Basic Health and Safety Training Topic 10 (Part 2): SHAKEN BABY SYNDROME & ABUSIVE HEAD TRAUMA

Slide 2 - Shaken baby syndrome — also known as abusive head trauma, shaken impact syndrome, inflicted head injury or whiplash shake syndrome — is a serious brain injury resulting from forcefully shaking an infant or toddler.

Shaken baby syndrome destroys a child's brain cells and prevents his or her brain from getting enough oxygen. Shaken baby syndrome is a form of child abuse that can result in permanent brain damage or death.

Shaken baby syndrome is preventable.

Shaken baby syndrome symptoms and signs include:

- Extreme irritability
- Difficulty staying awake
- Breathing problems
- Poor eating
- Tremors
- Vomiting
- Pale or bluish skin
- Seizures
- Paralysis
- Coma

Other injuries that may not be initially noticeable include bleeding in the brain and eye, damage to the spinal cord and neck and fractures of the ribs, skull and bones. Evidence of prior child abuse also is common.

In mild cases of shaken baby syndrome, a child may appear normal after being shaken, but over time he or she may develop health, learning or behavior problems.

Seek immediate help if you suspect a child has been injured by violent shaking.

Contact 9-1-1 to get medical care right away. You may save a child's life or prevent serious health problems.

The signs and symptoms of a traumatic brain injury (TBI) can be subtle. Symptoms of a TBI may not appear until days or weeks following the injury or may even be missed as people may look fine even though they may act or feel differently. The following are some common signs and symptoms of a TBI:

- Headaches or neck pain that do not go away;
- Difficulty remembering, concentrating, or making decisions;
- Slowness in thinking, speaking, acting, or reading;
- Getting lost or easily confused;
- Feeling tired all of the time, having no energy or motivation;
- Mood changes (feeling sad or angry for no reason);
- Changes in sleep patterns (sleeping a lot more or having a hard time sleeping);
• Light-headedness, dizziness, or loss of balance;
• Urge to vomit (nausea);
• Increased sensitivity to lights, sounds, or distractions;
• Blurred vision or eyes that tire easily;
• Loss of sense of smell or taste; and
• Ringing in the ears.

Children with a brain injury can have the same symptoms as adults, but it is often harder for them to let others know how they feel. **Call the child’s doctor, parent or guardian if they have had a blow to the head and you notice any of these symptoms:**

• Tiredness or listlessness;
• Irritability or crankiness (will not stop crying or cannot be consoled);
• Changes in eating (will not eat or nurse);
• Changes in sleep patterns;
• Changes in the way the child plays;
• Changes in performance at school;
• Lack of interest in favorite toys or activities;
• Loss of new skills, such as toilet training;
• Loss of balance or unsteady walking; or
• Vomiting.

As always, it is important to closely supervise children and arrange your environment to avoid possible head trauma. Any hits or bumps to the head, even if minor must be documented and parents or guardians must be notified.

**Slide 3 - Inconsolable crying has been found to be the leading trigger for Shaken Baby Syndrome (SBS)**

It is ok to be frustrated but never ok to react or physically hurt a child. If your own stress becomes a serious workplace issue, you may need to take a break or receive some help in stress management.