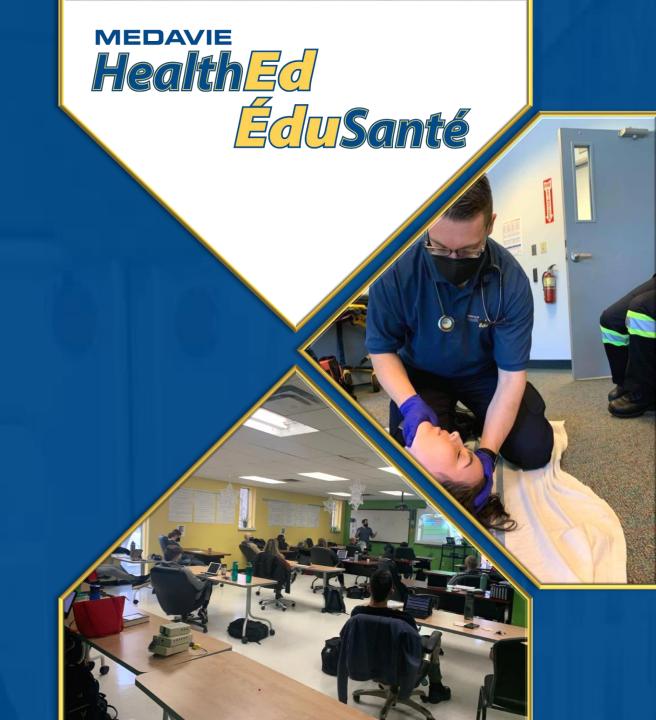
ILLNESS AND INJURY PREVENTION

Primary Care Paramedicine

Module: 03

Section: 01b







- Impact of unintentional injuries
- Community hazards and crime areas
- Community resources
- Illness and injury prevention





- Injury is one of our nation's most important health problems.
- Anecdotally we know that a large number of injuries could have been prevented





Epidemiology

 The study of the factors that influence the frequency, distribution, and cause of injury, disease, and other health-related events in a population.

Injury

 Intentional or unintentional damage to a person resulting from acute exposure to thermal, mechanical, electrical or chemical energy or from the absence of such essentials as heat and oxygen.



- Injury is the number one killer of Canadians under the age of
- Injury is one of our nations most important health problems
- Each year 34 000 patients are admitted to hospital with brain injuries (90 per day)
- Most pedestrian injuries are children within one block of their house



Injury:

- Damage to the body
 - Unintentional injury is an accident.
 - Intentional injury is purposefully inflicted on a person (i.e. homicide).

Accident:

- An unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury
- An event that happens by chance or that is without apparent or deliberate cause



- Injuries do not just happen but are the result of interaction with potential hazards in the environment
- Motor vehicle accidents (MVAs) should really be called motor vehicle collisions (MVCs)
 - Driving too fast or drunk is intentional, not an accident



• As medical professionals, EMS providers should assess every scene and situation for injury risk.



- EMS providers can focus on primary prevention, or keeping an injury from ever occurring.
- Teachable moments
 - Occur shortly after an injury
 - Patient and observers remain acutely aware of what has happened
 - May be receptive to learning how to prevent a similar incident in the future





- Secondary prevention occurs during medical care.
- Tertiary prevention occurs during rehabilitation activities.





- Few experience the aftermath of trauma more directly than EMS providers.
- Paramedics are widely distributed in the population and are often role models for the community.
- Paramedics have become prime candidates to be advocates of injury prevention.









Organizational Commitment

- Protection of EMS Providers
- Education of EMS Providers
- Data Collection
- Incorporation of the Canadian Patient Safety Guidelines from the CPSI



 When appropriate, specific EMS education and training in specialized safety procedures should be available to you.





 Funding for illness/injury campaigns may be contributed by corporations and advertising agencies, as well as non-profit agencies.







EMS Provider Commitment

- Body substance isolation (BSI) precautions.
- Physical fitness.
- Stress management.
- Seeking professional care.
- Driving safety.
- Scene safety.



 Keep your safety equipment in good condition and readily available in your emergency vehicle.





Prevention in the Community

- EMS has a responsibility not only to prevent injury and illness among workers, but also to promote prevention among the members of the public.
- EMS providers can be an appropriate and effective means of prevention in several situations.



Prevention in the Community

- Infants and Children
 - Low birth weight
 - Unrestrained children in motor vehicles.
 - Bicycle-related injuries.
 - Household fire and burn injuries.
 - Unintentional firearms injuries
- Geriatric Patients
 - Falls
 - Abuse



Prevention in the Community

- Motor Vehicle Collisions
 - Alcohol related factors
- Work and Recreation Hazards
 - Workplace injuries.
 - Sports and recreation injuries
- Medications
 - Mishandling or misuse
- Early Discharge



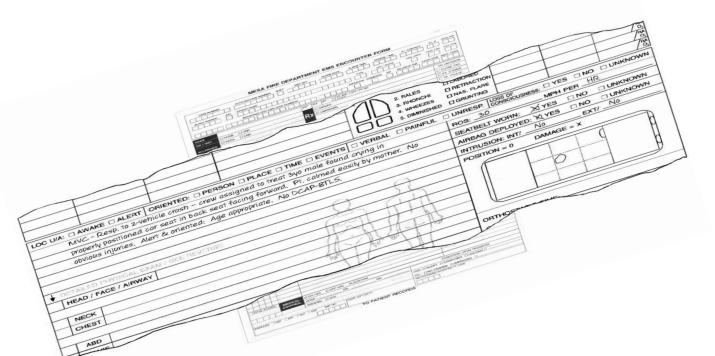


- "Situational Awareness"
- Preserve the safety of the response team.
- Recognize scene hazards.
- Document findings.
- Engage in on-scene education.
- Know your community resources.
- Conduct a community needs assessment.



• Data should be collected and incorporated into patient

documentation.









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