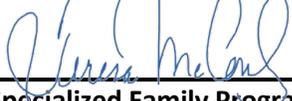


SPECIALIZED FAMILY CARE  
Provider Training

Category:	<b>Child Abuse</b>
Title:	<b>Shaken Baby Syndrome</b>
Materials:	WebMd at <a href="http://www.webmd.com/parenting/baby/tc/shaken-baby">www.webmd.com/parenting/baby/tc/shaken-baby</a> - CDC.gov at <a href="http://www.cdc.gov/violenceprevention/childmaltreatment/abusive-head-trauma.html">www.cdc.gov/violenceprevention/childmaltreatment/abusive-head-trauma.html</a>
Goal:	Specialized Family Care Provider will become knowledgeable Of Shaken Baby Syndrome and Learn Prevention Tips
Credit Hours:	1 Hour
Date Developed:	November 2011, Updated December 2016
Developed by:	Debbie Wiley, SFC Program

This skill-building instruction has been approved for Specialized Family Care Provider training by:

	12/29/2016
<b>Specialized Family Program Manager</b>	<b>Date</b>
	12-21-2016
<b>Content Reviewed and updated by: Carol Brewster, FBCS</b>	<b>Date</b>

Training Objectives:

- Specialized Family Care Provider will define shaken baby syndrome
- Specialized Family Care Provider will recognize the symptoms and long term effects of shaken baby syndrome
- Specialized Family Care Provider will learn about prevention of shaken baby syndrome

Training Procedures:

- Specialized Family Care Provider initiated self-study
- Test completed by Specialized Family Care Provider
- Review of test responses by Family Based Care Specialist and Specialized Family Care Provider

I certify that I have completed all the materials associated with this training module. I feel that I have a basic understanding of the material completed.

<b>Specialized Family Care Provider</b>	<b>Start Time</b>	<b>End Time</b>	<b>Date</b>
<b>Reviewed by:</b> _____			
<b>Family Based Care Specialist</b>			<b>Date</b>

This Program is funded by the WV Department of Health & Human Resources, Bureau for Children & Families and administered by the Center for Excellence in Disabilities, West Virginia University.

# What is shaken baby syndrome?



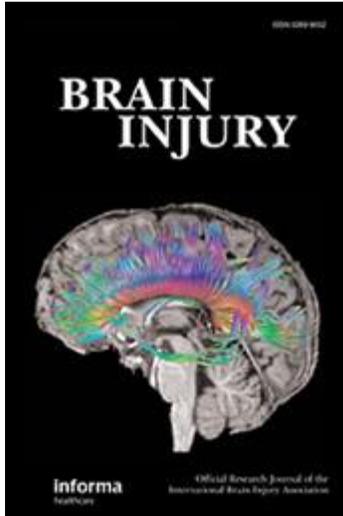
Shaken baby syndrome is **brain** injury that occurs when someone shakes a baby or throws a baby against an object. It is a form of **child abuse**. It may happen to children up to 5 years of age, but it is most common in babies younger than 1 year old.

It is **never** okay to shake or throw a young child. It may not leave any obvious sign of injury, but it can cause serious long-term problems or even death.

Shaken baby syndrome often occurs when a baby won't stop crying and a caregiver loses control of his or her emotions. Parents can help prevent this problem by learning healthy ways to relieve stress and anger. It's also important to choose **child care** providers carefully.

Shaken baby syndrome may also be called "shaken-impact syndrome." Many doctors use the term "abusive **head trauma**" to describe the injury. They may use "intentional head injury" to describe how it happened.

## What causes the brain injury?



When a baby is shaken or thrown, the head twists or whips back and forth. This can cause tears in **brain** tissue, **blood** vessels, and nerves. The child's **brain** slams against the skull. This can cause bleeding and swelling in the **brain**.

Young children are at high risk for brain injury when they are shaken or thrown. That's because they have:

- Heavy, large heads for their body size.
- Weak neck muscles that don't hold up the head well.
- Delicate **blood** vessels in their brains.

Normal play, such as bouncing a child on a **knee** or gently tossing a child in the air, does not cause shaken baby syndrome.

