

**Title of Intervention:** Nebraska Cares Project

**Website:** <http://www.nhtsa.dot.gov/people/outreach/safedige/Fall1998/n5-105.html>

**Intervention Strategies:** Group Education, Individual Education, Environments and Policies

**Purpose of the Intervention:** To make child safety seat education and discharge policies a standard of care

**Population:** Hospital staff

**Setting:** Rural and urban hospitals in the state of Nebraska; health care facility-based

**Partners:** The Department of Motor Vehicles and Office of Highway Safety

**Intervention Description:**

- **Group Education:** Nurses at the selected hospitals were given an in-service on car safety seat use for newborns. Nurses were taught about crash dynamics, selection and proper use of child safety seats, state laws concerning safety restraints, misuse and consequences of improper seat use and their role in teaching patients and peers about safety seat protection.
- **Individual Education:** A booklet called "All About Safety Seats" was developed. It was a tool to educate parents and health care professionals about car safety seat use and included numbers to manufacturers, information about proper use and prevention tips to keep children safe. Patients and staff were asked to view "Don't Risk Your Child-IV", a 15-minute video.
- **Environments and Policies:** Each hospital was assessed for existing policies on child safety seat use in relation to discharging newborns. Hospitals without policies were encouraged to establish comprehensive policies regarding child safety seat use. If policies were in place, the project staff reviewed the policies and suggested upgrades to adhere to American Academy of Pediatrics/Nebraska Cares recommendations. An optional segment of the policy program was the "refusal to Dismiss Newborn in Safety Seat." This was a waiver to be signed by parents who failed to provide a safety seat for their child. If parents refused to use a safety seat at the time of departure from the hospital, they were informed of the state law and signed a waiver. The Nebraska Cares Loans-Sell-Give-a-Seat program was used to provide parents with car safety seats.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Health care providers
- **Training:** A one-day "train the trainers" session trained educators and evaluators who gave the child safety seat in-services to staff members
- **Technology:** Not mentioned
- **Space:** Rooms to conduct educational programming, space to store car seats
- **Budget:** Not mentioned
- **Intervention:** Safety seat curriculum, "All About Safety Seats" booklet, "Don't Risk Your Child-IV" video, informational kits, car seats, refusal waivers
- **Evaluation:** Pre- and post-surveys

**Evaluation:**

- **Design:** Pre and post
- **Methods and Measures:** Pre- and post-surveys assessed each hospital's policy and procedures on newborn child safety seat use, staff and patient education requirements and child safety seat availability to families.

**Outcomes:**

- **Short Term Impact:** The number of hospitals with written discharge policies in place concerning newborns, safety seat education, staff in-service training and education and child safety seat loan programs increased significantly from baseline.

- Long Term Impact: Not measured

**Maintenance:** The policies were maintained over time.

**Lessons Learned:** The use of hands-on training can be beneficial when working with parents and hospital staff.

**Citation(s):**

Wolf, D., D. J. Tomek, et al. (1995). "Promoting hospital discharge of infants in safety seats." J Community Health 20(4): 345-57.