The Role of Public Health Nurses in Keeping Kids Safe from Preventable Injury

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for OCHCA: Children and Families Services

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We have no financial disclosures of conflicts of interest.
Disclosure

- Neither speaker nor any member of their immediate family has a financial relationship or interest (currently or within the past 24 months) with any proprietary entity producing health care goods or services consumed by, or used on patients related to the content of this CME activity.

- Speaker does not intend to discuss an unapproved/investigative use of a commercial product or device.
Objectives

1. Public health nurses will be able to identify household hazards to young children related to
   a. Falls
   b. Burns: Thermal and Electric Injuries
   c. Poison/Ingestion Prevention

2. Gun Safety

3. Public Health Nurses will be able educate on prevention of falls, burns and poison prevention.

4. Public Health Nurses will be able to link to injury prevention resources.
THE LEADING CAUSES OF INJURY HOSPITALIZATIONS BY AGE
Orange County Residents 0-4 years old, 2011-2013
N = 1,305

INJURY-RELATED DEATHS BY AGE AND CAUSE
Orange County Residents 0-4 years old, 2011-2013
N = 40

PROFILE OF CHILDHOOD INJURIES — 0-4 YEARS

Injury Facts: Orange County children 0-4 years
- Each day, two children under 5 years are seriously injured.
- Foreign body/suffocation and transportation are in the top 5 for injury-related deaths and hospitalizations.
- Drowning: Most drownings occur in pools and spas that are not properly fenced.
- Homicide: These are children who die from child abuse inflicted by adults.
- Suffocation: Deaths occur in beds, cribs and couches, mostly among young infants. Safe sleep environments will prevent many of these deaths. Young children also suffocate from choking on small objects and foods.
- Transportation: These children are injured most often because they are backed over by a vehicle in a driveway, or run into the street. Or, they are in a car crash in an unrestrained or improperly restrained in the car seat.

Data analysis for this report was provided by Diane Winn, RN, MPH, http://epicenter.cdph.ca.gov. This data provided by the California Department of Public Health, Office of Chronic Diseases and Injury Prevention.
Unintentional, Neglect, Intentional
Shared Risk Factors

Injury is a Health Disparities Issue

- Poverty
- Poor environment: physical and social
- Substandard housing
- Lower educational level
- Lower literacy
- Lack of social capital/support systems
- Gender, age and race/ethnicity
- Children with challenging behaviors (Autism, ADHD)
Falls
Buildings; Playgrounds; Same or different level; Furniture

INJURIES RESULTING IN HOSPITALIZATION OR DEATH BY MECHANISM
Orange County Residents 0–4 years old, 2011-2013
N = 1,345 (40 deaths)

ENVIRONMENT
- 51 Total (0 deaths)
  - Injured by other animal
  - Neglected
  - Unintentional
  - Standing assistance
  - Dog bite

SUBMERSION
- 51 Total (0 deaths)
  - Submerged
  - Pool
  - Hot tub
  - Spa
  - Natural water

STRUCK BY/AGAINST
- 55 Total (3 deaths)
  - Other/unspecific

FOREIGN BODY INGESTION/SUFFOCATION
- 65 Total (10 deaths)
  - Other/unspecific
  - Suffocation
  - Airway food
  - Airway nonfood

ASSAULT
- 21 Total (5 deaths)
  - Unspecified
  - Drowning and submersion
  - Hanging, strangulation & suffocation
  - Abuse

OTHER/UNSPECIFIED
- 26 Total (1 deaths)
  - Unspecified, undetermined
  - Other, undetermined
  - Exposure to unspecified factor causing other & unspecified injury

FALL
- 423 Total (1 death)
  - Building (in or out of): Playground, Same level
  - One level to higher: Other/unspecific
  - Furniture

BURN
- 158 Total (0 deaths)
  - Fire
  - Other hot object

TRANSPORTATION
- 118 Total (7 deaths)
  - Other/unspecific
  - Bicycle
  - Pedestrian
  - Motor Vehicle Occupant

