

TRAUMA TIMES

A Communication of the Division of Trauma and Injury Prevention

Indiana State Department of Health

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Upcoming Events

- **Injury Prevention Advisory Council (IPAC)/Indiana Violent Death Reporting System (INVDRS) meetings**
Jan. 17
- **MLK Day (state offices closed)**
Jan. 20
- **State Museum Substance Use Disorder Exhibit Opens**
Feb. 1
- **Indiana State Trauma Care Committee (ISTCC)/Indiana Trauma Network (ITN)**
Feb. 21
- **Indiana State Breastfeeding Conference**
Feb. 26

Public health tops governor's 2020 Next Level Agenda



State Health Commissioner Dr. Kris Box announces the state's \$2 million campaign to curb youth vaping Aug. 29 at Fishers High School while Principal Jason Urban (left), Gov. Eric J. Holcomb and students listen.

A message from State Health Commissioner Dr. Kris Box:

Gov. Eric J. Holcomb just announced his 2020 Next Level Agenda, and public health is featured prominently, including a proposal to raise the smoking and vaping age to 21 and increase enforcement of current laws for retailers.

The governor also called for more mental health care in schools, more community paramedicine programs and more accommodations for pregnant workers.

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These initiatives go to the core of what the Indiana State Department of Health (ISDH) is all about, but we are much more than that. Here are other initiatives we'll be working on in 2020:

- **Accreditation:** Our Feb. 5-6 site visit is the final step in our five-year journey to accreditation from the Public Health Accreditation Board. It will be the culmination of years of effort, but more importantly, it will recognize the work we all do to protect the health and safety of all Hoosiers.
- **Levels of Care:** We have already begun to survey birthing hospitals and issue certification levels. Next year, we'll add more hospitals as we work to make sure pregnant women deliver their babies at the facilities best equipped to meet their needs.
- **OB Navigator:** This program, designed to connect pregnant women in areas at highest risk for infant mortality to the services they need, will officially launch in Allen County in January. I'm excited to see all of the advance planning and effort come to life as this program begins to serve its first moms and babies.
- **Youth vaping:** As Gov. Holcomb proposes raising the age to purchase tobacco products to 21, ISDH will continue its three-pronged effort to reduce youth vaping. Our Behind the Haze media campaign is up and running, and we will soon be offering an Indiana-specific text feature to help youth ready to quit. We're also partnering with schools to roll out educational material for parents, teachers and students.

Indiana State Trauma Care Committee Update

During the December meeting of the Indiana State Trauma Care Committee (ISTCC), the group heard from Indiana University (IU) Health Ball Memorial's Bekah Dillon, director of trauma and Center of Hope, and Kelli Vannatter, trauma program manager, regarding a multiple/mass casualty incident that occurred during a May house party in Muncie. Prior to this event, they had tested multiple/mass casualty communication drills and reviewed protocols for this type of event. In fewer than 90 minutes, IU Health Ball received seven patients with multiple injuries of varying severity. Dillon and Vannatter explained how mass casualty events like this can easily overwhelm an entire hospital, not just the emergency department, and other issues arose and lead to valuable discussion. Through IU Health Ball's Office of Transformation, a four-day event was created with hospital departments to focus on what can be improved, who should be at the table and what will be changed moving forward.

Other topics discussed during the meeting included updates on emergency preparedness, the legislature and regional news. The group also discussed pre-hospital hypocapnia, hypoxia and hypothermia and how these conditions impact mortality in pediatric traumatic brain injury patients at Riley Hospital for Children. Finally, the committee reviewed updates from the trauma system planning subcommittee, performance improvement subcommittee and EMS medical directors.

Division awards overdose prevention funding

In September 2019, the Indiana State Department of Health (ISDH) Division of Trauma and Injury Prevention (DTIP) was awarded more than \$21 million from the Centers for Disease Control and Prevention (CDC) to increase the comprehensiveness and timeliness of drug overdose surveillance data; make the Prescription Drug Monitoring Program (PDMP) more user-friendly; work with health systems, insurers and communities to improve opioid prescribing; and build state and local capacity for public health programs related to substance use disorder.

