

# Injury Prevention Is Public Health

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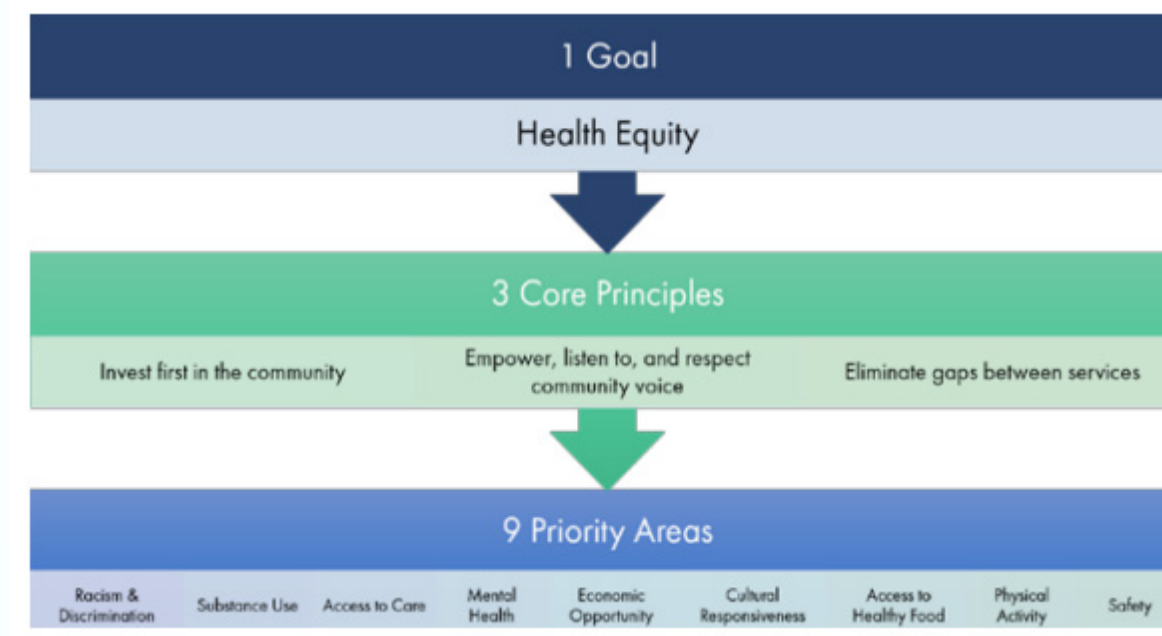
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## Goals

Two week community immersion exposure to trauma system development and the systematic approach of UMass Memorial Health Care (UMMHC) injury prevention program in collaboration with the Worcester Division of Public Health (WDPH) and their updated 2016 Greater Worcester Community Health Improvement Plan (CHIP).

## Greater Worcester Community Health Improvement Plan (CHIP)

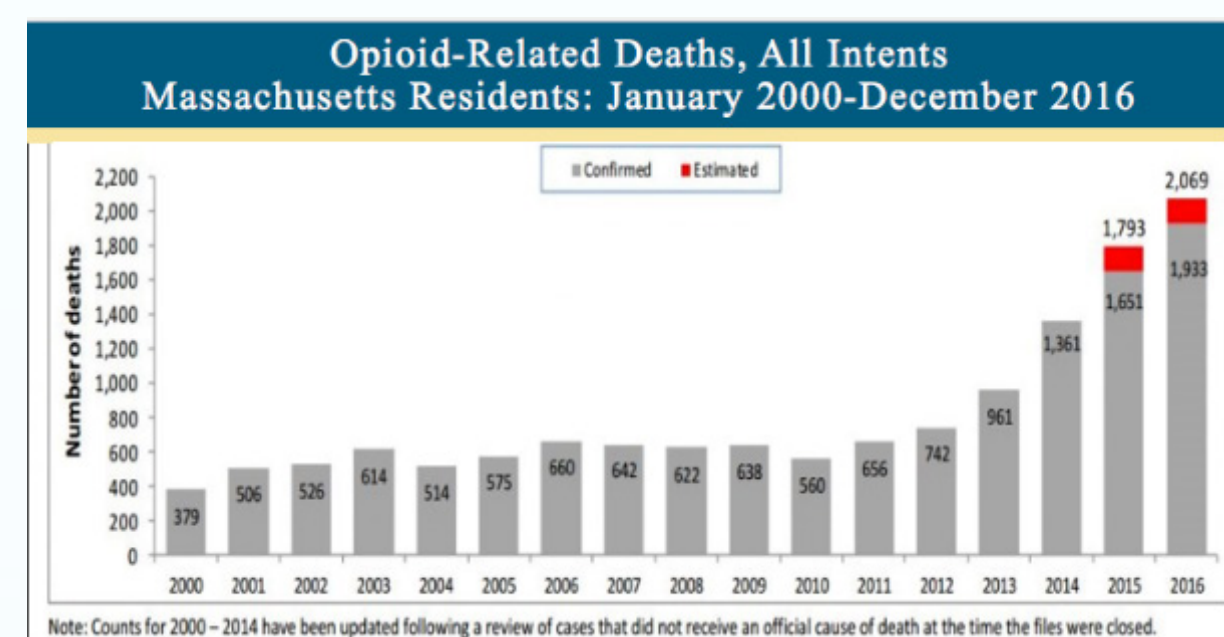
- Community-driven, strategic long-term plan to address public health issues in Greater Worcester. Provides roadmap for health improvement over 3-5 year period, setting priorities and coordinating and targeting resources<sup>1</sup>
- WDPH is one of only 130 accredited DPH nationally (550 total); first accredited in MA
- This CHIP focuses on the towns of the Central Massachusetts Regional Public Health Alliance (CMRPHA), which includes Grafton, Holden, Leicester, Millbury, Shrewsbury, West Boylston and Worcester