POISONING
- 123 Total (0 deaths)
  - Other
  - Cleaner/chemical
  - Second hand smoke
  - Drugs

For more information, visit our website: www.aap-oc.org
Updated 06/10/2018
Falls From Buildings: Windows & Balconies

- Window Guards & Stops
  [link](https://www.cpsc.gov/s3fs-public/windows.pdf)
- Move furniture away from windows
- Balconies
- Stairs
- Single family home or apartment
- Rental vs. owner property
Falls: Key Messages

Window guards and stops
Furniture away from window
Stair Gates

https://vimeo.com/697925424
Burns Key Messages

Stove
Microwave- new child resistant door
Instant noodle soup and mac n cheese
Your coffee and cigarettes/e-cigarettes
Candles
Water Temp - \( \leq 120 \) degrees (Hot setting)
Smoke and CO Alarms

https://vimeo.com/697923866
Newborn to 6 months

BURNS

Your baby will try to reach, grab or touch anything, even if it’s hot.

- Never heat baby formula in the microwave because the liquid may become very hot.
- When you cook, drink hot liquids, or hold hot objects, put your baby in a playpen or another safe place away from the kitchen, or have someone watch him for you.
- Make sure your baby’s clothing and bedding are made of flame-retardant material.
- Set your water heater no higher than 120 degrees, or to “warm,” and always test the water temperature before you use it on your baby.
- Place a smoke detector in each bedroom of your house.

6 to 12 months

BURNS

Your baby is curious and will try to reach, grab or touch anything, even if it’s hot.

- Never heat baby formula in the microwave because the liquid may become very hot.
- Keep hot food, hot drinks, and other hot things like irons, curling irons, candles, cigarettes, and ashtrays away from and out of reach of your baby.
- Put screens or gates around fireplaces, barbecues, or heaters; fasten electrical cords to the floor or wall, and put safety caps in unused electrical outlets.
- Make sure your baby’s clothing and bedding are made of flame-retardant material.
- Set your water heater no higher than 120 degrees, or to “warm,” and always test the water temperature before you use it on your baby.
- Place a smoke detector in each bedroom of your house.

1 to 2 Years

BURNS

Your child is curious and will try to reach, grab or touch anything, even if it’s hot.

- Keep hot food, hot drinks, and other hot things like irons, curling irons, candles, cigarettes, and ashtrays away from and out of reach of your child.
- Put screens or gates around fireplaces, barbecues, or heaters; fasten electrical cords to the floor or wall, and put safety caps in unused electrical outlets.
- Set your water heater no higher than 120 degrees, or to “warm,” and always test the water temperature before you use it on your child.
- Place a smoke detector in each bedroom of your house.

3, 4 & 5 Years

BURNS

Your child is curious and will play with things like matches, lighters and cigarettes.

- Keep hot things like irons, curling irons, candles, cigarettes, matches, lighters and ashtrays away from and out of reach of your child.
- Put screens or gates around fireplaces, barbecues, or heaters; fasten electrical cords to the floor or wall, and put safety caps in unused electrical outlets.
- Set your water heater no higher than 120 degrees, or to “warm,” and always test the water temperature before you use it on your child.
- Place a smoke detector in each bedroom of your house.

How to Treat Burns and Scalds

- GENERAL: First stop the burn from getting worse by taking the child from hot water or a hot object. If your child's...
Poisoning & Ingestions

Drugs (New Substances: Fentanyl; Cannabis)
Poison Control Center

POISONING IS THE LEADING CAUSE OF INJURY DEATH IN THE U.S.

In 2021, 2,362 people died from cannabinoid exposures, 732 from fentanyl exposures, and 1,560 from total bupropion exposures. 23% of reported cases were from a health care facility (47,712 cases).

