

Colorado Trauma Network

Injury Prevention

Resource Guide



Injury Prevention Sub-Committee

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Injury Prevention Resource Guide

Older Adult Falls

Stepping On

Program Description: Stepping On is an evidence-based falls prevention program that offers older adults information, strategies and exercises to reduce falls and increase self-confidence in situations where they are at risk of falling. Topics include: simple and fun balance and strength exercises, vision and falls, how medications can contribute to falls, home safety, and safe footwear.

Time Frame: The workshop meets for two hours a week for seven weeks.

Instructors: Each organization needs to have at least two trained facilitators. These may include:

- Injury prevention professionals
- Nurses
- PTs/OTs and/or assistants
- Hospital staff from trauma, rehab, wellness, etc.
- EMTs or firefighters
- Community partners who work with older adults



Master trainers are responsible for teaching the curriculum to facilitators of the program. There are a number of master trainers in Colorado.

Target Audience: Stepping On is designed specifically for anyone who:

- Is 60 years or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia

Contact information: Laurie Lovedale, MPH - Injury Prevention Specialist, University of Colorado Hospital, Laurie.lovedale@uchealth.org, 720-848-5165

Matter of Balance

Program Description: Reduce the fear of falling, stop the fear of falling cycle and increase activity levels among community-dwelling older adults. Class participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Time Frame: 8 weeks, meeting once a week for 2 hour sessions

Instructors: Course is led by volunteer lay leaders (coaches). Master Trainers are responsible for teaching curriculum to coaches. In order to become a MOB coach, you will need to complete the coach training (offered in 1 or 2 day formats depending on county provided by Master

Trainers) and have 1 observation check from your master trainer. Other rules may apply based on the training site

Target Audience: 60 or older, ambulatory, able to problem-solve, concerned about falls, interested in improving flexibility, balance and strength

Contact Information: [Matter of Balance](#) or contact your County Area Agency On Aging, or Lauren Stenger MSN, RN - Trauma Injury Prevention, Outreach & Education Coordinator, Good Samaritan Medical Center. Lauren.stenger@sclhealth.org, 303-689-4623

Tai Chi for Arthritis and Falls Prevention

Program Description: An evidence-based program that is specially designed for arthritis and falls prevention. A certified instructor takes participants through the 21 forms which improves balance by strengthening muscles and coordination; at the same time, it strengthens the mind which improves calmness and confidence in not falling. The program is recommended by the Centers for Disease Control.

Time Frame: It is recommended that a class runs for at least 8 weeks, 1-2 hours a week

Instructors: Course is led by a trained instructor who attends a two day training through the Tai Chi for Health Institute



Target Audience: Older Adults

Contact Information: Tai Chi for Health Institute at <https://taichiforhealthinstitute.org/about-us/>, or you can reach out to Laurie Lovedale, MPH - Injury Prevention Specialist, University of Colorado Hospital, Laurie.lovedale@uchealth.org, 720-848-5165

Older Adult Driving

CarFit

Program Description: CarFit is a free, interactive and educational program designed to improve older driver safety. It is a program that runs vehicle owners and their cars through a 12-point checklist to assess the fit of a driver's car for safety settings. *CarFit* helps promote conversations between older drivers and their families about driving safety and help seniors improve the “fit” of their vehicles.

Time Frame: Each check-up takes about 20 minutes.

Instructors: This check-up is done by anyone trained as a CarFit Technician. All events are run by a trained CarFit Event Coordinator.

Target Audience: The older driver

Contact Information: For more information on becoming a CarFit Technician, you can contact your local Drive Smart Coalition leaders, or Angela Kedroutek - Injury Prevention Specialist, Penrose Hospital. AngelaKedroutek@centura.org, 719-776-5924. You can visit www.car-fit.org to find an event near you.

Planning My Driving Retirement

Program Description: DRIVE SMART Seniors introduces Planning My Driving Retirement seminar created with older adults in mind. This seminar will provide information to drivers, their families and caregivers to help understand what steps can be taken to ensure we consider mobility as part of aging well and health. Strategies for planning for driving retirement, recognizing when it's time to retire from driving and options for remaining mobile and independent will be discussed and shared amongst the attendees. This important exchange will be followed up with a conversation of local options and resources which are available to continue to allow for 'retired drivers' to enjoy an independent, healthy and safe lifestyle.

Time Frame: 45 minute seminar

Instructors: Drive Smart of the Rockies delivers these programs and tools to seniors throughout the state of Colorado.

