

# TRAUMA TIMES

A Communication of the Division of Trauma and Injury Prevention

Indiana State Department of Health

Volume 10, Issue 6

November/December 2019

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## Upcoming Events

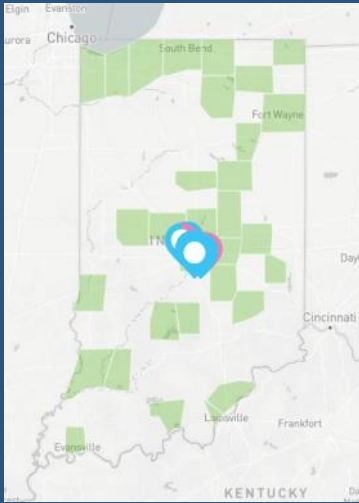
- **General Election Day**  
(state offices closed)  
Nov. 5
- **Veteran’s Day**  
(state offices closed)  
Nov. 11
- **IPAC/NVDRS**  
Nov. 15
- **Thanksgiving**  
(state offices closed)  
Nov 28-29
- **Labor of Love**  
Dec 11
- **ISTCC/ITN**  
Dec 13
- **Christmas**  
(state offices closed)  
Dec 24-25



## Division Staffing Update

### Lauren Harding, Drug Overdose Prevention Epidemiologist

Lauren graduated from Indiana University with a Bachelor of Science degree in community health. She continued her education at Richard M. Fairbanks School of Public Health earning her Masters of Public Health in Epidemiology. She transferred to the Trauma and Injury Division after working in Vital Records as a data analyst. Prior to joining ISDH in 2019, Lauren worked as a pharmacy technician while earning her MPH. Contact Lauren at [lharding@isdh.in.gov](mailto:lharding@isdh.in.gov) or 317-234-9656.



## New Interactive Map to Locate Recovery Residences in Indiana

An interactive map is now available on the INARR website where you can view all of the recovery residences by county. You simply open the map, click on the county you would like to find a RR, and it will enlarge that county and place a dot on all of the available RR's. The green counties are the ones that currently have a RR.

Link: <https://www.inarr.org/recovery-residences-by-county-map/>

You can also view a list of all of the recovery residences at this link: <https://www.inarr.org/recovery-residences/>

## Indiana State Trauma Care Committee Update

During the October meeting of the Indiana State Trauma Care Committee (ISTCC), the group heard from Dr. Brandy Padilla-Jones with IU Health Methodist, who discussed changing the culture of pain management from a physician's perspective. She emphasized the provider's role in pain management to help raise awareness, educate and counsel patients regarding procedures and pain expectations. She advised counseling patients by setting expectations and norms of the procedure and associated pain levels. She encouraged using ibuprofen over stronger pain medications or opioids, making sure patients fully understand when to use certain medications and any adverse effects. Dr. Padilla-Jones also mentioned that IU Health Methodist is working on an ACS Multimodal Pain Protocol Project funded through the Indiana State Department of Health (ISDH) with clinical nurse educators through the use of patient education, educational sessions for providers, monitoring protocol adherence and data collection.



State Health Commissioner Kris Box, MD, FACOG, provided an update on the OB Navigator program and its necessity. In 2017, Indiana had the highest infant mortality rate in the Midwest, and although there has been a slight decrease, this remains a top priority. House Enrolled Act 1007 established a perinatal navigator program that would engage pregnant women in early prenatal care, including wraparound services and home visitations. The vision is for every pregnant woman in Indiana to be supported by a navigator. Next year, ISDH will work with women in high-risk areas and insured through Medicaid beginning with Lake County.

**REFER WOMEN TO MOMS HELPLINE**

The MCH MOMS Helpline is a contact center that connects pregnant women throughout the State of Indiana to available resources in their communities.

MOMS Helpline is available today:  
**1-844-MCH-MOMS**  
**(844-624-6667)**

Nine out of the 10 districts provided updates on Stop the Bleed efforts and trainings, reviewing data provided by the state into potential action items, mass causality event discussions and injury prevention efforts.