## What are the symptoms?

Symptoms vary among children based on how old they are, how often they've been abused, how long they were abused each time, and how much force was used.

Mild injuries may cause subtle symptoms. For example, a child may:

- Be fussy, grouchy, or sluggish.
- Vomit.
- Not be **hungry**.

A child with more severe injuries may have symptoms such as:

- [Seizures](#).
- A slow heartbeat.
- Trouble hearing.
- Bleeding inside one or both [eyes](#).

## Shaken Baby Syndrome

A child who has been shaken or thrown may also have other signs of abuse, such as broken bones, [bruises](#), or burns.

Symptoms can start quickly, especially in a badly injured child. Other times, it may take a few days for [brain swelling](#) to cause symptoms.

Sometimes caregivers who harm a child will put the child to bed. They may hope that symptoms will get better with rest. By the time the child gets to a doctor, the child may need urgent care. In some cases, the child may be in a [coma](#) before a caregiver seeks help.

### How is shaken baby syndrome diagnosed?

Shaken baby syndrome can be hard to detect because often there aren't clear signs of abuse. Instead, a baby may have vague symptoms, such as [vomiting](#) or a poor appetite. At first these symptoms may seem related to an infection, such as the [flu](#) or a [kidney infection](#). Sadly, shaken baby syndrome may not be discovered until repeated abuse or more severe harm occurs.

To confirm a diagnosis of shaken baby syndrome, a doctor will:

- Ask about the child's medical history, including when changes in behavior began.
- Do a [physical exam](#) to look for signs of injury and increased [blood pressure](#).
- Do imaging tests such as a [CT scan](#) or an [MRI](#) to look for bleeding or other injury in the brain.
- Take [X-rays](#) to check for broken bones.

A doctor may also do tests to rule out other possible causes of the child's symptoms. For example, a [lumbar puncture](#) checks the spinal fluid for signs of [meningitis](#). Blood tests may be done to check for internal injuries or to rule out other conditions, such as rare [blood disorders](#).

A doctor who **suspects** shaken baby syndrome must report it to the local child welfare office and police.

## How is it treated?

A child with shaken baby syndrome needs to be in the hospital, sometimes in an intensive care unit (ICU). **Oxygen therapy** may be used to help the child breathe. Doctors may give the child medicine to help ease brain swelling. Sometimes a cooling mattress will help lower the child's **body temperature** and reduce brain swelling.

Depending on the symptoms, doctors may try **seizure** medicine, **physical therapy**, or other treatments. A child who has severe **bleeding in the brain** may need surgery

# Shaken Baby Syndrome

## What are the long-term problems from shaken baby syndrome?

A child may have **brain damage** that causes one or more serious problems, such as:

- Seizures. A baby may have uncontrolled muscle movement and be unable to speak, see, or interact normally.
- Blindness or **trouble seeing** or hearing.
- **Cerebral palsy**, with muscle stiffness (**spasticity**) that results in awkward movements.
- **Intellectual disabilities** that can affect every area of a child's life. For example, a child may have trouble **learning to talk** or may not be able to care for himself or herself in the future.
- **Learning disabilities** that may not appear until the child starts school.
- Emotional or behavior problems.

Some children die from their injuries.

## What should you do if you suspect shaken baby syndrome?

It is important to get help if something doesn't seem right with your baby. Shaken baby syndrome may cause only mild symptoms at first, but any head injury in a young child can be dangerous.

Call or other emergency services immediately if a child:



- Is having **trouble breathing**.
- Is **unconscious**.
- Has a seizure.
- Is in immediate danger of further abuse.

Young children can't defend themselves, so it is up to adults who care to protect them. If you suspect abuse and the child is not in immediate danger:



- Call local child protective services or the police.
- Do not confront the person who may have abused the child. This may cause more harm to the child.

