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Upcoming Events

- **IPAC/INVDRS (virtual)**
May 14
- **ISTCC/ITN (virtual)**
May 21
- **Memorial Day (state offices closed)**
May 31



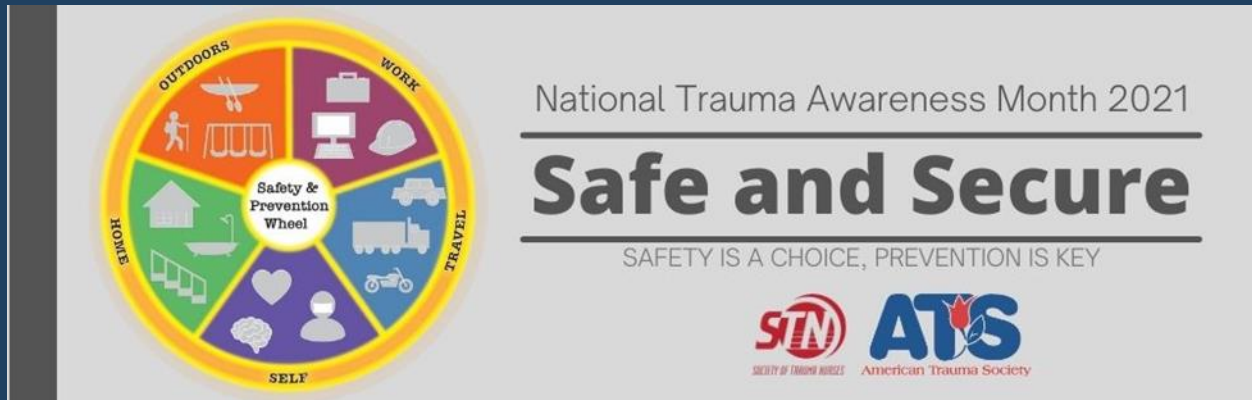
IDOH is offering **Booster Seats** a Booster Bash toolkit if you or anyone in your community is planning on hosting a Booster Bash!

Please reach out to Pravy Nijjar with any questions: pnijjar@isdh.in.gov

IDOH is offering **Child Passenger Safety Scholarships** to cover the cost of your class. Please reach out to Pravy Nijjar with any questions or inquiries: pnijjar@isdh.in.gov

National Trauma Awareness Month

May is National Trauma Awareness Month (NTAM). In 1988, President Ronald Reagan and Congress designated May as NTAM. NTAM is all about increasing education and prevention activities to keep ourselves, family, workforce, and communities stay safe from trauma related injuries or fatalities. Throughout the years, NTAM has highlighted and prevented major causes of morbidity and mortality such as distracted driving, sports injuries, water safety, helmet use, and more.



This year's theme is "Safe and Secure: Safety is a Choice, Prevention is Key". It's no doubt that COVID-19 has changed our lives. We all have a new way of living, working, and playing. Emergency departments all over the nation are seeing a rise in injuries related to our new ways of living. The home is the most common place where injuries occur. Next are recreation areas and the streets/highways. Check out these resources and remember to always be **Safe and Secure** in all that you do:

How to stay safe as a pedestrian — [Click here](#)

How to stay safe working from home — [Click here](#)

Keep these dates in mind this month.

- **Trauma Registry Professionals Day** - May 5, 2021
- **Injury Prevention Professionals Day** - May 12, 2021
- **Trauma Survivors Day** - May 19, 2021

Learn more about how you can participate in Trauma Survivors Day [here](#)

Sources: <https://www.traumanurses.org/2021-national-trauma-awareness-month> ; <https://www.amtrauma.org/news/558684/National-Trauma-Awareness-Month.htm#:~:text=Tuesday%2C%20March%2030%2C%202021&text=Mark%20your%20calendars%2C%20May%20is%20National%20Trauma%20Awareness%20Month!&text=More%20information%20coming%20soon>

Participate in the 2021 National Pediatric Readiness Assessment

The National Pediatric Readiness Project (NPRP) is a multiphase quality improvement (QI) initiative to ensure that all U.S. emergency departments (EDs) have the essential guidelines and resources in place to provide effective emergency care to children. The project is supported by the American College of Emergency Physicians, the Emergency Nurses Association, the Federal Emergency Medical Services (EMS) for Children Program, and the American Academy of Pediatrics.