# Death investigation guide available

The Indiana State Department of Health (ISDH) has received funding from the Centers for Disease Control and Prevention for the National Violent Death Reporting System (NVDRS) and the Overdose Data 2 Action (OD2A) programs. Both of these programs are funded for the next three years (September 2019 - August 2022). The NVDRS grant focuses on collecting, maintaining and disseminating complete and comprehensive surveillance data on violent deaths that occur in Indiana. The OD2A grant will undertake multiple strategies that leverage high quality, comprehensive and timely data surveillance to drive state and local drug overdose prevention efforts. Both of these funding opportunities focus on gathering mortality data from death certificates, coroner reports, law enforcement reports and toxicology reports.

In an effort to improve the quality of data collected, the ISDH has adapted a death investigation guide, originally created by the state of Wisconsin. While on the scene, coroners and law enforcement agencies are encouraged to gather data and information on the suggested areas highlighted below. For a full-page version of this document visit: <https://www.in.gov/isdh/26539.htm>.

We encourage you to print out the full-page version and disseminate to your partners that participate in death investigations.

## Death Investigation Guide

*Detecting a Drug Overdose on Scene*

### Limbs

- ✓ Check for evidence of needle tracks, including fine needle punctures or bruising between fingers, under nails, toes, within the lines of tattoos, wrists, ankles, and backs of hands
- ✓ Check for evidence of burned fingertips or lips that may suggest smoking or drugs
- ✓ Check for transdermal patches that may indicate use of fentanyl

### Head

- ✓ Check for the presence of foam come in nose or mouth
- ✓ Check for the condition of teeth
- ✓ Check for the presence of patches or baggies in oral cavity
- ✓ Check for a perforated nasal septum

### Surroundings

- ✓ Take pictures and document findings in your investigative reports!
- ✓ Check clothing for for foreign objects, vials, or baggies
- ✓ Check drawers, cupboards, and medicine cabinets
- ✓ Check waste baskets and garbage bins outside
- ✓ Look for paraphernalia such as needles, tourniquets, powders, scales, cut straws, rolled up money or broken pens
- ✓ Count the number of pills. Record the number of prescriptions and who the prescription belongs to

*Completing the Drug Overdose Investigation off Scene*

### Check the PDMP

- ✓ Check the Prescription Drug Monitoring Program (PDMP) for prescribed controlled substances: <https://indiana.pmpaware.net/login>
- ✓ Record your findings in the investigation report

### Collect Body Specimens

- ✓ Blood (at least 10mL)
- ✓ Urine
- ✓ Vitreous



## Death Investigation Guide

*Circumstantial information is important for investigators. Consider collecting the following for the decedent:*

### Mental Health

- ✓ Current or past treatment for mental health
- ✓ Any known mental health diagnosis
- ✓ History of suicide ideation or attempts
- ✓ Physical evidence of self harm
- ✓ Left a letter, note, text or email of intent

### Medical History

- ✓ Full medical history if possible from primary care provider or psychiatrist
- ✓ Pain medications found on scene

### Recent Problems

- ✓ Relationships
- ✓ Alcohol
- ✓ Legal
- ✓ Physical health
- ✓ Job or financial
- ✓ Homelessness
- ✓ School
- ✓ Evictions
- ✓ Death in family or among friends
- ✓ Arguments or fights
- ✓ Bullying or harassment

### Demographics

- ✓ Age
- ✓ Height
- ✓ Sex
- ✓ Race
- ✓ Ethnicity
- ✓ Marital status
- ✓ Sex of partner
- ✓ Sexual orientation and pregnancy status
- ✓ Occupation and veteran status

### Recent Institution Release

- ✓ Incarcerated (jail, prison, probation and community corrections)
- ✓ Residential treatment or recovery program
- ✓ A medical care facility such as hospital or nursing home

### Childhood Trauma

- ✓ Physical abuse or neglect
- ✓ Sexual abuse or neglect
- ✓ Emotional abuse or neglect

*Parental history of:*

- ✓ Abuse
- ✓ Separation
- ✓ Substance misuse
- ✓ Incarceration
- ✓ Mental diagnosis

### Homicide

- ✓ Previous victim of violence
- ✓ Physical fight, argument, brawl
- ✓ Stalking, prostitution
- ✓ Self-defense, bystander, random?
- ✓ Hate crime, lover's triangle

### Suicide

- ✓ Did victim leave a note?
- ✓ Did victim disclose intent to someone?
- ✓ Did victim experience a recent death of family or friend?
- ✓ Did victim have any previous attempt history?

