

## Outreach/Injury Prevention Program descriptions

### 1. Dying to be the life of the party.

In 2002 The American Trauma Society (ATS) Pennsylvania Division developed the “C<sub>2</sub>H<sub>5</sub>OH: Dying to be the life of the party” to target high risk alcohol consumption in the 15-24 high school to college age group. The ATSPA is concerned with number of student across the commonwealth that are dying as the result of Acute Alcohol Poisoning, as well as other tragedies associated with this condition, such as assaults, falls, and motor vehicle crashes. Across the United States an average of one student every week dies from Acute Alcohol Poisoning.

**The goal for this program is two-fold:**

- 1) To educate students about risks associated with binge drinking.
- 2) To provide information on the signs and symptoms of Acute Alcohol Poisoning and how to respond quickly and appropriately.

It is presented free of charge to High Schools and Colleges by Deborah Erdman RN MSN TCRN Out-Reach / Injury Prevention and Coordinator.

### 2. Driver Safety Task Force Penn DOT District #3 (9 counties, Bradford, Tioga, Sullivan, Lycoming, Northumberland, Snyder, Union, Columbia, Montour)

The Driver Safety Task Force, established in 2000, is dedicated to the safety and mobility of older Pennsylvanians and represents a commitment on the part of Penn DOT and community members to ensure that mature drivers and pedestrians in Pennsylvania are safe and feel safe while traveling the state’s highways and interstates.

All trends indicate that the majority of the public’s transportation needs into the next century will continue to be met by the private automobile. Mobility is essential to everyone’s quality of life. The loss of mobility can be devastating to the lives of older Pennsylvanians, and most of us want to drive for as long as we safely can. Many older people are capable, and have a lifetime of valuable driving experience behind them to draw upon.

It is our hope that mature drivers maintain their mobility, independence and quality of life as long as safely possible and that we address their safety concerns. Through a collaborative effort among drivers, their families, and the community, measures must be developed to keep our older drivers active and mobile.

The Task Force is a coalition of organizations, advocating for the health, highway-safety and transportation interests and needs of older Pennsylvanians.

The Mature Drivers Task Force will continually seek to balance the safety of our roadways with the impact of the loss of independence, autonomy, and mobility of the older driver.

### **3. CarFit**

#### **What is CarFit for the older driver?**

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

#### **Why is CarFit important?**

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

(Source: NHTSA)

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

#### **How is a CarFit check completed?**

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

### **4. ATV safety sponsored by Pediatric Trauma Program**

In the United States, nearly half of All Terrain Vehicles (ATV) related deaths and injuries occur in children under the age of 16. Safe Kids Pennsylvania Susquehanna Valley Chapter along with the Pennsylvania Department of Conservation and Natural Resources (PA DCNR) sponsors free ATV safety courses through the Northumberland County Planning Department for children 8-15 years to learn how to safely operate an age appropriate ATV.

The most common injuries associated with ATV crashes are traumatic brain injuries, facial fractures and spinal cord injuries. These injuries can lead to short-term disabilities, life time debility and possibly death. Pennsylvania law requires children 8-15 years complete a safety course to operate an ATV, with the exception of driving on land that is owned or leased by a parent or guardian.

## **5. Susquehanna Valley Safe Kids (SVSK) located at GMC-**

...is a coalition of Safe Kids Pennsylvania, SVSK sponsors effective injury reduction activities targeted to local needs across a five county area. SVSK promotes awareness and education and supports public policies in conjunction with programs that reduce injuries among children and youth. SVSK provides education in major risk hazards regarding traffic safety, water and fire safety, plus poison and fall prevention.

Supervised by Carol Hanson MSN Pediatric Program Manager and Judy Egly RN MSN Pediatric Case Manager

## **6. Gunlock Safety**

Firearm related injuries are a public health issue in the United States. In rural Pennsylvania it is a familiar way of life to have a gun or guns in the home. Safety behaviors along with gun storage in the home specifically where there are young children (ages six and below) is a concern for this Level I Regional Resource Center in rural Pennsylvania. Head Start families were surveyed regarding gun safety habits pre and post safety educational activities. A noteworthy number reported changing behaviors regarding better safety habits for storing and use of firearms in the home post survey.