The NPRP Assessment is a national assessment of America's EDs to determine progress in pediatric readiness, identify existing gaps, promote quality improvement (QI) efforts in hospital EDs, develop national collaboratives to address common and critical gaps, and identify best practices.

Data was last collected in 2013, and reassessment begins May 1. ED nurse managers will receive several postal and email notifications with a link to the web-based assessment. Because **only one NPRP assessment per ED can be completed, we encourage you to collaborate with your ED leadership to participate in the NPRP assessment.** The NPRP assessment asks questions about hospitals and EDs from categories like: infrastructure, resources, personnel, the administration and coordination of care for children, policies, equipment, and more. Indiana EMSC strongly encourages ED nurse managers to download and print a PDF copy of the NPRP assessment and review before submitting their responses online.

The NPRP assessment helps ED personnel to be better prepared to provide quality care for all patients of all ages by evaluating the QI process of EDs over time. Hospitals with high ED readiness scores demonstrate a **fourfold lower rate of mortality** for children with critical illness than those with lower readiness scores, thus, improving pediatric readiness improves outcomes for children and their families.

For more information, visit www.pediatricreadiness.org and Indianaena.org.

EMSC is a federally funded program whose core mission is to decrease child and adolescent death and disability through advocacy, education, and research. Facility recognition for pediatric preparedness in Indiana helps fulfill a substantial portion of this mission. Indiana's program began in 2018, and two hospital EDs have been recognized.

Facilities in Indiana may be recognized as "Pediatric Ready" or "Pediatric Advanced." Criteria for recognition are based on national standards that improve the care of children. "Pediatric Ready" represents the minimum requirements to ensure an emergency department is prepared to care for any child. "Pediatric Advanced" includes slightly higher standards for pediatric preparedness in the emergency department.

If you wish to receive an application, please contact iEMSC Program Manager Margo Knepfelkamp, via email at margo.knepfelkamp@indianapolisems.org.

National EMS Week

May 16 – 22 is National EMS Week! The week was first authorized in 1974 by President Gerald Ford to celebrate EMS practitioners and the important role they play in our nation's communities. During this week, the National Association of Emergency Medical Technicians (NAEMT) partners with the American College of Emergency Physicians (ACEP) to lead activities that recognize the contributions of EMS practitioners. This year will mark the 46th annual celebration of National EMS Week, and the 2021 campaign theme is *This is EMS: Caring for Our Communities*.



This year's theme is particularly meaningful, amidst the COVID-19 crisis, to remind our communities that EMS practitioners are prepared every day to respond, support, and care for their needs. This year EMS practitioners across the U.S. stepped up to serve their communities despite an unprecedented global pandemic, risks to their personal health and safety, lack of personal protective equipment, and many other challenges. The pandemic has introduced a wave of merited attention to the EMS profession, as the public and media continue to recognize the vital roles of paramedics, EMTs, and EMS clinicians in the response to COVID-19. During National EMS Week we recognize and honor EMS practitioners for their tireless commitment to providing emergency medical services every day.

Find additional information on 2021 daily themes and unique ways to celebrate [here](#).

Source: <https://www.acep.org/administration/ems-resources/emsweek/#:~:text=May%2016%2D22%2C%202021%20is,annual%20celebration%20for%20EMS%20Week>

Stroke Awareness Month

Every year since 1989, the month of May has been recognized as Stroke Awareness Month. Through education and advocacy, the goal of this month is to heighten public awareness of strokes while lowering their incidence in the United States. Those who choose to observe Stroke Awareness Month will be presented with opportunities to hear from survivors, researchers, and medical professionals, while learning new ways to recognize and prevent strokes on their own. Additionally, viewers will become informed and learn new ways to reach out to others to share this new information. They could very well save someone else's life with this information, or their own for that matter.