## Substance Use and Recovery

### Opioid Epidemic<sup>2</sup>:

- Increases in synthetic opioid overdose deaths in MA is 2<sup>nd</sup> highest in the country trailing NH
- Fentanyl has been integrated into the heroin supply and is 30-40x stronger
- Strength-based approach to recovery and the importance of changing the language of addiction to reduce stigma



### Safe Injecting Facilities (SIF):

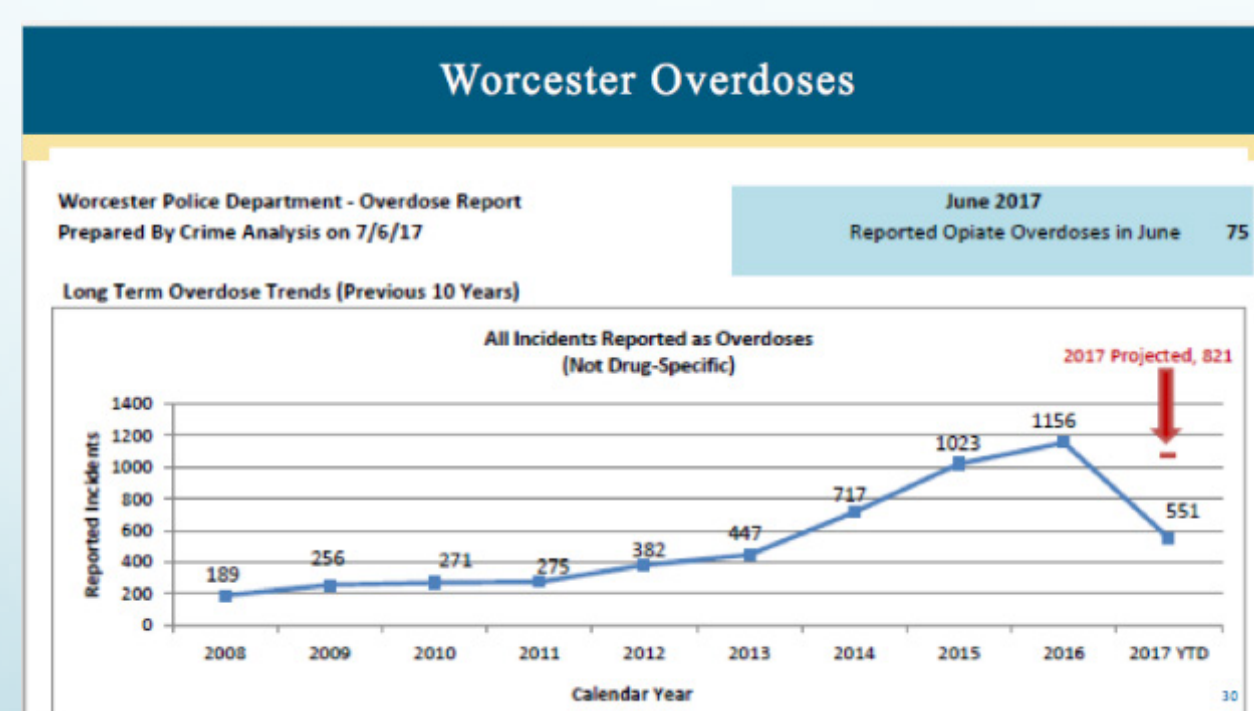
- “A supervised injection facility is a safe, clean space where persons who inject drugs (PWID) can inject themselves with drugs that they already possess under the supervision of trained medical staff who can intervene in case of an emergency”<sup>3</sup>
- Research collected at a SIF in Vancouver, Canada<sup>4</sup>:
  - 30% increase in the rate of detoxification use and an increase in the use of medication-assisted treatment
  - Opening of that facility was not associated with increased crime or an increase in new use of injectable illicit drugs

