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## Shaken Baby Syndrome Gives Serious Health Effects in Children

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### **Abstract:**

*Shaken baby syndrome is the most common cause of death or serious neurological injury resulting from child abuse. Shaken baby syndrome is a form of child abuse caused by vigorously shaking an infant, often in anger, to get a child to stop crying or whining. It usually occurs in children less than 1 year of age, and the violent shaking often results in severe and permanent brain injury, spinal-cord injuries, bleeding in the eyes (retinal hemorrhages), and even death. So Families of children with subdural haemorrhages should be thoroughly investigated by social welfare agencies. Reinforcing prevention through helping people understand the dangers of violently shaking a baby, the risk factors and the triggers for it, and ways to lessen the load on stressed out parents and caregivers. This may help to reduce the number of children impacted by Shaken baby syndrome*

**Keywords:** Retinal Hemorrhages, Cerebral contusion, Cerebral palsy, Permanent vegetative state, Whining.

### **1. Introduction**

Shaken baby syndrome is caused by forcefully and violently shaking a baby. Other names for this condition include abusive head trauma, shaken impact syndrome, whiplash shake syndrome, and inflicted head injury.

Shaken baby syndrome (SBS) is a form of child abuse. It refers to brain injury that happens to the child. It occurs when someone shakes a baby or slams or throws a baby against an object. A child could be shaken by the arms, legs, chest, or shoulders.



Figure 1

Young children are more likely to have brain injury when they are shaken or thrown because they have: Heavy, large heads for their body size, weak neck muscles that do not hold up the head well, Delicate blood vessels in their brains. Nearly all victims of SBS suffer serious health consequences and at least one of every four babies who are violently shaken dies from this form of child maltreatment.

### **2. Incidence**

Shaken baby syndrome may occur in children up to 5 years of age, but it is most common in babies younger than one year. SBS is a leading cause of child abuse deaths in the United States. Babies (newborn to 4 months) are at greatest risk of injury from shaking.

- Violently shaking an infant can cause the brain to move within the skull, resulting in cerebral contusions (bruising of brain tissue) and shearing (tearing) of blood vessels.
- Most commonly, the injuries associated with shaken baby syndrome include bleeding around the brain (subdural and subarachnoid hemorrhages), bleeding in the eyes (retinal hemorrhages), and spinal cord or neck injuries.

### 3. Symptoms

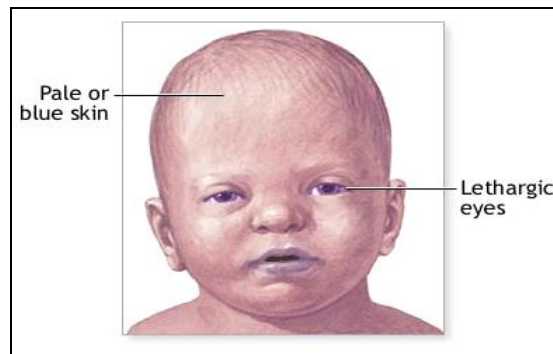


Figure 2

Symptoms vary among child 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. Symptoms can start quickly, especially in a badly injured child. Other times, it may take a few days for brain swelling to show symptoms.

Mild injuries may cause subtle symptoms. A child may vomit or be fussy or grouchy, sluggish, or not very hungry. More severe injuries may cause seizures, a slow heartbeat, trouble hearing, or bleeding inside one or both eyes.

Shaken baby syndrome may cause only mild symptoms at first, but any head injury in a young child can be dangerous. A child who has trouble breathing, is unconscious, or has seizures needs hospital care.

Shaken children may also have other signs of abuse, such as broken bones, bruises, or burns.

### 4. Diagnosing Shaken Baby Syndrome

- Brain swelling (encephalopathy)
- Bleeding in the brain (subdural hemorrhage)
- Bleeding in the part of the eye called the retina (retinal hemorrhage) three of these conditions indicate the shaken baby syndrome.
- Computed tomography (CT) scan.
- Magnetic resonance imaging (MRI) scans.
- skeletal survey (checks for spine, rib, and skull fractures using an X-ray)
- ophthalmological exam (checks for bleeding and eye injuries)
- Blood test.

### 5. Treatment for Shaken Baby Syndrome

There is no medication to treat shaken baby syndrome. In severe cases, surgery may be required to treat bleeding in the brain. This may involve placement of a shunt (a thin tube) to drain excess blood and fluid and relieve pressure. Eye surgery may also be needed to remove blood before it permanently affects vision.

Vomiting may also occur after being shaken. To prevent choking, gently roll the baby onto his or her side. Roll his or her entire body at the same time. If there is spinal cord injury, this method of rolling reduces the risk of further damage to the spine. It is important that you do not pick up the baby or give the baby food or water.

Treatment involves monitoring of intracranial pressure (the pressure within the skull), draining of fluid from the cerebral ventricles, and, if an intracranial hematoma is present, draining of the hematoma.

Some babies and children will stop breathing after being shaken. If this occurs, CPR can be performed to initiate breathing.

### 6. Effects of Shaken Baby Syndrome

It depends on how long and hard the baby has been shaken baby syndrome and the extent of the baby's related injuries. Some of the most common effects include:

- Eye damage or blindness
- Hearing impairment
- Speech disabilities
- Damage to the neck and spine
- Learning disorder and Behavioral problems

- Permanent vegetative state
- Developmental problems or mental retardation
- Seizures
- Cerebral palsy
- Death

### 7. Prevention

Shaken baby syndrome is preventable. Care giver can avoid harming the baby by never shaking him. If care giver angry or arguing with another person, do not hold the baby; care giver may accidentally shake your baby during an emotional outburst. If care giver feel losing control, put the baby in his or her crib, and call a friend or family member for support.

Nurses plays key role in reinforcing prevention through helping people understand the dangers of violently shaking a baby, the risk factors and the triggers for it, and ways to lessen the load on stressed out parents and caregivers. All of which may help to reduce the number of children impacted by shaken baby syndrome.

### 8. Conclusion

The purpose of this Article is to help organization identify Nurses role and to take action to protect infants from SBS. It outlines steps to implement evidence-based intervention strategies, to integrate specific education messages into existing programs for new parents, caregivers, professionals, and the general public, and to engage in activities that impact policy development that is effective in preventing SBS. So that all children can have safe, stable, and nurturing relationships and a better chance to live to their full potential.

Nurses plays a key role in reinforcing prevention through helping people understand the dangers of violently shaking a baby, the risk factors and the triggers for it, and ways to lessen the load on stressed out parents and caregivers. All of which may help to reduce the number of children impacted by Shaken Baby Syndrome.

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