HOT TOPICS

- 2,362 cannabinoid exposures
- 732 fentanyl exposures
- 1,560 total bupropion exposures
- 110 bupropion death & major outcome exposures

WHAT TYPES OF SUBSTANCES WERE PEOPLE EXPOSED TO? (TOP 5)

- Analgesics: 11.1%
- Cleaning Substances (Household): 8.5%
- Cosmetics/Personal Care Products: 6.6%
- Antidepressants: 4.7%
- Cardiovascular Drugs: 4.6%

38% of cases were for children ages <= 5.

Contact Poison Control right away if you suspect a poisoning. Help is available online with webPOISONCONTROL or by phone at 1-800-222-1222. Both options are free, expert, and confidential.
Can you tell the difference? Can a toddler read?

www.poison.org
Key Message: Have all family members download the V-card during your visit

Do Your Part

Poison Control reduces poisoning-related ER visits, a critical part of preserving valuable healthcare resources for coronavirus (COVID-19) care.

Do your part to reduce unnecessary ER visits by saving Poison Control’s contact information. To download our vcard, text poison to 202-677-7600. The vcard has the Poison Control telephone number and the link to online help. Save Poison Control contact info NOW!

First Aid for Poisonings

Poison Control is here to help if you swallow or come in contact with something that might be poisonous. Don’t wait for symptoms to develop. Contact Poison Control immediately if you suspect a poisoning. Before you contact us, there are first aid measures that make a difference if accomplished within seconds to minutes of the poison exposure. Be sure you know about them.

webPOISONCONTROL Data Dashboard

The webPOISONCONTROL data analysis dashboard is the only free and publicly available online source of national (U.S.) near real-time poison exposure data. Find out more about the dashboard so you can fully explore data summaries and trends of poisonings from common substances like personal care products, cleaning substances, medicines, pesticides, plants, bites and stings, and more.
POISONING

Your child is very curious and is exploring his environment. He can open containers, and will find things, even if they’re hidden. He’ll put things in his mouth, even if they taste bad.

• Make sure that all purses and handbags are placed out of reach.
• The bathroom isn’t a safe place for your child. Keep the door to your bathroom closed and latched.
• Keep all medicines, vitamins, iron pills, household cleaners and cosmetics stored in their original containers, locked and out of sight and reach of your child.

• Use safety latches on all drawers and cupboards. These latches may not keep your child out of the cupboards, but it will slow him down.
• If your child swallows something harmful, or if something harmful gets on his skin, immediately call the California Poison Control System at 1-800-222-1222 for instructions.
Let's Not Miss Our Moment to #EndGunViolence

Firearms are the leading cause of death for children and teens in the United States.

In 2020, 4,357 children and teens’ lives were taken by gun violence.
Gun Safety: DOJ Laws and Device

State of California Department of Justice

ROB BONTA
Attorney General

Firearm Safety

Home / Firearms / Firearm Safety

Links to Topics below

- The Six Basic Gun Safety Rules
- Additional Safety Points
- Guns and Children—Firearm Owner Responsibilities
- Rules for Kids
- Methods of Childproofing your Firearm
- Firearm Safety Certificate Study Guide

Key Messages

1. Falls
   a. Window guards, stops and furniture away

2. Poisoning
   a. Download V-card
   b. Medications, toxins, edible cannabis high, locked & out of reach

3. Burns
   a. Stove, Microwave, Hot Water Temp, hot beverages, cigarettes, and candles

4. Gun Safety
   a. CA law requires gun to be securely stored and locked
Resources

Injury and Violence Prevention
Partners for Child Fatality Prevention
Partners for Childhood Drowning Prevention
Gun Violence Prevention
Healthychildren.org parent page of AAP. [www.healthychildren.org](http://www.healthychildren.org)
(English/Spanish/Audio)

Poison Control Center [https://www.poison.org/](https://www.poison.org/)

OCHCA (Lead Poisoning)
This meeting is closed in honor and memory of

Mark Horton, MD, MPH
(1946-2023)

**2007:** 1st Health Officer/physician-director newly created CA State Department of Public SB 162 Ortiz 2006

**2005-2007:** State Public Health Officer; Chief Deputy Director CDPH Public Health Programs

**1999-2005:** Orange County Director of Public Health/Health Officer