## AIDS Project Worcester (APW):

- Provides Naloxone (Narcan) training and distribution free of charge and Syringe Services Program (SSP)
- 2014: MA mandate for standing order of Naloxone<sup>5</sup>
- MassHealth fully covers the cost of Naloxone rescue kits

## Dudley Drug Recovery Court:

- Rehabilitation model which uses intensive supervision, utilization of community resources, educational employment components as well as positive affirmation



## Abuse and Mental Health

### Domestic Violence<sup>6</sup>:

- 1 in 4 women and 1 in 5 men experience some form of domestic violence in their lifetime
- 86% of domestic violence victims are women<sup>7</sup>
- Domestic abuse has sexual, financial, emotional, verbal, and physical forms
- Language, educational, and cultural barriers preclude access to aid
- Lack of safe housing options and job opportunities inhibit victims from gaining independence



Injury Prevention Clerkship students at the YWCA

### Non-accidental Injuries in the Pediatric Trauma Patient<sup>8</sup>:

- More than 1 million child are abused in the US every year
- 2,000 to 5,000 children die as result of child abuse
- Infants are more likely to be non-accidentally injured than toddlers
- Clues include: delayed presentation after injury, no definitive history or history of “fall from low height”, certain injury patterns, and evidence of prior abuse
- Most important factor when diagnosing abuse: does the history fit the injury?

## Commercial Sexual Exploitation of Children (CSEC):

- “A form of violence against children including sexual abuse and remuneration in money, goods, or services, or the promise of money, goods, or services”<sup>9</sup>
- Worcester Alliance Against Sexual Exploitation (WAASE) and Living in Freedom Together (LIFT) provides outreach to victims/survivors
- Massachusetts may consider a safe harbor law and implementation of the Nordic Model

## Suicide Awareness:

- Fresh Check Day is a national program to increase awareness of mental health resources and services and empower college students
- 1 in 10 college students contemplates suicide<sup>10</sup>
- Hosted the Nine out of Ten booth during the Fresh Check Day event at Assumption College



Injury Prevention Clerkship students at Assumption College Fresh Check Day

## References

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## Community Health and Safety

### Gangs<sup>11</sup>:

- Gangs often recruit from vulnerable populations
- Tattoos, prior gunshot/stab wounds, large groups of visitors may be signs that the patient is a gang member

### Gun Safety:

- Inform patients that keeping a gun in their house is a risk to their safety
- Advise parents to be SMART: Secure all guns at home; Model responsible behavior around guns; Ask about the presence of unsecured guns in other homes; Recognize the risks of teen suicide; Tell peers to be SMART<sup>12</sup>
- Be aware of gun legislation