Target Audience: Older adult drivers, their families and caregivers

Contact Information: Amy J. Nichols - Executive Director, Drive Smart of the Rockies. director@drive-smart.org, 303-229-4460 www.drive-smart.org



Motor Vehicle Crash Prevention – Teens

Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.) program

Program Description: The P.A.R.T.Y. program is a five-hour, in-hospital injury awareness and prevention program for high school students. The goal of the program is to provide young people with information about traumatic injury that will enable them to recognize potential injury producing situations, make safer choices, and adopt behaviors that reduce risk. The focus is on motor vehicle crashes as that is the major mechanism of injury for 15–19 year olds in Colorado. Students are given information about:

- Basic anatomy and physiology
- The mechanics of injury
- The effect alcohol or drugs have on decision-making, risk assessment, concentration and coordination
- What distracted driving is and how it affects the ability to respond quickly
- The type of injuries that can be repaired and those that have lifelong consequences
- The ripple effect of injury on families, finances and future plans

P.A.R.T.Y. on the road is a modified version of the hospital program that can be brought to schools. Students interact with a team of health care professionals and emergency responders who show the real-life impact of poor decisions.

Time Frame: In-hospital program runs 3-5 hours, on the road program runs 1.5-3 hours

Instructors: No official training needed but there is a required annual license fee

Target Audience: High school students

Contact information: Laurie Lovedale, MPH - Injury Prevention Specialist, University of Colorado Hospital, Laurie.lovedale@uchealth.org, 720-848-5165

Teens in the Driver Seat

Program Description: Teens in the Driver Seat® is the nation's first peer-to-peer safety program for young drivers, involving teenagers directly in developing and delivering driving safety messages. The goal of Teens in the Driver Seat® is to raise awareness of the top driving dangers for teens and prevent crashes involving young drivers. The program empowers teens to spread the word among their peers about deadly driving risks and encourage them to make smart choices while behind the wheel and as passengers.

Time Frame: A year long peer-to-peer educational program.

Instructors: No official training needed. Simply select the team that will be responsible for spreading the safety message and find a teacher or school leader who wants to sponsor the program. Once this is organized, contact the regional representative who will guide you through the next steps.

Target Audience: Middle and high school students

Contact Information: Lisa Minjares-Kyle - Teens in the Driver Seat regional representative, (713) 613-9211

Trauma Talks Tough

Program Description: This home grown program was developed by Memorial Hospital Trauma Nurses over 25 years ago and is introduced each fall at the Drive Smart High School Challenge kick off breakfast, where student government will decide to invite programs to their schools for presentations during the challenge. The program is also offered in conjunction with science and health classes during prom time and is also offered in the summer through the Memorial Junior Medical School.

Time Frame: This program can be formatted to fit into 30 minutes to 90 minutes session. It can be presented in small group or large audience format.

Instructors: One person can lead this presentation, but must have an understanding of anatomy and physiology and the physics of mechanisms of injury. It is presented by a healthcare provider such as a nurse, paramedic, physician or respiratory therapist.

Target Audience: High school students

Contact Information: Lori Morgan, MS - Trauma Outreach and Injury Prevention Specialist, Memorial Hospital Central. Lori.Morgan2@uchealth.org, (719) 365-2872.

Distracted Driving

Just Drive

Program Description: Just Drive is a free one hour class delivered by safety experts to businesses and organizations as part of employee safety and wellness programs, or to teenagers and other adults as part of their education on driving safety. Individuals will learn: risks associated with driving distracted; consequences distracted driving can have on one's life

emotionally, physically, and financially; practical strategies for reducing distracted driving habits and influencing others; and distracted driving laws in Colorado.

Time Frame: 1 hour

Instructors: Training needed to become an instructor. No fee

Target Audience: Businesses and organizations, teen drivers, any adult driver

Contact Information: Angela Kedroutek - Injury Prevention Specialist, Penrose Hospital. AngelaKedroutek@centura.org, 719-776-5924



What Do You Consider Lethal Campaign – Distracted Driving

Program Description: Reckless and distracted driving is the #1 killer of teens in America. The “What Do You Consider Lethal?” campaign is an easy-to-use, free program for teachers, safety educators, law enforcement, students, and concerned citizens to implement in their communities aimed at reducing these preventable deaths. “What Do You Consider Lethal?” is high-energy and interactive bringing the facts about reckless and distracted driving to teens using innovative videos, materials, and curriculum and encourages teens to take the lead in peer-to-peer messaging.