Strokes occur when the blood supply to part of your brain is blocked, stopping brain tissue from getting the proper nutrients and oxygen it needs to survive. Without this blood flow, brain cells will rapidly begin to die, causing disability and even death if not controlled in a timely manner. There are two main types of strokes, ischemic, where blood flow through an artery is blocked, and hemorrhagic, where the artery is ruptured. Hemorrhagic strokes are much less common, but more severe. According to the American Stroke Association, "stroke is the No. 2 cause of death worldwide and a leading cause of disability." While strokes can occur at any age, the risk of stroke increases significantly with age. Currently, African Americans, Asian/Pacific Islanders, and Hispanics have the highest risk of stroke when compared to other races, and women are more susceptible than men.

The key emphasis of Stroke Awareness Month is prevention. 80% of strokes are avoidable with proper lifestyle choices and medication, such as managing high blood pressure, being active, eating healthier food, controlling cholesterol, and quitting smoking, yet it is still a leading cause of death worldwide. Stroke Awareness Month specifically hopes to promote the acronym "BEFAST," standing for balance (dizziness), eyes (vision changes), face (facial drooping and headache), arms (weakness and numbness), speech (trouble speaking and confusion), and time (to call 911). Knowing this acronym and understanding how it relates to the symptoms of strokes could possibly be the difference between life and death for somebody or one of their loved ones. Additionally, the goal of this month is to promote urgency. The longer it takes for somebody to receive treatment while experiencing a stroke, the greater the damage will be and the likelihood of death increases. That said, do not hesitate to call 911. Even if you are wrong, it is better to be safe than sorry.

If you would like to learn more about strokes and how to best prevent them, check out the links below. In addition, the link for the CDC's stroke communications kit is provided, offering multiple ways to connect with organizations and health professionals via social media and providing a wide range of stroke-related resources.

Stroke Awareness – [\(Click Here\)](#)

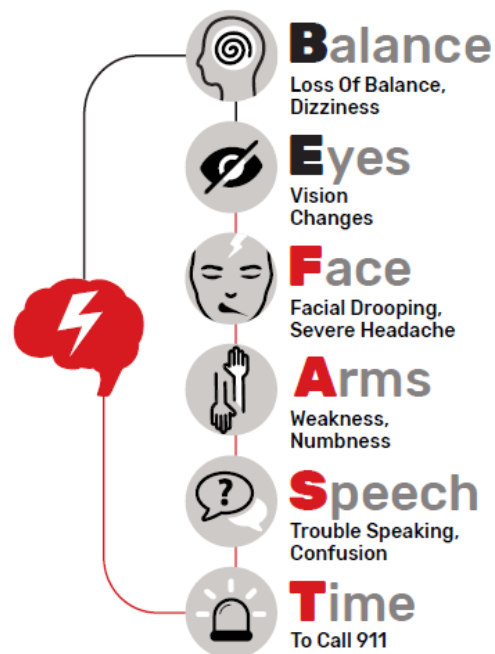
Preventing Another Stroke – [\(Click Here\)](#)

Stroke Communications Kit – [\(Click Here\)](#)

WHEN IT COMES TO STROKE,

BE FAST CALL 911

Any one of these sudden **SIGNS** could mean a **STROKE**



BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Healthcare.

Summer is Approaching!

As the summer quickly approaches, it is important to discuss how to keep you and your family safe while visiting the pool or beach or heading out for a day on the boat. Each day about 10 people die of unintentional drowning, which is also the fifth leading cause of unintentional injury death in the U.S. and is the second leading cause of injury death for those ages 1-14 years old. While we are all at risk for the potential of unintentional injury when surrounded by large bodies of water, there are some groups that have been reported to experience a greater risk for unintentional drownings: males (nearly 80% of those who die of drownings are male), children, and minorities. The main risk factors associated with unintentional drownings include lack of swimming ability, use of alcohol, lack of barriers, lack of close supervision, location, and failure to wear life jackets (CDC 2020).