### Substance Use History

- ✓ Evidence of prescription drugs such as type and name
- ✓ Evidence of injection or other route such as snorting, transdermal, smoking, or ingestion
- ✓ Evidence of illegal drugs such as powders, tar, crystal, or fake pills
- ✓ Evidence of morphine prescription
- ✓ Any bystanders present at overdose
- ✓ Any naloxone administration given by whom and how much
- ✓ Current or past substance use disorder such as opioids, alcohol, or other drug
- ✓ Last known use of substance such as days, weeks, or months
- ✓ Last known overdose such as month, years, or longer
- ✓ Recent relapse such as weeks, months, or longer
- ✓ Living with another with substance use disorder who is using

### If death included a firearm

- ✓ Firearm type such as rifle, pistol, and the caliber/gauge
- ✓ Firearm make, model, and serial number
- ✓ Firearm owner
- ✓ Check if the firearm was stored and locked up loaded

## New online training available for coroners!

Association of State and Territorial Health Officials (ASTHO) has released its August drug-specificity training for coroners. They are encouraged to check out this video to learn more about completing the death certificate for drug toxicity deaths. This video can be found at the following link: [https://www.youtube.com/watch?v=uH\\_oW0vicn8&feature=youtu.be](https://www.youtube.com/watch?v=uH_oW0vicn8&feature=youtu.be)

## 2017 Child Maltreatment Report

The 2017 Child Maltreatment Report prepared by the Children’s Bureau of the U.S. Department of Health and Human Services has been released. This is the latest report published in January 2019.

The report is available here: <https://www.acf.hhs.gov/cb/research-data-technology/statistics-research/child-maltreatment>

Below is a data table of substantiated cases broken down into the three categories of child maltreatment in Indiana prepared by the Indiana Department of Child Services. Data from 2008-2017 is included to show the trends.

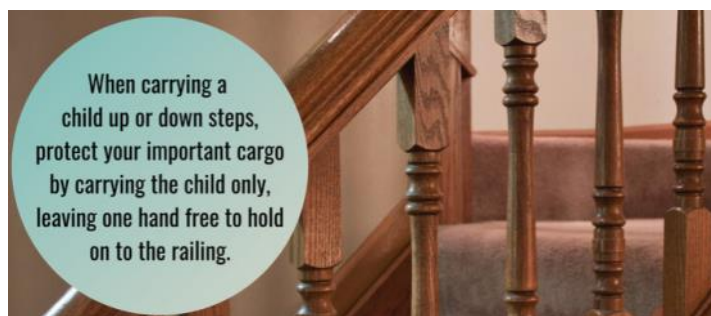
Please direct any questions to Statewide SANE Coordinator Ashli Smiley at [ASmiley@isdh.in.gov](mailto:ASmiley@isdh.in.gov).

Location	Abuse Type	Data Type	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Indiana	Neglect	Number	13,746	17,701	16,856	14,439	14,802	17,374	20,302	22,015	24,542	28,972
		Percent of cases that were substantiated	18.9%	21.3%	19.4%	19.4%	18.7%	17.2%	16.7%	16.7%	17.1%	16.8%
	Physical	Number	2,494	2,852	2,451	1,995	1,992	2,189	2,373	2,175	2,184	2,048
		Percent of cases that were substantiated	15.0%	16.3%	15.7%	15.1%	12.5%	9.6%	7.9%	6.3%	6.2%	5.5%
	Sexual	Number	3,786	4,201	3,725	3,081	3,214	2,992	3,017	2,702	2,633	2,959
		Percent of cases that were substantiated	27.6%	29.6%	28.6%	26.3%	24.2%	18.8%	16.4%	18.1%	18.2%	16.2%

## Stair Safety Toolkit

Prevent Child Injury, an organization created by the Centers for Disease Control and Prevention, released a new toolkit on stair safety. The targeted outreach week for these materials is Nov. 4-10, 2019. Available resources include: press releases, newsletters, photos, Facebook posts, Twitter posts, audio and video clips, news articles, how to choose and install safety gates, and more.

These can be found here: <https://www.preventchildinjury.org/toolkits/stair-safety>



## 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. Please email Cassidy if you aren't sure if your agency is considered a first responder, email Cassidy Johnson at [casjohnson@isdh.in.gov](mailto: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 a rolling basis. This grant opportunity will run from November 2019 to September 2020.