Time Frame: The general presentation is 1 hour but there are additional contests you can do as well through this program

Instructors: Attend a What Do You Consider Lethal training or get trained by a current instructor

Target Audience: High school students; Materials and curriculum also developed for elementary and middle school students focused on seat belt safety, being a non-distracting passenger, and speaking up in unsafe driving situations

Contact Information: Impact Teen Drivers <https://www.impactteendrivers.org/> <https://www.whatdoyouconsiderlethal.com/> or you can reach out to Laurie Lovedale, MPH - Injury Prevention Specialist, University of Colorado Hospital, Laurie.lovedale@uchealth.org, 720-848-5165

Childhood Injury Prevention

Car Seat Education and Distribution program

Program Description: Car seats provided to families in financial need after attending a one hour class teaching them how to use it. A \$30 donation is suggested.

Time Frame for the program: 3 classes per month, 2 in Fort Collins (1 being in Spanish) and 1 in Loveland. Classes are an hour.

Instructors: Class is taught by a certified Child Passenger Safety Technician (CPST).

Target Audience: Families who cannot financially obtain a safe car seat for their child. Provide car seat for any car or booster seat-aged child. Recommend that expecting parents attend roughly 2 months before they are due. No documentation of low-income status required. Limited to one car seat per family per year.



Contact Information: Alison Weston, Safe Kids Larimer County/UCHealth North, alison.weston@uchealth.org or 970.495.7502.

Hospital Fit Station

Program Description: Free 30 minute one on one consultations with new families on the Women's Care Units to assist them with installation of the car seat and harnessing their newborn.

Time Frame for the program: Appointments are offered Monday-Friday from 10 a.m.-1 p.m. every 30 minutes. We round on patients to set up appointments starting at 9:30 a.m.

Instructors: Must be certified Child Passenger Safety Technicians.

Target Audience: Families with newborns still on the unit who would like an appointment.

Contact Information: Alison Weston, CPST-I - Health Educator, UCHealth North/Safe Kids Larimer County. alison.weston@uchealth.org, 970.495.7502

Low-birth weight/special needs hospital-based car seat program

Program Description: Loaner seats for children with special health care needs where they will only need a special car seat for a short period of time. Examples include a car bed or seat for a hip spica.

Time Frame for the program: Parents can keep car seat as long as needed -usually up to 8 weeks. Credit card numbers are obtained in case the seat is not returned.

Instructors: Must work with a certified Child Passenger Safety Technician, ideally who has gone through the Special Needs training course.

Target Audience: A child with low birth-weight (<4 lbs), needs to be supine/prone, or has a hip spica.

Contact Information: Alison Weston, CPST-I - Health Educator, UCHealth North/Safe Kids Larimer County. alison.weston@uchealth.org, 970.495.7502

Hospital-based car seat voucher system

Program Description: Voucher is given to parent/caregiver to purchase a car seat valued up to \$55 at the local Walmart. Walmart sends receipt to the program for payment. Can be part of a community benefits program.

Time Frame for the program: N/A

Instructors: Discharge planning determines need through algorithm.

Target Audience: Designed for families in financial need who do not have a car seat upon arriving at the hospital to deliver their baby. Must go through a series of questions before receiving seat to determine true need.

Contact Information: Alison Weston, CPST-I - Health Educator, UCHealth North/Safe Kids Larimer County. alison.weston@uchealth.org, 970.495.7502

Strap and Snap Bicycle Helmet Program

Program Description: 45 minute to 1 hour interactive presentation on helmet and bicycle safety. Free helmet coupons are provided to teachers to distribute to students in need. Helmet coupons are redeemed at helmet fit stations such as Bike Co-op, fire stations, school district, etc.

Time Frame for the program: 45-60 minutes depending on the class size and presenter. Program run from end of March - end of May. Number of presentations depend on class sizes and interest from schools.

Instructors: Utilize volunteers from school districts, fire stations, EMS, law enforcement, etc. A one hour inservice is provided as well as a script they can work off of.

Target Audience: Third graders

Contact Information: Alison Weston, CPST-I - Health Educator, UCHealth North/Safe Kids Larimer County. alison.weston@uchealth.org, 970.495.7502



Pedestrian Safety

Pedestrian Safety Obstacle Course

Program Description: UCHealth Memorial Hospital has partnered with Safe Kids Colorado Springs and American Medical Response in Colorado Springs to present a pedestrian safety obstacle course, which can be modified for any age group. We attend schools and health fairs and have partnered with FedEx at the Kids First Safety day at the Chapel Hills Mall.

We are teaching all children to look left, right and then left again, to make eye contact with drivers before crossing the street, cross at corners, maintain high visibility at night and not to be distracted while crossing the street. We continue to work with Safe Kids both world-wide and locally to observe, inform and intervene as needed to keep our children from being struck by automobiles.

