediatrics & Child Health*, 17(9), 511. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3496359/>

Legislative Acts/References

6. Motor Vehicle Act, Chapter 293 of the Revised Statutes, 1989 (2014, R.S., c. 293, s. 1). Retrieved from Nova Scotia Legislature website: <http://nslegislature.ca/legc/statutes/motor%20vehicle.pdf>
7. Seat Belt and Child Restraint System Regulations, (Section 1 amended: O.I.C. 2008-439, N.S. Reg. 366/2008). <https://www.novascotia.ca/just/regulations/regs/mvseatb.htm>

RELATED DOCUMENTS

Policies

Policy # 4520: Discharge from the Family Newborn Unit

Policy #4555: Newborn Safety and Activity

Policy #4360: Newborn Plan of Care Supporting Document Women's and Newborn Health

Policy #8510 Admission, Discharge & Transfer in NICU

Brochures

Provided by Child Safety Link. See appendix C for contact information.

Appendices

Appendix A – Definitions

Appendix B – Resource List

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Appendix A – Definitions

Infant: A child who weighs less than 10 kg (22 pounds) and is less than 1 year of age. Referenced in the Nova Scotia Motor Vehicle Act (Section 175)

Caregiver: The infant's parent or any adult participating in the discharge of the infant

Child Safety Link: A maritime wide child and youth injury prevention program based at the IWK Health Centre

Child Safety Link's Role: To provide consultation to units in implementing this policy, to create resources for families and staff and provide training to those responsible for educating staff.

Appendix B – Resource List

All materials must be evidence based, best practice oriented and in adherence to the law.

Child Safety Link will support the safe use of car seats by continuing to answer parent questions on our toll free helpline (Note: these calls are not always returned the same day).

Child Safety Link will support staff and technicians by providing up to date resources, training for technicians, and answering questions related to child passenger safety.

Reference materials for staff and caregivers including postcards, fact sheets and videos will be available from Child Safety Link to support this training. These resources can be requested from childsafetylink@iwk.nshealth.ca or by calling 902-470-7036.

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District Health Authority/IWK Policies Being Replaced

Replacing policy IWK-1108 Infant Car Seat Policy.

Version History

(To Be Completed by the Policy Office)

Major Revisions (e.g. Standard 4 year review)	Minor Revisions (e.g. spelling correction, wording changes, etc.)
November, 2016	

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