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

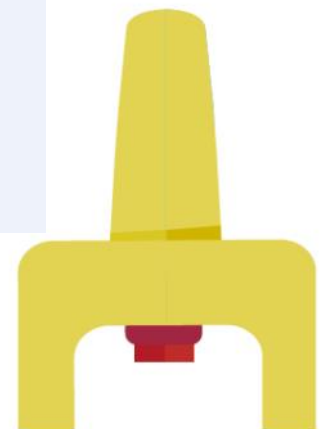
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### Free Naloxone Trainings

The Indiana State Department of Health 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](mailto: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



## Antibiotics Awareness Week (Nov. 12-18)

U.S. Antibiotic Awareness Week is an annual one-week observance that gives participating organizations an opportunity to raise awareness of the importance of appropriate antibiotic use to combat the threat of antibiotic resistance. Unnecessary antibiotic use and misuse directly contribute to the rise in resistant bacteria. Antibiotic Awareness Week promotes cautious and correct use of antibiotics to help prevent and control the spread of bacteria that develop resistance to the medications.

Important messages about antibiotic use:

- Antibiotics save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects and antibiotic resistance.
- Antibiotics aren't always the answer. Everyone can help improve antibiotic prescribing and use. Improving the way healthcare professionals prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these lifesaving antibiotics will be available for future generations.
- Antibiotics are only needed for treating infections caused by bacteria, but even some bacterial infections get better without antibiotics. Antibiotics aren't needed for many sinus infections and some ear infections.
- Taking antibiotics can lead to antibiotic resistance. Antibiotic resistance occurs when bacteria develop the ability to defeat the drugs designed to kill them.
- If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics.



## International Survivor of Suicide Loss Day (Nov. 23)

International Survivor of Suicide Loss Day was created when U.S. Senator Harry Reid lost his father to suicide in 1999. He decided to introduce the event to Congress to raise awareness and create a supportive community for suicide survivors. This is a day for people to connect with others to promote healing and mutual support. The holidays can be a difficult time for people who have lost someone to suicide. Nov. 23 was named the observation date in advance of Thanksgiving to comfort and support those who struggle during this sometimes difficult time of year.

To participate in the International Survivors of Suicide Loss Day people can take part in a few events. There are suicide prevention walks to raise awareness of this growing epidemic. Walks help raise funds for education, research and advocacy to help prevent these tragedies. People can honor their loved one who died by suicide with a memorial page to help raise funds and remember them in a positive way. An-

**SURVIVORS  
OF SUICIDE  
LOSS DAY**

November 23, 2019

other option is people can see a therapist if they are struggling to cope and need a professional to assist them with a healthy healing process. Suicide severely affects those left behind, and Survivors Day was created to connect people with other suicide survivors to promote understanding, healing and coping. Visit <https://afsp.org/find-support/ive-lost-someone/survivor-day/> for more information.

# Labor of Love Summit 2019

Connecting Communities

*Register Soon!* Space is filling up quickly!  
Early Bird rate extended to October 31, 2019!

Wednesday, December 11, 2019  
JW Marriott, Indianapolis

- FREE parking at the Indianapolis Zoo with shuttles throughout the day
- Lactation rooms
- Multiple afternoon 60-minute sessions from which to choose
- Special presentation by State Health Commissioner Kris Box, MD, FACOG



*Join Us*



### Nzinga A. Harrison, MD

Dr. Harrison is the chief medical officer and co-founder of Eleanor Health, an innovative company who will provide best in class, value-based care for individuals experiencing opioid and other substance use disorders using a biopsychosocial care model supported by community health navigators and technology. She is Board-Certified in both Adult General Psychiatry and Addiction Medicine and has spent her career treating individuals with Serious Persistent Mental Illness and Addictive Diseases. Currently, she holds adjunct faculty appointments at the Morehouse School of Medicine Department of Psychiatry is co-founder of Physicians for Criminal Justice Reform, Inc. and Campaign Psychiatrist for Let's Get Mentally Fit, a public education and stigma-reduction campaign.



### Dipesh Navsaria, MPH, MSLIS, MD

Dipesh Navsaria, MPH, MSLIS, MD is a pediatrician working in the public interest. He blends the roles of physician, occasional children's librarian, educator, public health professional and child health advocate. With graduate degrees in public health, children's librarianship, physician assistant studies, and medicine, he brings a unique combination of interests and experience together.