As part of these efforts, DTIP released a Request for Proposal (RFP) to distribute funds to local organizations embarking on overdose prevention efforts in their communities. The RFP involves communities participating in Project Extension for Community Healthcare Outcomes (ECHO), an innovative framework that uses videoconferencing technology to increase the knowledge, skills and performance of community stakeholders, particularly those located in rural and underserved areas.

Project ECHO connects a group of faculty experts (referred to as the Hub) who have experience in reducing overdose deaths with a set of community-based teams (referred to as Spoke teams) of leaders within each community. The Spoke teams are committed to working together to implement strategies and coordinate efforts to reduce opioid misuse, reduce morbidity and mortality associated with opioid use disorder (OUD), and increase linkage to care for those with OUD. The ECHO model requires Spoke teams to participate in monthly 90-minute sessions over the course of 10 months. A session will consist of a short, expert-led lecture (didactic) presentation to improve content knowledge and share evidence-based best practices followed by one community case presentation with clarifying questions and recommendations.



As part of the community case presentation, Spoke teams will identify and share stories that illustrate progress, successes and challenges associated with their efforts. As part of this project, each participating Spoke team will have post-ECHO action meetings to ensure that participants are applying the knowledge learned in the virtual ECHO sessions to implement changes in their communities.

To aid in the implementation of community changes, ISDH has awarded around \$1.2 million to 16 Spoke teams to carry out prevention activities. The allowable activities fall under four strategies:

Strategy 1: Primary Prevention for Opioid Misuse and Opioid Use Disorder

Strategy 2: Linkage to Care for Recovery Services and Evidence-Based Treatment for OUD

Strategy 3: Harm Reduction and Anti-Stigma Promotion

Strategy 4: Additional Activities

A map of funded organizations can be found on the next page.

Awarded Organizations by County

Key

- Allen** - Allen County Drug & Alcohol Consortium, Inc.
- Clark** - Clark County Health Department
- Dearborn County** - Choices Coordinated Care Solutions
- Delaware County** - Delaware County Prevention Council
- Fayette** - Family Services and Prevention Programs
- Floyd County** - Our Place Drug and Alcohol Education Services, Inc.
- Grant** - Marion General Hospital
- Howard** - Howard County Health Department
- Jay** - Jay County Drug Prevention Coalition, Inc.
- Jennings County** - Drug and Alcohol Task Force
- Madison** - Madison County Health Department
- Randolph** - Randolph County Systems of Care
- St. Joseph County** - St. Joseph County Department of Health
- Starke County** - Porter-Starke Services, Inc.
- Vanderburgh County** - Vanderburgh County Health Department
- White** - Indiana University Health White Memorial Hospital



Learn about electric scooter safety

Electric scooters (e-scooters) are becoming widely popular in large metropolitan areas and university campuses since the launch of Bird and Lime in 2017. With Bird alone, there were 10 million rides within the first year of initiation. Recently, there has been an increase in e-scooter sharing companies across Indiana. Bloomington, Elkhart, Indianapolis, West Lafayette, Fort Wayne, South Bend are a few cities in Indiana with access to e-scooters. However, these scooters are causing harm to the riders who use them and potentially those who encounter them. A recent [study](#) by the Centers of Disease Control and Prevention (CDC) found an incidence rate of e-scooter-related injuries was 14.3 per 100,000 trips (from the 130 confirmed cases). The median age was 29 with an interquartile range of 21-39 years old. Of those with an injury, 45% reported a head injury, but fewer than 1% reported wearing a helmet based on the CDC study.



The IU School of Medicine has also recently released a [study](#). Researchers identified 69 exams performed on 36 unique emergency department patients with involvement of an e-scooter. There were six cases of distal radial fractures, or fracture of the forearm bone close to the wrist, making it the most common injury in the study group. Soft

tissue injuries of the head, face, wrist and ankle, were present in five cases.

