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):