



**The Women's  
Hospital**

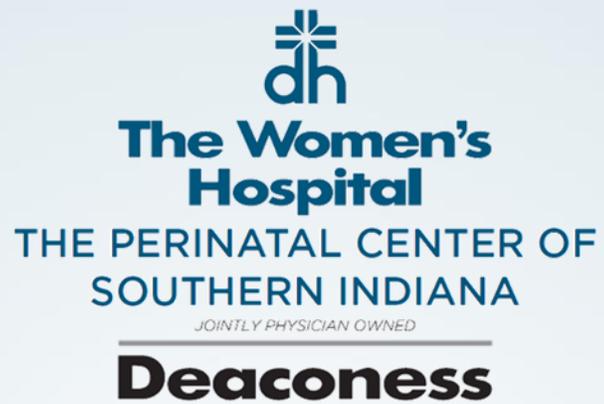
THE PERINATAL CENTER OF  
SOUTHERN INDIANA

*JOINTLY PHYSICIAN OWNED*

**Deaconess**

# Car Seat Testing Education





## Objectives

- Identify infants at risk for possible apnea, bradycardia and/or oxygen desaturation when placed in a car seat.
- Review and identify car seat challenge test procedure, including if there is a failed test.
- Provide education to patient's family regarding car seat safety.



## **At Risk Infants Include:**

- Infants born at less than 37 weeks
- Infants less than 2000 grams at birth
- Other infants with medical conditions placing the infant at high risk for obstructive apnea, such as Pierre-Robin sequence, layngotracheomalacia, etc.



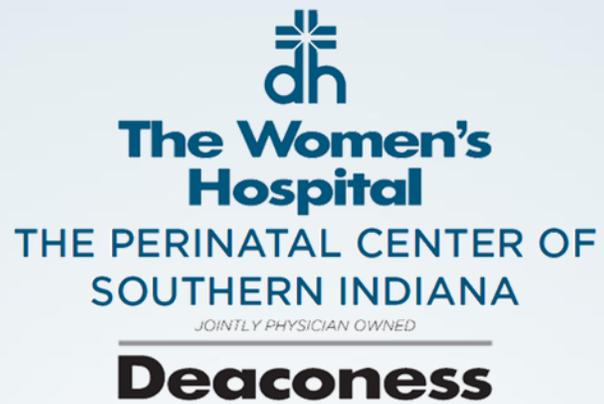
## Car Seat Testing Guidelines

- Infant is at least 24 hours of age.
- Infant has stable temperature and glucose for the previous 12 hours.



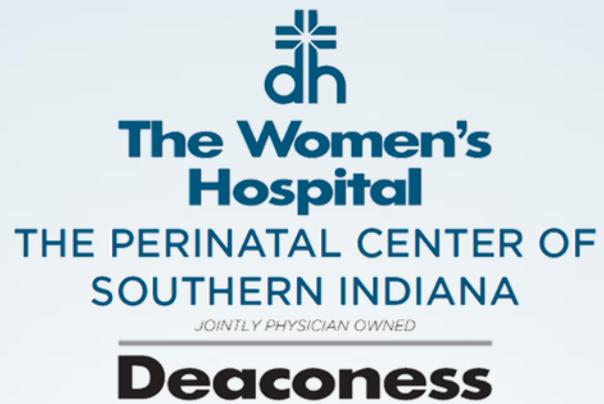
## Equipment

- Infant car seat
- Cardiac monitor



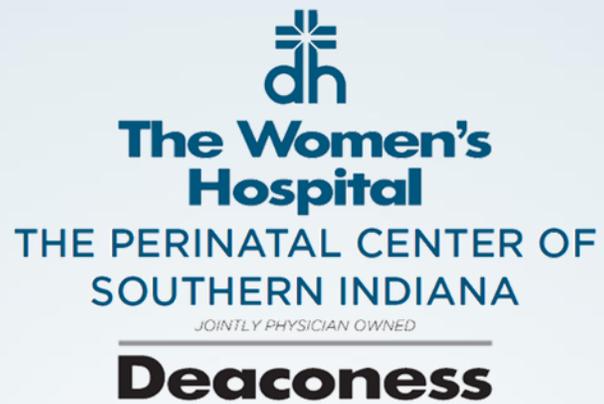
## Procedure

- Obtain baseline vital signs in crib.
- Set alarms:
  - Apnea delay >20 seconds
  - Low heart rate <70 bpm
  - Low saturation <92%
- Infant should be placed in car seat 30 minutes after last feeding.
  - Place in seat with harness straps at or below shoulder level, harness snug to body, and chest clip at armpit level.
- Observe infant for a minimum of 90 minutes or duration of travel to home, whichever is **longer**.
- Record vital signs every 30 minutes



## Fail Parameters

- **Apnea** >20 seconds
- **Bradycardia** <70 bpm for 20 seconds or greater
- **Desaturation** <92% sustained for 20 seconds
- If infant fails initial challenge, wait 24 hours for repeat testing to allow infant time to recover from event.
- If infant fails second challenge, notify PCP.



## Family Education

- Instruct family to use a car seat for every car trip.
- Remind family that car seats are for use in the car only and should not be used for sleeping.
- Reinforce Safe Sleep guidelines regarding any seating device, as it should not be used for sleeping.
- Refer family to car seat fitting stations for assistance with securing car seat in their vehicle.