



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing the suffering, disability and death caused by trauma throughout the Commonwealth.

For more information visit:
www.atspa.org

Out of Harm's Way

The Trauma Prevention Publication

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THE WEEK OF MARCH 11 MARKS BRAIN AWARENESS WEEK AROUND THE GLOBE

Brain Awareness Week's goal is to increase public awareness of new research and help educate those about brain trauma.

According to the Mayo Clinic, a traumatic brain injury (TBI) is caused by an intense bump, blow, or jolt to the head or body that disrupts the normal function of the brain. An object that penetrates brain tissue, such as a bullet or shattered piece of skull, also can cause TBI.

Every day, 153 people in the United States die from injuries that include a TBI. Those who survive face effects that may only last a few days or as long as a lifetime.

Mild TBI may affect your brain cells temporarily. More-serious TBI can result in bruising, torn tissues, bleeding and other physical damage to the brain. These injuries can result in long-term complications or death.

The most common causes of TBI are falls, vehicular crashes, violence, sports injuries, and explosive blasts.

A few prevention efforts to avoid brain injury include wearing a seat belt; wearing a helmet whether you are taking a bike ride or riding a horse; keeping your home free from clutter to avoid a fall; using a non-slip mat in your shower; and making certain your children use playgrounds that have shock-absorbing materials on the ground.

For more information, visit the Dana Foundation at: <http://dana.org/BAW/>

TOP NEWS TOPICS

- March 11 - 17 is Brain Awareness Week
- Congrats to the ATSPA Conference Scholarship Winners
- Child Agricultural Injury Prevention Workshop Announced
- Poison Prevention Week is March 17 - 23
- Keep Your Saint Patrick's Day Safe and Free from Trauma
- Member Spotlight
- A Special Thank You to Our 2019 Conference Sponsors

CONGRATS TO THE ATSPA CONFERENCE SCHOLARSHIP WINNERS!



Kudos to the 14 outstanding students studying nursing, social work, and occupational/physical therapy who were each awarded a scholarship to attend the ATSPA Annual Conference.

Winning students currently attend Villanova University, Lebanon Valley College, Shippensburg University, Clarion University, University of Pittsburgh, Walden University, Misericordia University, and Millersville University! We look forward to seeing you at the conference.

The ATSPA conference provides students pursuing degrees in nursing, graduate social work, physical therapy, or occupational therapy and pre-medical to apply for a scholarship that covers their cost for attendance and conference meals (over a \$300 value!).

The ATSPA conference is a great opportunity for students to network with over 200 physicians, nurses, social workers, and first responders as well as many exhibitors from various parts of the state.

CHILD AGRICULTURAL INJURY PREVENTION WORKSHOP ANNOUNCED

Farms are great places to grow up, but hazards are never far away, especially for children. Learn how to safeguard the next generation of farmers by attending the Child Agricultural Injury Prevention Workshop, March 28 - 29, in Hershey, Pa. The workshop will be limited to the first 60 registrants.

The workshop is designed for farm organizations, healthcare providers, insurance professionals, and public health officials.

The National Children's Center, a program of the National Farm Medicine Center, Marshfield Clinic Research Institute, is co-hosting the workshop with Penn State University and the New York Center for Agricultural Medicine and Health.

For more information and to register call 1-800-662-6900.

POISON PREVENTION WEEK IS MARCH 17 - 23

On February 7, 1962, President John F. Kennedy proclaimed the third week of March as National Poison Prevention Week to raise awareness, reduce unintentional poisonings, and promote poison prevention. Poison Prevention Week will be observed from March 17 to March 23, 2019.

According to the Health Resources & Services Administration Poison Help website, a poison is anything that can harm someone else if it is:

- Used in the wrong way.
- Used by the wrong person.
- Used in the wrong amount.



Poisons may harm you if they get into your eyes or on your skin. Other poisons may harm you if you inhale their fumes or swallow them. Poisons come in four forms: solids, liquids, sprays and gases.

- Solids: Medicine (over-the-counter pills, vitamins, and illegal drugs)
- Liquids: Household cleaners, nail polish remover, cologne, and mouthwash
- Sprays: Spray cleaners, including drain and toilet bowl cleaner
- Gases: Carbon Monoxide (CO) gas

Call the Poison Help line, 1-800-222-1222, if someone you know may have been poisoned or if you have questions. If someone is unconscious or has trouble breathing, call 911 immediately.



KEEP YOUR ST. PATRICK'S DAY SAFE AND FREE OF TRAUMA WHEN THE PARTY ENDS

Sunday, March 17th is St. Patrick's Day, which is a time of celebration. During its origins in the 17th century, the day began as a religious feast to celebrate the death of St. Patrick, the patron saint of Ireland.

In the modern world, many (whether Irish or not) will gather with friends and celebrate this holiday. Often, these celebrations will include city parades, funny leprechaun hats, green food, and plenty of green beer. Unfortunately, celebrations often end with risky drunk drivers when the party ends.