The studies' findings highlight the importance of protective equipment such as helmets and hand/wrist guards, researchers said, along with the potential dangers of riding while under the influence of intoxicating substances. Currently in Indiana, there are no laws or regulations requiring helmet usage.

Resources:

- <https://www.inc.com/magazine/201902/will-yakowicz/bird-electric-scooter-travis-vanderzanden-2018-company-of-the-year.html>
- <https://www.today.com/health/nearly-half-serious-e-scooter-injuries-involved-alcohol-study-finds-t161564>

More suicides DON'T happen during the holiday season

The myth that suicides happen most often in the winter is actually a myth. CDC's National Center for Health Statistics reports December as having the lowest suicide rate. Researchers hypothesize that this time has a protective factor because people have the opportunity for time off work and spending time with family and friends. However, suicide remains a major public health issue throughout the remainder of the year. It is the 10th leading cause of death for Americans. Indiana experiences the most suicides deaths in September and the fewest suicide deaths in February. Other myths about suicide:

- Asking if someone is experiencing suicidal thoughts will trigger them to act on it.

THE TRUTH: Many suicide survivors say if anyone had shown interest or compassion right before the act, they would not have done it. Talking to someone won't give them the idea. Click [here](#) for ways on how to bring up a conversation about suicidal thoughts.

- Suicide is an impulsive act.

THE TRUTH: Suicide is most often planned weeks, months or even years in advance. Those considering suicide will share thoughts of despair, depression or even talk about suicide in a joking manner. Click [here](#) for other warning signs.

- There is nothing you can do if someone wants to die by suicide.

THE TRUTH: Depression coupled with hopelessness and helplessness makes suicide seem like the only way out. Depression can be treated and having someone who encourages them to seek help will create a safe space for the victim. According to the National Alliance for Mental Illness, more than half of suicide victims sought help from a loved one before their deaths. [Read more](#) on how to have a conversation if someone tells you they're thinking about suicide.

Rural First Responder Naloxone Grant Opportunity

The Indiana State Department of Health (ISDH) is accepting grant applications to give first responders in rural counties intranasal naloxone rescue kits. Visit <https://www.in.gov/isdh/27616.htm> for a list of eligible counties. Only first responders who provide services in rural counties are eligible to receive the naloxone doses. The following types of agencies (paid or volunteer) are considered first responders under this grant: law enforcement, fire, EMS agencies, corrections, parole officers, churches, and schools. If you aren't sure if your agency is considered a first responder, please email Cassidy Johnson at casjohnson@isdh.in.gov.

The total funding amount available for this program is \$183,000. Individual awardee naloxone rescue kit totals will be determined based on the geographic service area and the need identified in grant applications. Applicants are encouraged to apply at the beginning of the grant year, although applications will be accepted on an ongoing basis. This grant opportunity will continue through September 2020.



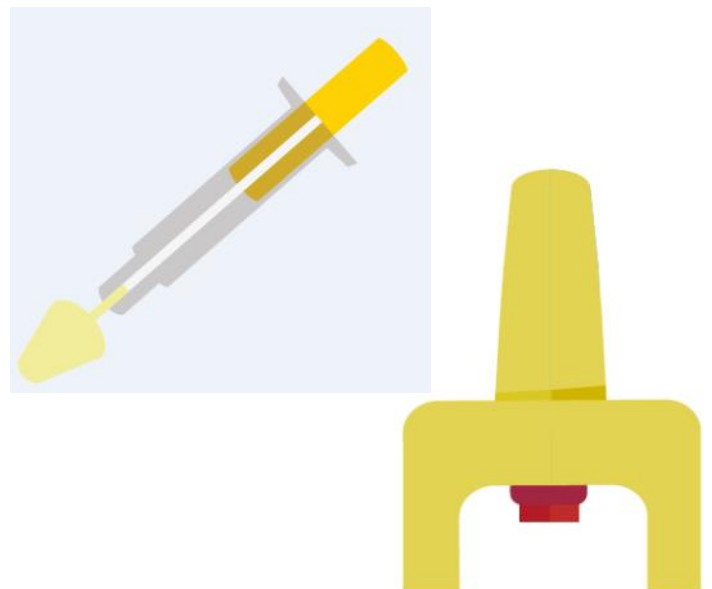
Link to application: <https://redcap.isdh.in.gov/surveys/?s=7H94RW4D8T>

