



# ILLNESS AND INJURY PREVENTION

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## Topics

- ❑ Impact of Unintentional Injuries
- ❑ Community Hazards and Crime Areas
- ❑ Community Resources
- ❑ Illness and Injury Prevention

## Introduction

- ❑ Injury is one of our nation's most important health problems.
- ❑ Injuries result from interaction with potential hazards in the environment, which means that they may be predictable and preventable.

## Facts About Injury...

Injury is the 3rd leading cause of death. Unintentional injuries result in 70,000 deaths annually. The estimated lifetime cost of injuries will exceed \$144 billion. For every death caused by injury, there are an estimated 19 hospitalizations.

## 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 (1 of 2)

- ❑ 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** (2 of 2)

**Unintentional injury is an accident.**

**Intentional injury is purposefully inflicted on a person, i.e., homicide.**

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

## **Prevention** (1 of 2)

- ❑ **EMS providers can focus on primary prevention, or keeping an injury from ever occurring.**
- ❑ **Such prevention can occur as teachable moments that occur shortly after an injury when the patient and observers remain acutely aware of what has happened and may be receptive to learning how to prevent a similar incident in the future.**

## **Prevention** (2 of 2)

**Secondary prevention occurs during medical care.**

**Tertiary prevention occurs during rehabilitation activities.**

## **Prevention within EMS**

- ❑ **Few experience the aftermath of trauma more directly than EMS providers.**
- ❑ **EMTs and 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.**

**The more than 600,000 EMS providers in the United States comprise a great arsenal in the war to prevent injury and disease.**



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

## Primary responsibilities include:

- Protection of EMS Providers
- Education of EMS Providers
- Data Collection
- Financial Support
- Empowerment of EMS Providers

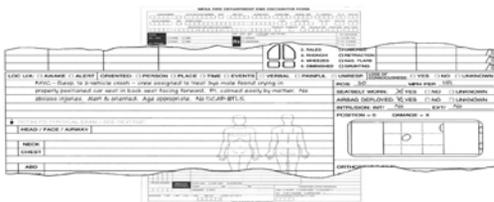
When appropriate, specific EMS education and training in specialized safety procedures should be available to you.



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



Data should be collected and incorporated into patient documentation.



## EMS Provider Commitment

- Body Substance Isolation (BSI) Precautions.
- Physical Fitness.
- Stress Management.
- Seeking Professional Care.
- Driving Safety.
- Scene Safety.

**BSI equipment, such as protective gloves and eyewear, is one of a provider's basic lines of defense.**



**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.

## **Areas in Need of Prevention Activities (1 of 2)**

- Low birth weight in newborns.**
- Unrestrained children in motor vehicles.**
- Bicycle-related injuries.**
- Household fire and burn injuries.**
- Unintentional firearms injuries.**

## **Areas in Need of Prevention Activities (2 of 2)**

- ❑ Alcohol-related motor vehicle collisions.
- ❑ Fall injuries in the elderly.
- ❑ Workplace injuries.
- ❑ Sports and recreation injuries.
- ❑ Misuse or mishandling of medication.
- ❑ Early discharge of patients

## **Implementation of Prevention Strategies**

- ❑ 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.

## **Summary**

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**Impact of Unintentional Injuries**  
**Community Hazards and Crime**  
**Areas**  
**Community Resources**  
**Illness and Injury Prevention**