Were you aware that St. Patrick's Day is one of the deadliest holidays on our nation's roads? During the St. Patrick's Day holiday in 2017, drunk driving deaths were 8% higher than the national rate (37% vs. 29%). According to the National Highway Traffic Safety Administration (NHTSA), in 2017 drunk driving killed more than 10,000 people in our country, 59 of which were killed over the St. Patrick's Day holiday period.

Driving drunk isn't the only dangerous activity to be concerned about. Walking home from the bar after partying can also be dangerous. In 2017, 32 percent of the pedestrians killed in crashes had blood alcohol concentrations of .08 or higher.

It isn't necessarily just alcohol that can impair our ability to travel safely. Drug-impaired driving is an increasing problem on our nation's roads, also. It is illegal to drive while drug-impaired and it's essential for drivers to understand: If You Feel Different, You Drive Different.

So, what can you do to make your St. Patrick's Day celebration safe? Plan ahead if you will be celebrating. If you plan to drink,

plan for a sober driver to take you home. Is it your turn to be the designated driver? Take that role seriously—your friends could be relying on you.

Remember that it is never okay to drink and drive, even if you've had only one alcoholic beverage. Either designate a sober driver, or use public transportation or a ride service to get home safely.

Have a friend who has been drinking and is about to drive? Take the keys away and make arrangements to get your friend home safely.

This St. Patrick's Day weekend remember: Buzzed Driving Is Drunk Driving. It's just not worth the risk.



ATSPA PROUDLY WELCOMES GEISINGER JANET WEIS CHILDREN'S HOSPITAL AS AN INSTITUTIONAL MEMBER

Geisinger Janet Weis Children's Hospital has long been recognized as a national leader in pediatric healthcare and now is an ATS Institutional Member. Dedicated solely to caring for children - from birth to the teenage years - it has been providing advanced medical diagnosis and treatment for decades.

Geisinger Janet Weis Children's Hospital is the first rural acute-care children's hospital in the country and one of the first rural academic facilities in the region, making it a unique facility specially designed to meet the challenges of providing health care to children living in rural areas.

It doesn't matter if you live in a rural or urban area, when a child is seriously ill, injured or facing a life-threatening condition, the hospital's pediatric specialists can step in immediately, using state-of-the-art technology to provide emergency, trauma, and critical care.

Its specialty trained pediatric doctors and nurses provide expertise in over 30 medical and surgical disciplines, which include care of children with neonatal illness, life-threatening critical illness, traumatic injuries, neurologic disorders, cancer, diabetes, gastrointestinal disease, infectious disease and heart and lung disorders. The hospital's genetic team partners with Geisinger's Genomics Institute to provide cutting edge diagnosis and treatment of genetic disorders and birth defects.



THE ATSPA WOULD LIKE TO GIVE A SPECIAL THANK YOU TO OUR GENEROUS 2019 CONFERENCE SPONSORS

SILVER



**Thank you to Reading Hospital Trauma Center for
also sponsoring our lanyards.**

BRONZE



- **The Crozer Burn Center**
- **Global Neurosciences Institute at Crozer**

ATSPA FEBRUARY UPDATES

- Krista Brands, CEO, and Allyson Fulton, Assistant Director, were guests of Cumulus radio host Mark McKenzie's "Community Focus" program, which was aired on Sunday, February 24.
- ATSPA CEO Krista Brands was featured in the Pittsburgh Tribune-Review for National Burn Awareness Week on February 6.
- Jason Burkhart, ATSPA Communications Coordinator, participated in a media event at Tunkhannock Area School District for being the first school district in Pennsylvania to obtain dual "Stop the Bleed" and CPR Certifications for a full grade level.
- Representative Todd Stephens of the PA House and ATSPA CEO Krista Brands met at the State Capitol on February 6 to discuss efforts to reduce gun violence in Pennsylvania, particularly in regards to suicide.
- ATSPA CEO Krista Brands was featured on February 5 with host Darryl Berger on his WNPV radio morning program for Montgomery and Bucks Counties for "Burn Awareness Week."
- Matthew Frampton and Christopher Bendl of South Central PA Highway Safety (SCPAHS) collaborated with AAA to present a seminar on Traffic Law Updates on February 4.
- On February 11, Christopher Bendl of SCPAHS presented about Distracted Driving & Seat-Belts at the Mechanicsburg Borough Crime Watch Meeting; on the same day, Matthew Frampton of SCPAHS gave a Mature/Winter Driving presentation at the New Bloomfield Senior Center.
- Matthew Frampton of SCPAHS gave a Safe Driving presentation on February 21 to the Harrisburg Area Parkinson's Disease Caregiver Support Group.
- On February 26, Matthew Frampton and Christopher Bendl of SCPAHS presented with AAA about Safe Driving.
- On February 27, Kelsey Mayberry of ATSPA interacted with students at the "Please Live Health and Wellness Fair" at the W.S. Christian Academy.
- Matthew Frampton, Christopher Bendl and Karen Rowe of SCPAHS participated in the Center for Traffic Safety's Annual Driver Education Instructor Workshop on February 28.

Stay connected with us:



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