Here are some key prevention tips to practice swim safety this summer:

- ◆ Learn life-saving skills

Know the basics of swimming and cardiopulmonary resuscitation

- ◆ Fence it off

Install four-sided isolation fence equipped with self-closing and latching gates, specifically around any backyard swimming pools. The pool area should be separate from the home, and be sure to keep children away during non-swimming times.

- ◆ Make life jackets a *must*

Make sure that children wear life jackets in or around large bodies of water, like the ocean or a lake. No matter their level of swimming expertise, all children and weaker or novice swimmers should utilize life jackets.

- ◆ Always be on the lookout

When children are near or in water (including the bathtub), they should always be under close supervision. Avoid distractions such as reading, talking on the phone, using drugs or alcohol, or any other form of activity that will decrease your ability to respond quickly in the event of an emergency.

Swimming safety is not the only thing to be discussed as this summer approaches; it is also equally important to discuss how to protect yourself in the blazing hot sun as temperatures slowly begin to rise as we transition into the new season. Did you know that the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes? The U.S. Environmental Protection Agency (EPA) uses a scale ranging from 0 to 11+ to predict UV radiation levels in a specific geographic area—there are tools available to check the UV index in your area (CDC 2020). So why is sun safety so important?



Skin cancer is the most common cancer in the U.S., and usually onset as a

(Continued on page 7)

result of overexposure to the sun (CDC 2020). Here are some ways to protect your skin from the sun and lower your risk of developing skin cancer:

- ◆ Utilize the shade (when possible)

Seek shade under an umbrella, a tree, or another form of shelter before you need relief from the sun. For extra protection, wear sunscreen or protective clothing while outside—even when in the shade.

- ◆ Clothing

When reasonable, long-sleeve shirts, long pants, and skirts can provide protection from UV rays. Tightly woven fabric, dry, and darker clothing all provide greater protection versus loosely woven, wet, and lighter-color clothing garments.

- ◆ Hat

For the best protection, wear a hat with a brim all the way around your shades, face, ears, and back of your neck. Avoid straw hats that allow the sunlight through. If you choose to wear a baseball cap, protect your ears and the back of your neck using a broad-spectrum SPF 15 or higher sunscreen, or stay in the shade.

- ◆ Sunglasses

Sunglasses will protect your eyes from UV rays and the risk of cataracts, along with protecting the sensitive skin surrounding your eyes. Glasses that block both UVA and UVB rays offer the best protection, and most glasses sold in the United States meet these standards.

- ◆ Sunscreen

Always put on broad-spectrum sunscreen SPF 15 or higher before you go outside, even on those more cool and cloudy days. Apply a thick layer on all areas of exposed skin. Sunscreen works best when applied with other options to adequately prevent UV damage.

SPF: Higher SPF= greater protection

Reapplication: Sunscreen does wear off. Put it on again every two hours after being out in the sun or after swimming, sweating, or toweling off.

Expiration date: Check the date, sunscreen without an expiration date has a shelf life of no more than 3 years but this shelf life is shorter when exposed to extremely high temperatures.

Sources: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm ; <https://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html>



National Child Passenger Safety Technician Month

May is National Child Passenger Safety Technician Month. Motor vehicle crashes are a leading cause of death among children. In 2018, there were 636 fatalities among children 12 years and younger and over 97,000 children were injured. Of those fatalities, 33% were not buckled up. Car seats reduce the risk of injury by 71%-82% when compared to seat belt use alone, while booster seats reduce the risk of injury by 45% for children aged 4-8 when compared to seat belt use alone.



