

# PEDIATRIC TRAUMA UPDATE

Volume 1, Issue 4  
June 2008



## JUNE IS NATIONAL SAFETY MONTH



### *Pediatric Trauma Cases May 2008*

Number of Admissions	32
Number of ED visits	38
Average Injury Severity Score	15
Number of Trauma Alerts	14
Number of Trauma Activations	4

The theme for National Safety Month 2008 is "Make a Difference." As health care providers we have the opportunity to "Make a Difference" everyday.

For our teenage patients an important health promotion topic is distraction while driving. The National Highway Traffic Safety Administration (NHTSA) states that nearly 80% of crashes and 65% of near-crashes involved some form of driver inattention within three seconds before the event. Research shows that teenagers are significantly more likely than others to be in crashes that involved distracted driving.

In 2006 NHSTA and the Virginia Tech Transportation Institute released their 100-Car Naturalistic Driving Study. This

study tracked the behavior of the drivers of 100 vehicles equipped with video and sensor devices for more than one year. There were 241 drivers that were involved in 82 crashes, 761 near-crashes, and 8,295 critical incidents.

#### Key Findings Included:

- Drowsiness is a significant problem and can increase the risk of crash or near-crash by 4.
- The most common distraction is the use of cell phones. Interestingly dialing the cell phone is just as dangerous as talking and/or listening. Be safe...pull over to talk!
- Reaching for a moving object increased the risk for a crash or near-crash by 9 times; looking at an external object by 3.7 times; reading by 3 times;

applying make-up by 3 times; dialing a hand-held device by 3 times; and talking on a hand-held device by 1.3 times.

- Drivers are often unable to predict when it is safe to look away from the road to multi-task because the situation can change abruptly leaving the driver no time to react even when looking away from the forward roadway for only a brief time.

Make it a point to talk to your adolescent patients about this important safety issue. We all truly can "Make a Difference!"



## TIPS TO AVOID DISTRACTIONS WHILE DRIVING

- Driving requires your full attention—always stay focused on the road.
- Before you get behind the wheel, familiarize yourself with the vehicle's features.
- Secure items that may move around when the car is in motion.
- Avoid smoking, eating, drinking and reading while driving.
- Pull safely off the road when you need to attend to children in the vehicle.
- Do your personal grooming at home, not in the car!
- Review maps or enter information into GPS devices before getting on the road.
- Ask a passenger to help you with activities that may be distracting.



### Special Points of Interest

- June is National Safety Month. Please "Make a Difference."
- Pediatric Trauma Meeting will be held on June 27th @ 12 in the Trauma Conference Room (lunch provided). See you there!!
- Questions or concerns related to Pediatric Trauma Care? Contact Kristel Wetjen @ 6-1299 or page 5239.  
kristel-wetjen@uiowa.edu



# INTRODUCING: TRAUMA TALK



Have you ever thought, "Wow, that trauma went really smoothly", or "Shoot, I wish that would have gone smoother" but you didn't know who to tell.

We are looking for YOUR feedback and now it is as easy as 1,2,3!

1. Log into your e-mail account and create a new e-mail message. For the address simply type in **Trauma Talk**.
2. Create your message. We would love to hear the great things, but also want to hear how we can improve so type away.
3. Hit Send!!

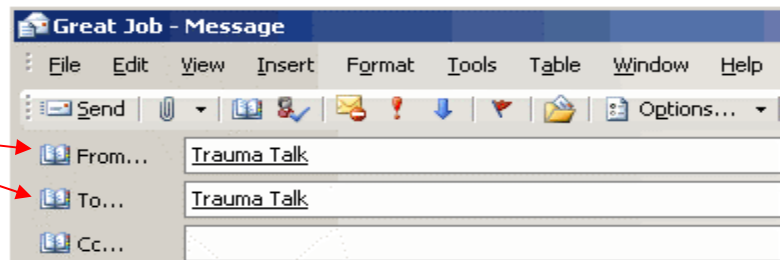
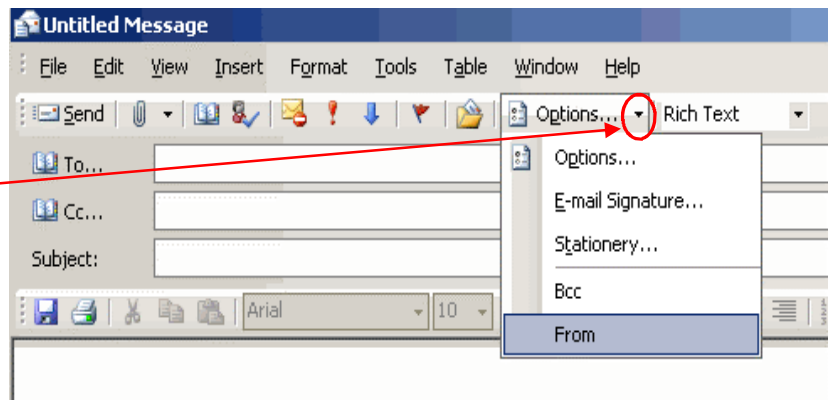
What a great and timely way for information to be shared and followed up. You may wonder who will receive these messages. Michele Alpen and Kristel Wetjen will have access to these e-mails and respond directly to the sender.



## SENDING AN ANONYMOUS "TRAUMA TALK" MESSAGE

Okay, perhaps you have something to say that is not exactly wonderful and you would prefer to not have your name associated with the message. Good news, this can be done by following a few extra steps.

1. Create a new e-mail message
2. Click on the **ARROW** on the Options Button.
3. Choose "From"
4. This will create a From address line. Type "Trauma Talk" in the From **AND** the To address boxes to create anonymity.



5. Create your message and hit send.

When this message arrives in the Trauma Talk inbox it will appear that it has come from itself. Although we understand the need for anonymity, we would really like to know who sent the

message so we can follow up directly to let them know what we are doing to improve or simply to get more information.

Can't wait to hear from you!!

# Let's Talk Trauma!