

DATE: July 13, 2007

Dear Colleagues:

We would like to take this opportunity to introduce the recently completed Calgary Health Region Best Practice Guidelines for Infant Sleep Practices, and the literature review, *Examining the Evidence Regarding Infant Sleeping Practices and Sudden Infant Death Syndrome* (Trifunov, 2006). These documents were developed to provide staff with key safety recommendations for instructing families regarding safe infant sleep practices, and to ensure a consistent message to parents regarding the Calgary Health Region's position on infant sleep practices. These guidelines support the recent evidence based recommendations on a safe infant sleep environment from the Canadian Paediatric Society, Health Canada and the American Academy of Pediatrics.

The Calgary Health Region Best Practice Guidelines for Infant Sleep Practices were developed in consultation with the Departments of Pediatrics, Child and Youth Community Health Services, Rural Health, Child and Adolescent Mental Health, Health Link, Women's Health, Child Health Programs and Healthy Living.

A multidisciplinary committee, chaired by Maureen Devolin and Anila Ramaliu from Healthy Living, worked over the past four years to review the evidence, consult with experts and draft the guidelines. The Committee was comprised of a wide range of health professionals representing a number of areas in the Region including: two Pediatric Pulmonologists, a neonatologist, the postpartum Community Services Manager, a Lactation Consultant, Educators from Public Health, Collaborative Mental Health, representatives from Postpartum, ACH Sleep Clinic, Rural, Neonatal Transitional Care Program, Perinatal Education, Calgary Health Link, 3 Cheers Parenting Project, Injury Prevention, and the Coordinator of Healthy Babies.

### **Implementation**

Implementation of these guidelines is now underway. Copies of the guidelines and the review of the evidence based literature will be distributed during professional in-services. Web access to these guidelines and the review of the evidence based literature are available through the Calgary Health Region's Clinical Practice Guideline page. Please communicate the availability of the guidelines and supporting evidence with your peers and other health care providers who may be involved with families with infants.

As sponsors of this initiative we support the application of these guidelines. This work contributes to enhancing the consistency, quality and coordination of care for families in the Calgary Health Region. Thank you in advance for your attention and interest in supporting the application of these guidelines.

Please direct any comments, questions or evidence updates regarding the guidelines to Anila Ramaliu, Chair of the Regional Infant Sleep Committee at (403) 943-8006.

Sincerely,



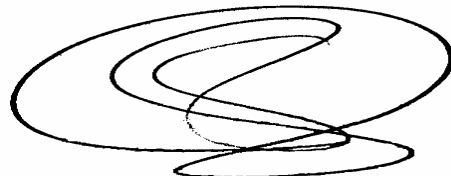
Bretta Maloff  
Director, Healthy Living



Dr. Richard Musto  
Executive Medical Director  
SouthEast Community Portfolio




Laurie Blahitka  
Director, Women's Health



Dr. Ian Lange  
Regional Clinical Department Head  
Obstetrics & Gynecology



Caroline Hatcher  
Director, Emergency/  
Urgent Care Services/ Health Link



Dr. Rod Elford  
Medical Director, Calgary Health Link



Janet Chafe  
Program Director,  
Child and Adolescent Mental Health



Dr. Don Addington  
Head/ Administration, Psychiatry



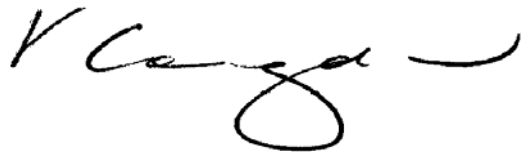
Dr. Brent Scott  
Regional Clinical Department Head,  
Pediatrics



Maureen Best  
Director, Child & Youth Community  
Health Services



Lori Anderson  
Executive Director Rural Health



Dr. Val Congdon  
Regional Clinical Department Head,  
Rural Medicine



Toni Macdonald  
Director Child Health Programs