Here are some tips to keep your child safe:

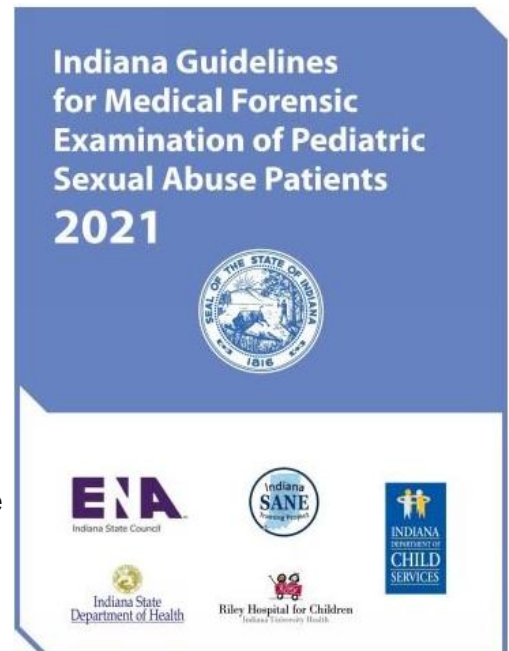
- If you're pregnant, be sure to schedule a car seat installation with a child passenger safety technician (CPST) before the baby is born.
- Children should ride in the back seat through age 12.
- Never place a rear-facing seat in a front seat near an airbag.
- Never negotiate a seatbelt with your child, don't drive off until they put the belt on
- Always wear your seatbelt as a way to normalize seatbelts for your child.
- Identify the expiration date of your car seat.

Join IDOH in celebrating more than 43,000 technicians who educate families about how to travel safely. CPSTs go through courses to learn more about what happens during a crash, injury preventions strategies, and how to fit and properly install a car seat. Every day CPSTs save children's lives, and you can do it, too! To learn more about becoming a tech and about courses available in your area, contact Pravy Nijjar, pnijjar@isdh.in.gov.

Sources: <https://www.cdc.gov/injury/features/child-passenger-safety/index.html> ;
<https://www.nsc.org/road-safety/safety-topics/child-passenger-safety>

Indiana Guidelines for Medical Forensic Examination of Pediatric Sexual Abuse Patients Addendum

An addendum was released for the Indiana Guidelines for Medical Forensic Examination of Pediatric Sexual Abuse Patients. The addendum includes the national standard and best practices for involving advocacy for child victims of sexual abuse. This information is located in the guidelines under the section "Involving Advocacy Services in Pediatric Sexual Abuse Cases". The updated guidelines can be found [here](#).





EMERGENCY MEDICINE SYMPOSIUM

Virtual | June 11th, 2021 | 8 a.m. - 4 p.m.

REGISTRATION:	https://ascension.zoom.us/webinar/register/WN_44gyt3M-SW6rwbSqmOKQuw
COST:	Free for all attendees
CONTINUING EDUCATION:	Participants will be awarded <u>6.75</u> continuing education hours for attendance.

Ventilate...Great!!

James Nossett, MD, Emergency Medicine, EMS Medical Director

Pediatric Trauma: Not Just Little Adults

Chad Wiesenauer, MD, Pediatric Trauma & General Surgery

Mother & Baby Make Two: Trauma in Pregnancy

Anita Roesener, MSN, RNC-OB, C-EFM, CNS

Kelly Blanton, RN, BSN, CNRN

Suffer From BURNOUT? Give'em the F.I.N.G.E.R.!

Keynote Speaker: Mark Yarbrough, Author & Motivational Speaker

Man Vs. Machine: Traumatic Injuries in the Workplace

Ian Ferris, MD, Trauma & Surgical Critical Care

Trauma Case Study & Panel Discussion

Adam Leonard, FF, EMT-P

Gregory Roberts, MD, Trauma & Surgical Critical Care

Jessica Furstenberg, PA-C

U Break, I Fix

Renn Crichlow, MD, Orthopaedic Trauma Surgery

Stroke Treatment is a RACE Against the Clock

Dan Sahlein, MD, Interventional Neuroradiology



First 100 to register will receive a FREE EM Symposium T-shirt!

