

**Title of Intervention:** Prenatal and Postpartum Safety Education Program

**Intervention Strategies:** Provider Education, Group Education, Supportive Relationships

**Purpose of the Intervention:** To increase infant car seat usage in the first ride home from the hospital

**Population:** Expectant couples

**Setting:** Community hospital in Washington, D.C.; health care facility-based

**Partners:** Health care facilities

**Intervention Description:**

- **Provider Education:** One hour in-service workshop for nurses on the importance of the proper use of car restraints. The incidence of motor vehicle injuries and the death rate in children were highlighted. A movie on car safety and a mannequin were used to demonstrate proper placement and securing of the infant car restraint.
- **Group Education:** The intervention and the control groups both attended prenatal classes led by nurses. The intervention group received demonstrations and lectures on infant car safety, while the control group did not. Both groups later received an in-hospital postpartum car safety program pamphlet, viewed a car safety program on hospital TV and were encouraged to purchase a car seat.
- **Supportive Relationships:** Nurses counseled participants on car safety use, giving instructions on the proper use of car seats and encouraging them to purchase seats.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Nurses
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Rooms for group education classes and provider education workshop
- **Budget:** Not mentioned
- **Intervention:** Pamphlets, movies, car seats, mannequins
- **Evaluation:** Questionnaires

**Evaluation:**

- **Design:** Experimental
- **Methods and Measures:** Observations and a postpartum questionnaire were used to determine car seat usage on the ride home from the hospital.

**Outcomes:**

- **Short Term Impact:** Mothers who received counseling were more likely to use infant car seats. Half of the parents stated they used a car seat on the first ride home; the majority of claims were confirmed by observation.
- **Long Term Impact:** Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** The intervention involved a very small number of parents who were educated and motivated individuals. It is not known how effective the intervention would be with larger numbers and less motivated and less educated parents. Pediatricians can be influential with respect to behavior change (i.e., car seat use), if they deem it as an important part of preventive care.

**Citation(s):**

Greenberg, L. W. and A. B. Coleman (1982). "A prenatal and postpartum safety education program: influence on parental use of infant car restraints." *J Dev Behav Pediatr* 3(1): 32-4.

Greenberg, L. W., H. W. Rice, et al. (1981). "Postpartum education: a pilot study of pediatric and maternal perceptions." *J Dev Behav Pediatr* 2(2): 44-8.