### Jack Turman, Jr.

Jack Turman, Jr. is a Professor in the Dept. of Social and Behavioral Sciences at the Richard M. Fairbanks School of Public Health, Indiana University, IUPUI, where he is leading an initiative funded by Riley Children's Foundation to train and mentor Grass-roots Maternal and Child Health Leaders in Indiana zip codes at high risk for infant mortality. He serves as the chairman of the Indiana March of Dimes Maternal and Child Health Committee facilitates the Community Action Team of the Marion County Fetal and Infant Mortality Review Board.



[www.infantmortalitysummit-Indiana.org](http://www.infantmortalitysummit-Indiana.org)

\* This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Indiana State Medical Association (ISMA) through the Indiana State Department of Health (ISDH). The ISDH is accredited by the ISMA to provide continuing medical education for physicians.

Pick a time that best fits **your** time schedule.

**NO COST TO YOU | ON-DEMAND | CONTINUING EDUCATION**

# WEBINAR INVITATION



## OPIOIDS & TBI: An Unrecognized Relationship

An introduction to Traumatic Brain Injury (TBI)-specific issues related to prescribing opioids and opioid misuse.

### WHY IS THIS WEBINAR IMPORTANT:

Because of the consequences of traumatic brain injury (TBI), **people with TBI are at a significantly greater risk for opioid addiction and overdose as compared to those without TBI.** More than 60% of patients with TBI are discharged on an opioid. Based on analyses of 14,398 subjects in the Traumatic Brain Injury Model Systems, it was found that **people with TBI were 11 times more likely to die of overdose than the non-brain injured population.** Last, most prescribers are not aware that they are prescribing opioids for an individual with TBI. **We have in Indiana approximately 122,000 citizens living with chronic disability from TBI who are at high risk for opioid misuse/overdose.**

**INTENDED AUDIENCE:** (by general professional designation): Physicians, Pharmacists, Pharmacy Techs, Nurses, Physician Assistants, Social Workers, Behavioral health treatment providers, Therapists, Counselors, Medical Professionals, Psychologists, Addiction Specialists, Case Managers, Peer Specialists and others in the field of brain injury.

In this **2-hour webinar**, TBI researchers and expert practitioners provide practical recommendations intended to reduce the rate of opioid misuse and overdose for a particularly high-risk group of people with TBI.

### Part I

- What is a TBI?
- How to Screen for TBI

### Part II

- Increased Risk for Opioid Misuse following TBI
- Review of Recommendations
- Where to Find Brain Injury Resources & Supports

**HOW TO ACCESS:** Online, this on-demand webinar can be accessed through INTrain. **Create an Account** at [www.train.org/indiana](http://www.train.org/indiana). **Register for the course** by selecting **Training Plan ID: 4122** or by searching for the title of the webinar: **"Opioids & TBI: An Unrecognized Relationship."**

Details on how to create an INTrain account and access the webinar can be found on the backside of this flyer. For more information about this webinar, contact Judy Reuter for assistance at [Judy.Reuter@RHIN.com](mailto:Judy.Reuter@RHIN.com)

This webinar was funded by a grant to Rehabilitation Hospital of Indiana from the ISDH and the CDC Rapid Response Project Grant 5 NU17CE002721-03-00.



# WEBINAR ACCESS

## OPIOIDS & TBI:

### An Unrecognized Relationship

Funding for this webinar was made possible (in part) by the Centers for Disease Control and Prevention through the Indiana State Department of Health. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Pick a time that best fits **your** time schedule.

**NO COST TO YOU | ON-DEMAND | CONTINUING EDUCATION**

#### Creating an Account

- Go to [www.train.org/indiana](http://www.train.org/indiana)
- Select "Create an Account"
- Fill out your required information, you will need to select "Groups" in order to create the account
- Select "Notifications"
- Select "Your profile is incomplete"
- Complete all the fields that are required and marked with the a red circle.

#### Registering for the Webinar/Course

- Locate the search icon on the upper right corner
- Click on icon
- Search for the Training Plan ID: "4122" OR the course can also be found by searching: "Opioids & TBI: An Unrecognized Relationship"
- Register for the course
- Click on the Course title – "Opioids & TBI: An Unrecognized Relationship"
- You must select "Register" to receive the CME

#### Viewing the course

- Once you have registered, you may view the courses by clicking each link.
- Click "Launch" to view the webinar, each webinar will appear in a new screen.  
You may need to disable pop-up blockers for this portion

#### Completing the course

- Once you have viewed both courses you have successfully completed the course.  
You will find the completion record in your transcript.  
- Your transcript is found under the "Your Learning" tab. Then under the "Your Transcript" tab.