Questions? Contact us at indytrauma@ascension.org

National Prevention Week

National Prevention Week (NPW) is a Substance Abuse and Mental Health Services Administration (SAMSHA) initiated annual health observance that recognizes that work done by communities throughout the year that inspire actions and prevention around substance use and mental disorders. SAMHSA has outlined three primary goals of NPW: 1) Involve communities in education, raising awareness, and implementation of/about prevention strategies for substance use and mental disorders; 2) develop and maintain partnerships with federal agencies and national organizations to promote prevention-related public health efforts; 3) advocate for and distribute high-quality substance use prevention and mental disorder publications and resources. NPW occurs in May because it is close to the start of summer, which is a crucial time for schools and communities to refocus their efforts on prevention. According to SAMSHA's National Survey on Drug Use and Health, data about adolescents and college students shows that the aforementioned population groups most often use substances for the first time in June or July. Hence, this concentrated effort provides school with a well-timed opportunity to remind students and their families about prevention strategies and the harms of substance use.



Division of Trauma and Injury Prevention's Ongoing Response to COVID-19

Many of our division members have continued to assist in the COVID-19 pandemic response by helping with the call center (supervisors and managers), drive-thru testing sites (hosting sites), contact tracing, incident command tasks and distribution/logistics work, COVID-19 vaccination scheduling, etc. Together, our division has dedicated more than **16,400** hours fighting the COVID-19 pandemic. Please join us in thanking our staff for their dedication and hard work to help educate the public and facilitate resources for the emergency response during the COVID-19 pandemic response.

Division Staffing Updates

The Division of Trauma and Injury Prevention is adding a new member to its team. Meredith Canada, MSW, will be working in the capacity of a public health analyst as part of the Overdose Response Strategy (ORS). This new position is fully funded by the CDC Foundation. The ORS is a collaboration between public health and public safety, created to help reduce drug overdoses in communities by sharing data and new strategies in a timely manner. The ORS is implemented by a state team of drug intelligence officers and public health analysts. Their primary work involves working on drug overdose issues across different sectors in the state. The information gathered is then shared with these sectors to identify early warning signs and prevention strategies. The goal of the ORS is to connect public health and public safety agencies in efforts to reduce fatal and non-fatal drug overdoses. Welcome, Meredith!



Timothy Miller is a current senior at the University of Evansville, where he will graduate this May with a degree in chemistry and minors in statistics and data science and biology. Timothy also ran cross country and track and field for the Purple Aces. He joins the Division of Trauma and Injury Prevention as a data cleaning consultant and plans to attend Indiana University School of Medicine this fall.

Keenan Young graduated from ECPI College of Technology with an A.A.S in computer electronics. Keenan is currently pursuing a bachelor's degree in cybersecurity from IUPUI/Purdue. He worked as a helpdesk support analyst for Bell Techlogix prior to joining our division as a records consultant.



Division of Trauma and Injury Prevention's Grant Updates

Overdose Data 2 Action:

The Drug Overdose Prevention team has been working diligently on the CDC Overdose Data to Action (OD2A) grant that was awarded in 2020. This grant was initially designed to last for three years, but it was recently announced the CDC would extend the funding into a fourth year. Currently, the Drug Overdose Prevention team is working to submit the year two Annual Performance Review (APR) as well as preparing to start year three of the funded activities. A major part of this grant includes the Indiana Communities Advancing Recovery Efforts Extension for Community Healthcare Outcomes (IN CAREs ECHO). This project is gearing up to release a new request for proposals (RFP) for year three applicants to apply for funding.

New Naloxone Grants:

The IDOH currently holds the First Responder Comprehensive Addiction and Recovery Act (FRCARA) grant through SAMHSA. This grant aims to provide free naloxone to first responders who work in rural Indiana counties. The agency has held this grant since 2017. Unfortunately, this grant is coming to an end this September. IDOH hopes to continue first responder programming through new grant funding. The agency has currently applied for the new round of FRCARA, again through SAMHSA. This new funding would have the same goal of providing free naloxone to first responders who work in one of Indiana's 49 rural counties. The agency has also applied for a separate naloxone grant through SAMHSA in partnership with the Family and Social Services Administration (FSSA). This grant has a first responder as well as a military focus. Both grant opportunities would be able to provide free naloxone to communities in need. The agency is hoping to receive one of the two grant opportunities that will begin in October of this year. For more information on naloxone, please contact the Naloxone Program Manager, Cassidy McNamee (casmcnamee@isdh.in.gov).