Free Naloxone Trainings

ISDH offers free naloxone administration training anywhere in the state. Any kind of group is eligible for the 45-minute training session. Participants will receive a certificate of completion after the training and given information on where to find naloxone in their areas. Email casjohnson@isdh.in.gov to set up a training.

What information does the training include?

- The chronic disease of addiction
- The Know the O Facts campaign
- Harm reduction strategies
- Causes and conditions of the opioid crisis
- Indiana legislation related to naloxone
- Signs and symptoms of opioid use
- Signs and symptoms of overdose
- The overdose reversal drug naloxone
- The administration of naloxone
- Where to obtain naloxone
- Medication-assisted treatment
- Where to find treatment resources



New Year's Resolutions

With the start of each new year, millions of individuals set resolutions to become happier and healthier. Unfortunately, by mid-year more than half the people who set these goals have failed to reach them. Reasons why people don't achieve their goals include that they were made too fast, were too ambitious or made half-heartedly. Whether you do not know what goal to set or are beginning your journey to be a part of the less than half of individuals who achieve their resolutions, here's some helpful advice.

New Year's resolution ideas and resources to start:

- I. Exercise more/Lose weight
- II. Quit Smoking
- III. Prepare an emergency response plan



Steps to help you keep your resolutions:

1. Start thinking about your goals early instead of five minutes before the clock turns midnight on Jan. 1.
2. Pick resolutions that excite and inspire you rather than resolutions that you feel like you should or have to do. Your resolutions should not be a burden or a chore to do.
3. Limit your resolutions list to only a few goals that you can whole-heartedly focus on and achieve rather than a long list of goals that spread you too thin.
4. Set SMART goals. SMART stands for specific, measurable, achievable, realistic and time bound. Instead of making your resolution to read more, set a goal to read a new book before going to bed for 30 minutes twice a week for three months. This allows you to make a plan with smaller goals that will help you eventually achieve your overall goal.
5. Identify barriers that might prevent you from reaching your goal, and create a plan on how to overcome these barriers. This can be reflecting on past resolutions to evaluate why you did not accomplish them. Additionally, have a backup plan if your initial resolution cannot be accomplished. For example, if you goal is to go to the gym twice a week for three months, have a backup plan to workout at home or to break up your exercise into smaller chunks throughout your day if you don't have enough time in your day to get to the gym. Finally, try to remove the barrier in your life altogether. For example, if you want to quit smoking, throw away your cigarettes, ash trays and lighters.
6. Find the support you need. This can include buying the necessary equipment, finding the right resources and consulting with an expert that will help you reach your specific goal. Additionally, tell your friends and family your goal so that they can help keep you accountable. Finally, write your goal in a visible place so that you have a daily reminder.
7. Track your goal. Write your goal down in a journal and keep a daily or weekly log of how you are accomplishing it. This will help you notice setbacks early on and identify reasons why the setbacks occurred. By understanding these setbacks, you will be better equipped to overcome them.