### Emergency Preparedness:

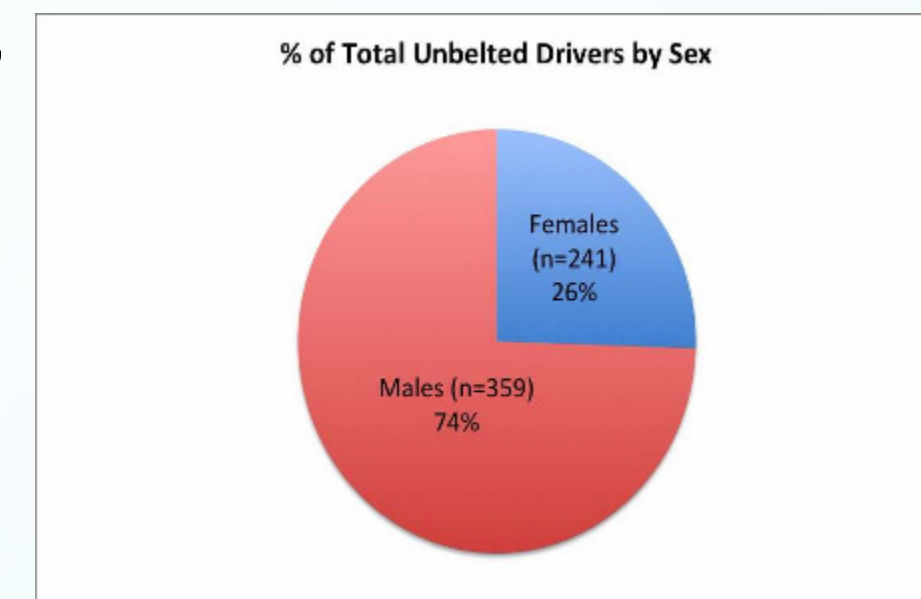
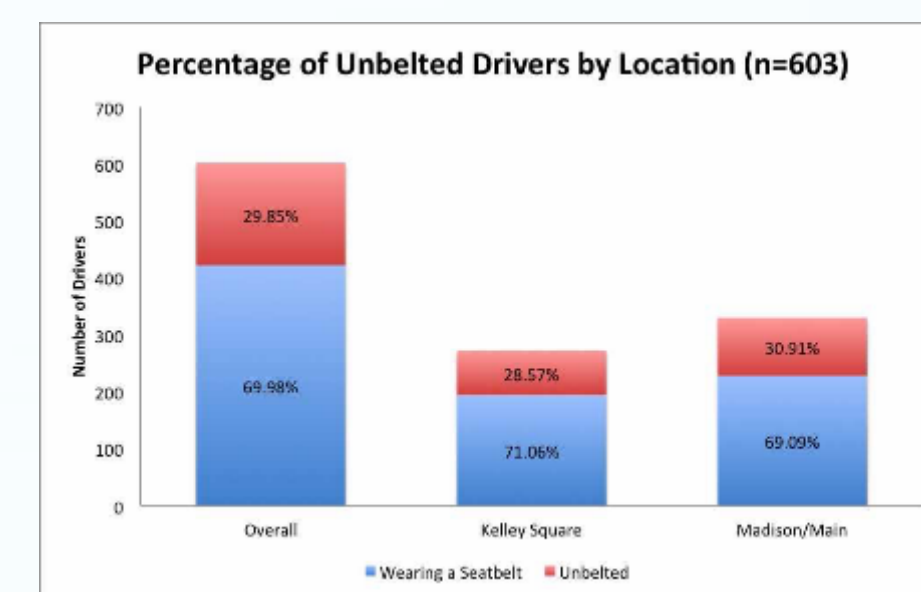
- The Federal Emergency Management Agency (FEMA) defines emergency preparedness as “a continuous cycle of planning, organizing, training, equipping, exercising, evaluating, and taking corrective action in an effort to ensure effective coordination during incident response.”<sup>13</sup>
- Bleeding Control (BCON) is a new training initiative led by the American College of Surgeons to prevent loss of life in mass casualty incidents

## Seatbelt Survey:

- Goal: Assess seatbelt usage in Worcester
- Method: Analyzed approximately 250 cars at Kelley Square and Madison/Main St.
- Results:

- 30% of drivers were unbelted
- Male drivers were 18% more likely to not wear a seatbelt compared to female drivers
- Of drivers that were reported as “distracted” (cell phone, texting, etc.), 50% were unbelted
- If the driver was unbelted, passengers were 76% more likely to be unbelted as well

- Limitations: Time of day, weather, location, vehicle speed
- Recommendations: Advocate for primary seatbelt law and penalties in MA



## Teen R.I.D.E.:

- Court ordered education program for high risk teens developed and run by the UMass Memorial Medical Center Injury Prevention Program and the Worcester District Juvenile Court
- Recidivism rate for program graduates is 7% compared to roughly 35% of similar populations in other court systems without intervention<sup>14</sup>

## Sports Injury Prevention:

- Concussions are associated with Chronic Traumatic Encephalopathy (CTE): a neurodegenerative disease associated with repetitive trauma<sup>15</sup>
- Use “Return to Learn” before “Return to Play” philosophy

## Car Seat Checkpoint Program:

- Child Protective Services (CPS) technicians provide free car seats to individuals upon referral and car seat installation, safety education, and inspection