Core State Injury Prevention Program:

The DTIP partnered with the Division of Fatality Review and Prevention (FRP) and applied for CDC's Core State Injury Prevention Program (CORE SIPP) grant in mid-April. This is a five-year grant opportunity that will enable an increase in Indiana's capacity to surveil data, trends, risk, and protective factors for priority areas of focus, including adverse childhood experiences (ACEs), traumatic brain injury (TBI), transportation safety, falls, and ACEs-related poor health outcomes associated with suicide, child maltreatment, and overdose. Award winners for the grant will be announced in July, with funding that will begin in August. We are hoping to receive this grant opportunity!

Administration for Community Living (ACL)—Traumatic Brain Injury (TBI):

The DTIP is currently pursuing the 2021 ACL-TBI grant. The division was awarded this three-year grant in 2018, which is coming to an end. The funds of this grant will be used to maximize health outcomes and reduce disability following TBI, decrease institutionalization (incarceration and residential placement), and prevent opioid misuse following TBI. We are hoping to receive this grant opportunity again!

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mental Health Month	Stroke Awareness Month	National Child Passenger Safety Technician Month				1
2	3	4	5	6	7	8
9 National Prevention Week	10 National Prevention Week	11 National Prevention Week	12 National Prevention Week	13 National Prevention Week	14 IPAC/INVDRS National Prevention Week	15 National Prevention Week
16 National EMS Week	17 National EMS Week	18 National EMS Week	19 National EMS Week	20 National EMS Week	21 ISTCC/ITN National EMS Week	22 National EMS Week
23	24	25	26	27	28	29
30	31 Memorial Day	Motorcycle Safety Awareness Month	National Youth Traffic Safety Month	Bicycle Safety Month	Older Americans Month	National Trauma Awareness Month

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	National Safety Month	Fireworks Safety Month	Home Safety Month

Upcoming 2021 (TRAC) meetings can be found here: <https://www.in.gov/isdh/26644.htm>

Contact Us

Kris Box, M.D., FACOG — State Health Commissioner

Eldon Whetstone, JD — Assistant Commissioner, Health and Human Services

Division of Trauma and Injury Prevention Staff

Katie Hokanson — Director

Klaudia Wojciechowska — Drug Overdose Prevention Program Director

Murray Lawry — Operations Manager/Deputy Director

Ramzi Nimry — Trauma and Injury Prevention Program Director

Anita McCormick-Peyton — Records Consultant

Carrie Bennett — Lead Drug Overdose Prevention Community Outreach Coordinator

Cassidy Johnson — Naloxone Program Manager

Emma Heltzel — Registry Coordinator

Helen Schwartzel — Administrative Assistant

James Carroll — Drug Overdose Prevention Community Outreach Coordinator

John O'Boyle — Records Coordinator

Keenan Young — Records Consultant

Keifer Taylor — Records Consultant

Laura Hollowell — Drug Overdose Prevention Community Outreach Coordinator

Meghan Davis — Records Consultant

Meredith Canada — Public Health Analyst

Morgan Sprecher — INVDRS Epidemiologist

Navtej Bal — Records Consultant

Patricia Dotson — Records Consultant

Pravy Nijjar — Injury Prevention Program Coordinator

Ryan Cunningham — INVDRS Lead Records Consultant

Sydney Whiteford — Drug Overdose Prevention Epidemiologist

Timothy Miller — Data Cleaning Consultant

Trinh Dinh — Data Analyst

Veronica Daye — Injury Prevention Epidemiologist

Please email indianatrauma@isdh.IN.gov for more information.

Visit our website at indianatrauma.org.

Follow us on Twitter: @INDTrauma



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Department
of
Health