Sources:

<https://www.usa.gov/features/five-new-years-resolutions-that-usagov-can-help-you-achieve>

<https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>

<https://health.gov/news/blog/2015/12/4-secrets-to-actually-keeping-new-years/>

<https://www.wichita.va.gov/documents/Making-SMART-New-Year-Resolutions.pdf>

Injury Prevention Observances and Events January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Winter Sports Traumatic Brain Injury (TBI) Awareness Month			1 New Year's Day	2	3	4
Radon Awareness Month						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 MLK Day (State offices closed)	21 District 2 TRAC	22 District 6 TRAC	23	24	25
26	27	28	29	30	31	

Upcoming 2020 Trauma Regional Advisory Council (TRAC) meetings: (as of 12/20/19)

District 1: TBD

District 2: Jan. 21, May 19, Sept. 15, Nov. 17

District 3: TBD

District 4: TBD

District 5: TBD

District 6: Jan. 22, March 11, June 17, Oct. 14

District 7: March 11, June 9, Sept. 9, Dec. 9

District 8: Feb. 26, May 27, Aug. 26, Nov. 25

District 9: TBD

District 10: TBD

More information here:

<https://www.in.gov/isdh/26644.htm>

Injury Prevention Observances and Events February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Teen Dating Violence Awareness Month						1
American Heart Month						
2	3	4	5	6	7	8
					National Wear Red Day	
9	10	11	12	13	14	15
					Valentine's Day	
					Condom Week	Condom Week
16	17	18	19	20	21	22
Condom Week	Condom Week	Condom Week	Condom Week	Condom Week	Condom Week	
23	24	25	26	27	28	29
			Indiana State Breastfeeding Conference			
District 8 TRAC						

2020 Trauma Center Events

Deaconess:

- ATLS (10th Ed) Student Course: Feb. 8-9 and Aug. 8-9 at Deaconess Midtown Campus
- ATCN: Feb. 8-9 and Aug. 8-9 at Deaconess Midtown Campus
- 23rd Annual Deaconess Trauma Conference at the University of Southern Indiana, Carter Hall

Eskenazi Health:

- Trauma Symposium: Feb 14 at Eskenazi Health
- TCAR: May 7-8 at Eskenazi Health
- TCAR: Oct 1-2 at Eskenazi Health

Memorial Hospital and Health Care Center:

- TNCC: Mar 5 and 10, Nov 5 and 10 at Memorial Hospital and Health Care Center in Jasper
- ENPC: Feb 6 and 11, Oct 1 and 6 at Memorial Hospital and Health Care Center in Jasper

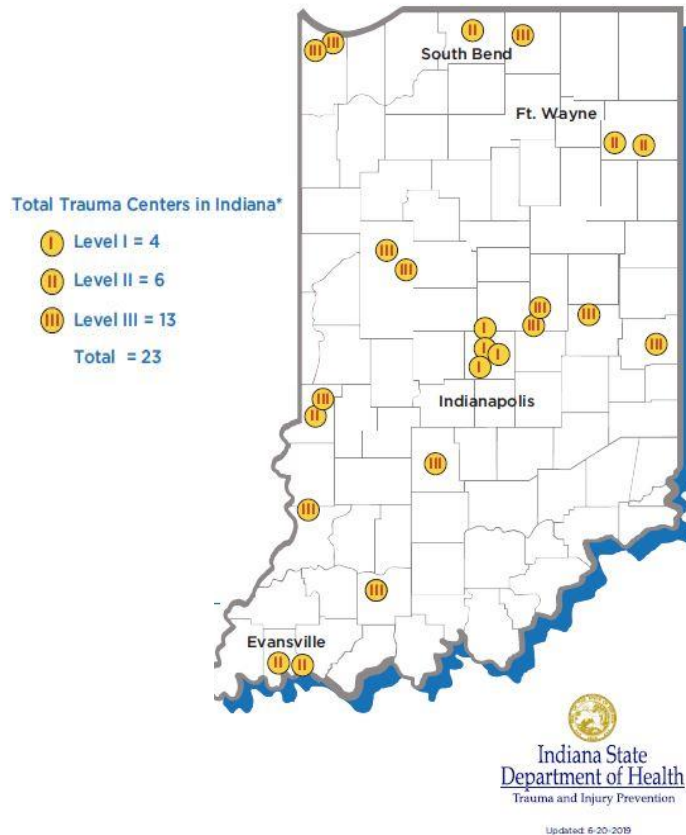
Parkview:

- Stop The Bleed: Jan. 23 at Parkview Regional Medical Center, Fort Wayne
- ATCN Faculty Course: Feb. 27-28 at Parkview Education Center, Fort Wayne
- ATLS Provider and ATCN Student Course: Feb. 29 – Mar 1 at Parkview Education Center
- Stop The Bleed: April 23 at Parkview Regional Medical Center, Fort Wayne
- 31st Annual Parkview Trauma Symposium: May 13 at Ceruti's Summit Park, Fort Wayne
- 8th Annual Child Maltreatment Symposium: July 15 at Parkview Mirro Center
- Stop The Bleed: July 16 at Parkview Regional Medical Center, Fort Wayne
- 10th Annual Parkview Pediatric Trauma Symposium: Sept. 17 at Parkview Mirro Center
- 4th Annual Parkview Geriatric Trauma Symposium: Sept. 17 at Parkview Mirro Center
- Stop The Bleed: Oct. 22 at Parkview Regional Medical Center, Fort Wayne

The Inside TRAC

CONGRATULATIONS!!!

Elkhart General Hospital is the newest Level III trauma center and the 23rd trauma center in Indiana! Congratulations!



Prehospital Blood Transfusion

There is no statewide prohibition against EMS providers transfusing blood during ground/air transport. Because the need is rare and requirements stringent, maintaining staff competency in the process may be difficult. The responsibility for developing protocols and training staff rests with individual EMS agencies.



Key Points “Pearls”



From case reviews:

1. In amputations, the musculature around the artery will contract and thrombose, so it's often venous bleeding that requires control. Junctional tourniquets, if available, can be used in high amputations (at the junction of the limb and torso). If not available, the best option is to pack the wound and apply pressure. In high upper extremity bleeding, the packing needs to be placed under the axilla with much pressure to tamponade it. Combat gauze or Quick Clot, if available, could be beneficial when combined with pressure.
2. A multi-victim MVC represented a mass casualty event when no helicopters were available and ground resources were limited. Plymouth EMS managed the situation well.
3. Anticoagulant/antiplatelet agents, such as warfarin (Coumadin), clopidogrel (Plavix), rivaroxaban (Xarelto), etc. significantly increase the bleeding risk following injury.
4. Resuscitative care for traumatic brain injuries should be focused on preventing secondary brain injury, i.e., insults caused by hypoxemia, hypercarbia and hypotension.

Next D₂ TRAC meeting



D₂TRAC

Jan. 21

Time and Location TBD

Winter Driving Safety

Winter weather in Indiana can often make driving hazardous. Think snow, sleet, icy roads and freezing temperatures, which all impact driving conditions. The Indiana State Department of Health has compiled a list of tips and tricks of how to stay safe if you have to drive on dangerous roads:

- **Slow down** – In general, it is a great idea to slow down while driving in any road conditions. Each car is different, so know your vehicle well. As an exercise, take your vehicle out to a large parking lot after it has snowed and practice stopping.
- **Adjust your stopping time** – Remember that driving on an icy or snow-covered road will make it more difficult to stop. Consider increasing the distance from the vehicle ahead of you to ensure adequate stopping time.
- **Know how to react if you are sliding** – In case of sliding/fishtailing, turn the wheel into the slide, don't brake or overcorrect. Failure to do these steps can lead to an unrecoverable spin.
- **Be prepared** – To be prepared for all situations, include some emergency supplies in your vehicle (i.e. food, blankets, water, flashlights, jumper cables, etc.) Many areas of Indiana are relatively isolated, so it is good idea to be ready in case you get stranded.
- **Make sure your vehicle is up-to-date** – Of course it is always a great idea to ensure your vehicle maintenance is up to date, but it is especially important during the winter months. This includes your car's battery, tires, wipers, etc.

For a far more detailed list, visit the National Highway Traffic Safety Administration's webpage on "Winter Driving Tips" [here](#).

Sources:

<https://www.nhtsa.gov/winter-driving-safety>
<http://icyroadsafety.com/correct.shtml>



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Trauma and Injury Prevention