WebMD Medical Reference from Healthwise



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## **How Can Abusive Head Trauma Be Prevented?**

You can play a key role in preventing AHT by understanding the dangers of violently shaking or hitting a baby's head into something, knowing the risk factors and the triggers for abuse, and finding ways to support parents and caregivers in your community. [CDC's technical package for preventing child abuse and neglect\(https://www.cdc.gov/violenceprevention/pdf/can-prevention-technical-package.pdf\)](https://www.cdc.gov/violenceprevention/pdf/can-prevention-technical-package.pdf) identifies a number of strategies to help states and communities prioritize prevention activities based on the best available evidence.

### **If you are a parent or caregiver**

- Understand that infant crying is worse in the first few months of life, but it will get better as the child grows.
- Try calming a crying baby by rocking gently, offering a pacifier, singing or talking softly, taking a walk with a stroller, or going for a drive in the car.
- If the baby won't stop crying, check for signs of illness and call the doctor if you suspect the child is sick.
- If you are getting upset or losing control, focus on calming yourself down. Put the baby in a safe place and walk away to calm down, checking on the baby every 5 to 10 minutes.
- Call a friend, relative, neighbor, or parent helpline for support.
- Never leave your baby with a person who is easily irritated or has a temper or history of violence.

### **If you are a friend, family member, or observer of a parent or caregiver**

- Be aware of new parents in your family and community who may need help or support.
- Provide support by offering to give a parent or caregiver a break when needed.
- Let the parent know that dealing with a crying baby can be very frustrating—especially when you are tired or stressed, but infant crying is normal and it will get better soon.

- Encourage parents and caregivers to take a calming break if needed while the baby is safe in the crib.
- Be sensitive and supportive in situations when parents are trying to calm a crying baby.
- Be supportive of work policies (e.g., paid family leave) that make it easier for working parents to stay with their infants during the period of increased infant crying (i.e., between 4-20 weeks of age).<sup>5</sup>

## Where Can I Find Additional Resources on Abusive Head Trauma?

### [Pediatric Abusive Head Trauma: Recommended Definitions for Public Health Surveillance and Research](#)[\[PDF](#)

[1.6MB](#)](<https://www.cdc.gov/violenceprevention/pdf/pedheadtrauma-a.pdf>)

This publication improves the quality and consistency of data collected on abusive head trauma in children. It provides a definition of abusive head trauma and presents recommended data elements for use by individuals and organizations. The document is designed to aid in the collection of surveillance data and is intended to promote and improve consistency of abusive head trauma surveillance for public health purposes.

### [CDC/Medscape Expert Commentary. Shaken Baby Syndrome: Making the Diagnosis](#) (video)

*(Free login required through Medscape to view the video)*

Video provides expert commentary on shaken baby syndrome, the diagnostic indicators used to identify infants who have been shaken, and ways to prevent this tragic form of child abuse. The video is part of a collaboration between CDC and Medscape, designed to deliver CDC guidance directly to healthcare professionals.

### [Preventing Child Abuse & Neglect: A Technical Package for Policy, Norm, and Programmatic Activities](#)[\[PDF](#)

[3.69MB](#)](<https://www.cdc.gov/violenceprevention/pdf/can-prevention-technical-package.pdf>)

CDC's technical package for preventing child abuse and neglect identifies a number of strategies to help states and communities prioritize prevention

activities based on the best available evidence. These strategies range from a focus on individuals, families, and relationships, to broader community and societal change [\*\*Preventing Shaken Baby Syndrome: Guide for Health Departments and Community Based Organizations\*\*](#)

This guide can help your organization identify your role and take action to protect infants from shaken baby syndrome, also known as abusive head trauma. The guide offers information on building a framework for prevention, getting the message out, building partnerships, and impacting policy. Together with local and national partners, your organization can make a difference in prevention.

[\*\*Journalists' Guide to Shaken Baby Syndrome: A Preventable Tragedy\*\*](#)[\*\*\[PDF 733KB\]\*\*](#)

This guide gives journalists and other media professionals access to the pertinent background and resources needed to effectively cover the story of shaken baby syndrome as a public health issue. The guide provides tips for parents and caregivers on coping with a crying baby, reinforces that crying is a normal part of infant development, and educates parents and caregivers on ways to calm down when frustrated or pushed to the limit by a crying baby.