

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 45
- 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.

A collage of three images illustrating prevention activities. The left image shows a person lying on a yellow and black stretcher being moved by two people in a gymnasium. The middle image shows a man in a green shirt coaching a person in a starting crouch on a black mat. The right image shows a woman in a pink top and black leggings in a starting crouch on a black mat.

Organizational commitment is vital to the development of any prevention activities.

- 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.



- 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.



- 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.

- 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

- 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.

MESA FIRE DEPARTMENT EMS ENCOUNTER FORM

LOC U/A: AWAKE ALERT ORIENTED: PERSON PLACE TIME EVENTS VERBAL PAINFUL

MVC - Resp. to 2-vehicle crash - crew assigned to treat 3yo male found crying in properly positioned car seat in back seat facing forward. Pt. calmed easily by mother. No obvious injuries. Alert & oriented. Age appropriate. No DCAP-BTLS.

NECK
CHEST
ABD

2. RALES
3. RHONCHI
4. WHEEZES
5. DIMINISHED

ORTHO

UNRESPIRATORY: UNRESP. ROS: 3/0

SEATBELT WORN: YES NO UNKNOWN

AIRBAG DEPLOYED: YES NO UNKNOWN

INTRUSION: INT/ No DAMAGE = X

POSITION = 0



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