#### Certificate of Completion

- Upon the completion of both courses, you will receive a "Certificate of Completion" through INTrain.

#### Continuing Education Credits

- The Activity Evaluation is REQUIRED for continuing education credit.
  - To complete evaluation, go to:  
<https://judyreuter.wufoo.com/forms/webinar-activity-evaluation-opioids-tbi/>
  - Credit will be awarded within 30-60 days following the activity.
  - Instructions will be emailed by IU School of Medicine, Division of Continuing Medical with how to obtain proof of your participation in this IUSM activity. Emails will be sent to the one connected to your INTrain account.
- For questions and concerns, please contact IU School of Medicine, Division of Continuing Medical Education at [cme@iu.edu](mailto:cme@iu.edu).
  - Psychologists will receive Indiana State Psychology Board Category I credits through the Rehabilitation of Indiana license # is 98000389A. For questions contact: [judy.reuter@rhin.com](mailto:judy.reuter@rhin.com).

## Division's Free Resource Guide Application

The Indiana State Department of Health's Division of Trauma and Injury Prevention has a resource guide application to give you all the information and tools you need for injury prevention. The app provides easily accessible and understandable data on the injuries, as well as simple and effective interventions for prevention strategies. Incorporating the app for into your injury prevention efforts will mitigate the time required for implementation in injury prevention strategies and policies by providing useful information at your fingertips. The resource guide app contains multiple injury topics including:

- Alcohol and Injury
- Distracted Driving
- Older Adult Falls
- Suicide Prevention
- Traumatic Brain Injuries
- Child Maltreatment
- Infant Safe Sleep
- Sexual Violence
- Trauma & Trauma System



In the future, the Division of Trauma and Injury Prevention hopes to extend its outreach by providing more useful topics to the injury prevention workforce. Staff are actively updating the resource guide weekly and are open to your suggestions or recommendations. Email your ideas to Morgan Sprecher at [MSprecher@isdh.IN.gov](mailto:MSprecher@isdh.IN.gov) or Andzelika Rzucidlo at [ARzucidlo@isdh.IN.gov](mailto:ARzucidlo@isdh.IN.gov).

Android store: <https://play.google.com/store/apps/details?id=doh.in.gov.indianaprevention&hl=en>

Apple store: <https://apps.apple.com/us/app/preventing-injuries-in-indiana/id1037435460>

### IPAC/NVDRS Update

The Indiana Prevention Alliance Council (IPAC) and the Indiana Violent Death Reporting System (INVDRS) Advisory Board held a conjoined meeting on Sept. 20, 2019. The Director of Trauma and Injury Prevention, Katie Hokanson, shared that ISDH was awarded a \$3.5 million Overdose Data To Action grant which will seek to enhance the nation's ability to rapidly mobilize, surge, and respond to public health emergencies.

INVDRS Epidemiologist Morgan Sprecher displayed suicide risk data and the narratives to explain the circumstances. Guest speaker Laurie Gerdt represented the Zero Suicides Project by Community Health Network and gave an update on the end of the grant cycle. Injury Prevention Epidemiologist Andzelika Rzucidlo shared the Older Adults Falls Special Emphasis Report and highlighted trending data. Another guest speaker, Michaela Graham, presented on injury prevention program development. She is stationed at IU Methodist Hospital in Indianapolis and shared her tips. Lastly, guest speakers Carmen DeBruce and Michelle Stimpson from Lutheran Health Network showed us a day in the life of an injury prevention coordinator.

Click [here](#) to view a video of this presentation.