The project aim is to change gun safety behavior through safer storage of firearms in the home. The population identified is Head Start families with children age 6 and below. Gun safety education along with gun lock instruction is provided, and then a free gun lock was offered and distributed. This has been an ongoing project since 2009.

The program is provided free of charge by:

Deborah A. Erdman RN MSN CCRN TCRN

## **7. Distracted Driving: Impact Teen Drivers- "What do you consider lethal?"**

Per the National Highway traffic Safety Administration, "Distracted driving is a behavior dangerous to drivers, passengers, and non-occupants alike. Distraction is a specific type of inattention that occurs when drivers divert their attention from the driving task to focus on some other activity. A distraction-affected crash is any crash in which a driver was identified as distracted at the time of the crash." Specifically, for drivers 15-19 years old involved in fatal crashes, 21percent of the distracted drivers were distracted by the use of cell phones.

This program was designed for the 15- to 24 year old age group to bring to their attention what are the consequences of distracted driving. Texting, inattention, drugs and alcohol even eating while at the wheel can affect responses and reflexes when driving, with the effects being more than just to them. This program has been presented to local high schools as requested free of charge by Deborah Erdman RN MSN TCRN Trauma Case Manager and Injury Prevention/Out-Reach Coordinator since 2011.

## **8. A Matter of Balance: Managing Concerns about Falls (MOB), Healthy Steps for older Adults (HSOA): fall prevention**

This program was designed to reduce fear of falling and increase activity levels among older adults who manifest this concern. The program was developed and formally evaluated by the Roybal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging. This program has been in existence since 1998, with the American Trauma Society Pennsylvania Division sponsoring education to present in 2013.

Studies indicate that up to half of community dwelling older adults experience fear of falling, that many respond to this concern by curtailing activity. Being inactive results in loss of muscle strength and balance. It can also compromise social interaction and increase risk for isolation, depression and anxiety. Fear of falling can actually be a contributor to falling. This program emphasizes practical coping strategies to reduce this concern.

**MOB** -Trained facilitators conduct eight two-hour sessions for participants to learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. They also find ways to change the environment to reduce fall risks factors and learn simple exercises to increase strength and balance.

**HSOA** – In collaboration with the county Area Agency on Aging, trained facilitators conduct two two-hour (or one four- hour) gathering designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

## **9. Stop the Bleed -Bleeding control**

As part of the national Stop the Bleed campaign Geisinger Medical Center participates in a community outreach program for the general public on how to manage life threatening bleeding until Emergency Medical Services (EMS) or first responders arrive. This B-Con course follows the program that was developed by the American College of Surgeons Committee on Trauma and the National Association of Emergency Medical Technicians (NAEMT) from the Hartford Consensus group. The program is about an hour and 15 minutes in length and teaches the basic principles of bleeding control and tourniquet use until trained emergency providers arrive. The program is a combination of lecture, video, demonstration and hands on skill stations.

The Objective: is to teach the initial steps of life threatening bleeding control to anyone who may encounter an injured person

- Explain the rationale for early use of tourniquet for life-threatening extremity bleeding
- Describe the progressive strategy for controlling bleeding
- Demonstrate the correct application of a topical dressing and tourniquets
- Training local civic groups, schools, church groups, community groups to recognize, intervene and control life threatening bleeding until trained first responders arrive

#### EXPECTED RESULTS

Bystanders will be more aware of life-threatening bleeding and have the knowledge and tools to control it. By attending this course more lives can be potentially saved during mass casualty events and everyday medical emergencies that the public may encounter.

**All programs presented through the Outreach and Injury Prevention at Geisinger Medical**

**Center are free of charge.**

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