Concussion Injury Prevention

Concussion Prevention

Program Description: Concussion management education for coaches of all youth sports (ages 11-18) is a yearly state mandated education. Presentations can be at schools, recreation centers, sports complexes, and can be expanded to the college level. Additional programming for non-sports related concussions as a result of falls, motor vehicle crashes, biking, skating, horseback riding etc. is available for people of all ages. There is an increasing awareness that concussions occur in activities other than sports and affects all age groups.



Time Frame: Most presentations can be completed in 30 minutes to an hour depending on the audience needs and questions.

Instructors/Presenters: No official training needed. It is recommended for an MD, RN, Athletic trainer, or clinician who is comfortable answering questions about brain injury and function.

Target Audience: Youth involved in sports ages 11-18 for mandatory training. Additional classes for all age groups.

- ◆ Work with school districts to present the concussion training to Coaches. Include parents and athletes so everyone receives the same message.
- ◆ Work with recreation centers that have youth sports programming
- ◆ Collaborate with athletic trainers at high schools and colleges providing presentations and resources for students.
- ◆ Inform coaches and parents of the importance of notification of an “off the field head injury” related to second impact syndrome risk. There is a disconnect between a sports concussion and other concussions.
- ◆ Presentations to senior centers about falling and hitting your head, and the importance of following up with a doctor, especially if you are on anticoagulants.
- ◆ Concussion presentation to teachers in colleges with regard to learning abilities after concussion, and share the “Return to Learn” information.

Contact Information: <https://www.cdc.gov/traumaticbraininjury/prevention>,

Concussion Management Guidelines - <https://cde.state.co.us>

Marilyn Sykes-Johnson BSN, BS - Outreach & Injury Prevention Coordinator - North Colorado Medical Center. Marilyn.Sykes-Johnson@bannerhealth.com

Bleeding Control Programs

Stop the Bleed

Program Description: Provides the general public with skills to apply direct pressure, pack a wound, and apply a tourniquet to save a life after uncontrolled, life threatening bleeding. Uncontrolled bleeding is the number one cause of preventable death. Stop the Bleed originated after the Sandy Hook shooting and brought together the medical community, law enforcement and federal government to create a program to improve survivability from manmade or natural mass casualty events. It provides first responders and civilian bystanders with skills and basic tools to stop uncontrolled bleeding in an emergency situation.



Time: Powerpoint presentation takes an average of 45-60 minutes. Hands-on demonstration and practice takes anywhere from 15-25 minutes based on size of group.

Instructors: Any (MD, DO, RN, NP, PA, LPN, Paramedic, any NAEMT instructor, PHTLS, ATLS, ATCN/TNCC, TCCC/TECCC instructors, Sworn Law Enforcement Officer, Certified Athletic Trainer, Dentist, Occupational Therapist/Physical Therapist, Pharmacist, Registered Dietitian, Respiratory Therapist, Ski Patrol, Veterinarian, Emergency Medical Responder) that has completed a Bleeding Control Basics course is qualified to teach. You must register on **BleedingControl.org** as an instructor to gain access to teaching materials.

Target Audience: Recommended for anyone over the age of 12

Contact Information: <https://www.stopthebleed.org/> For classes and more information. Or Lauren Stenger, RN, MSN - Trauma Injury Prevention, Outreach & Education Coordinator, Good Samaritan Medical Center. Lauren.stenger@sclhealth.org, 303-689-4623

Violence Prevention

Denver Health Violence Prevention Committee

Program Description: Denver Health in collaboration with Denver Public Health has a Violence Prevention Committee which is designed to build the capacity of Denver Health in addressing violence as an integrated health system. The committee provides an atmosphere of collaboration to develop unified strategies for improving the health of all Denver Health patients.

Time Frame: Meetings are held once a month for 1.5hrs. The time commitment for committee members is estimated to be 3-5 hrs per month, including meeting and meeting preparation.

Target Audience: Hospital Staff & Administration

Contact Information: Darcie Bentz, MPH - Injury Prevention Coordinator, Denver Health Medical Center. darcie.bentz@dhha.org, 303-602-7623

Denver Health At-Risk Intervention & Mentoring Program (AIM)

Program Description: AIM is Denver's only hospital-based violence intervention program (HVIP) that uses best practices from the National Network of Hospital-based Violence Intervention Programs (NNHVIP), trauma-informed care and a public health approach that utilizes data and research to interrupt the cycle of violence among Denver's at-risk youth and young adults.

Time Frame: This program is run by several full-time employees, so it is a full-time commitment.

Target Audience: At-risk youth

Contact Information: Darcie Bentz, MPH - Injury Prevention Coordinator, Denver Health Medical Center. darcie.bentz@dhha.org, 303-602-7623