# Injury Prevention Observances and Events November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 General Election Day	6	7	8	9
10	11 Veterans Day	12 U.S. Antibiotic Awareness Week	13 U.S. Antibiotic Awareness Week	14 U.S. Antibiotic Awareness Week	15 U.S. Antibiotic Awareness Week IPAC/NVDRS	16 U.S. Antibiotic Awareness Week
17 U.S. Antibiotic Awareness Week	18 U.S. Antibiotic Awareness Week	19	20	21	22	23 Int'l Survivors of Suicide Loss Day
24	25	26	27	28 Thanksgiving	29	30

## 2019 Trauma Regional Advisory Council (TRAC) meetings

District 1: Dec. 19

District 2: Nov. 12

District 3: Dec. 12

District 5: Dec. 18

District 6: Nov. 21

District 8: Nov. 20

More information can be found here:

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

# Injury Prevention Observances and Events December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Nat'l Older Driver Safety Awareness Week	3 Nat'l Older Driver Safety Awareness Week	4 Nat'l Older Driver Safety Awareness Week	5 Nat'l Older Driver Safety Awareness Week	6 Nat'l Older Driver Safety Awareness Week	7
8	9	10	11 Labor of Love	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26	27	28
29	30	31 New Year's Eve	• Safe toys and celebrations month			

## Older Driver Safety Awareness Week (Dec. 2-6)

We all experience physical and mental changes as we age. Some may be so minor that we don't notice them, while others may interfere with daily life. Slower reaction time, night blindness, and pain and stiffness can affect driving skills but do not need to prohibit driving. "As part of the aging process, some people experience physical, cognitive, and sensory changes that can affect driving. Medical advancements have more people living longer and able to age in their homes," said Elin Schold Davis, OTR/L, CDRS, project coordinator for AOTA's Older Driver Initiative. "When an ache or pain begins hindering driving ability, many older drivers are able to continue driving safely after making a few adjustments." For example, drivers who find it painful to rotate their body to reach the seatbelt can benefit from a cloth loop attached to it so they can pull the seatbelt on with only slight turning. Those with stiff fingers from arthritis can depress the seatbelt latch with a small tool that they leave in the car. Even getting into and out of the car can become much easier through something like a Handybar. Taking notice of changes such as having trouble seeing at night can be remedied by choosing to restrict driving to daylight hours. Those experiencing anxiety about driving in heavy traffic may find errands to be more pleasant if they plan to drive at times other than rush hour.

1. Get your eyesight and hearing checked. Ensure your vision is clear, that you are wearing the proper eyeglasses, and that you can adequately hear noises around you. Wear a hearing aid if necessary to ensure you can hear properly.
2. Consult with your doctor regarding medications and health conditions. Some medications and health concerns can affect your ability to drive safely. Talk with your physician to ensure there are no conflicts with the prescription drugs you are taking.
3. Get enough sleep. Ensuring you have a full night's sleep will help you to be alert and aware as you drive.
4. Choose the right car. A car with automatic transmission, power steering and brakes makes the work of driving easier.
5. Be a defensive driver. Today's drivers have many more distractions beyond just the radio. Cell phones, GPS, digital music players, and more make it difficult to concentrate on the road. Pay extra attention so you can avoid accidents.

Visit <https://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week.aspx> for more information.

## December is Safe Toys and Celebrations Month

As the holiday season approaches, many individuals flood the stores to find the perfect children's gift. If you are going to be giving gifts to a small child this holiday season, there are a few things that you should keep in mind as you shop for that special gift. December is Safe Toys and Celebrations Month. Consumers are encouraged to consider the safety of the toy that they are buying for small children. Here are a few tips for picking out the right gift:

- Check for the American Society for Testing Materials (ASTM) label on the product to ensure national safety standards have been met.
- Avoid toys that can pose a choking hazard such as, balloons, toys with small pieces and magnets.
- Be mindful of toys with long chords as they can pose a strangulation hazard.
- If buying a bicycle, scooter or other toys that the child may ride, be sure to also buy appropriate safety gear, like a helmet, as well.
- Make sure the toy is appropriate for the age and ability of the child for whom you are buying it.

After purchasing your gift, continue safe practices as you celebrate to help ensure continued safety. Examples include:

- Discard gift wrap, bags and plastic wrappings to avoid potential choking and suffocation.
- Supervise battery charging of any toys.
- Consider buying or constructing a small parts tester to double check that toys are appropriate size.
- Keep toys intended for the older siblings away from the younger children.
- Stay up-to-date on all toy recalls to ensure continued safety monitoring.



Helpful links:

<http://blog.mass.gov/blog/children-families/safe-toys-and-gifts-for-children/>

<https://blog.mass.gov/blog/safety/december-is-safe-toys-and-gifts-month-9-tips-to-keep-kids-safe/>

<https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Small-Parts-for-Toys-and-Childrens-Products>

<https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/>

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