Protecting Children from Injury

Scott Phillips
Why we exist

Over 40 West Australian children die each year from preventable injuries, while a further 8,000 are hospitalised. Kidsafe WA exists to prevent these tragedies.
For every 1 child that dies in WA, there are...

134 hospitalisations

634 ED presentations

Many more treated by GP’s and health centres.
More children die of injury than die of cancer, asthma and infectious diseases combined.
Mission

Kidsafe WA exists to inform the community how to protect children from preventable injury and death at home, at play and on the road.
What we believe

• All parents want the best for their children
• Unintended injuries are preventable
• Supervision is the key to prevention
• It takes a community to raise a healthy child.
• Children grow and learn through exploration and testing their capabilities
Programs
Home
Play
Road
Road
How

• Research

• Education

• Advocacy
Research

WA CHILDHOOD INJURY SURVEILLANCE BULLETIN:
ANNUAL REPORT, 2014 - 2015

WESTERN AUSTRALIA CHILDHOOD SPORTS INJURY

Parent and Coach’s Perceptions of Sports Injury Risks and Management

Introduction

Between July 2014 and December 2014 there were 16,025 presentations to the Princess Margaret Hospital Emergency Department (PMH-ED) for children under the age of 18.

Injury presentations accounted for 27.4% (n=8,514) of the total number of presentations to PMH-ED during this time period.

Falls in Focus

Children under five years of age were at greater risk of a fall, accounting for 47.9% (n=4,239) of presentations.

Falls were the most common cause of injury, representing 36.3% (n=3,338) of all injury presentations.

Falls were the most common location for children to fall (n=9,876), followed by on the ground (n=8,157) and in the home (n=3,332).

Falls on the head accounted for 5.6% (n=509) of presentations.

Falls accounted for 23.4% (n=2,294) of injury presentations.

Upon completion of treatment, 8.4% (n=75,687) of presentations were able to return. A further 11.1% (n=1,015) required admission to hospital.
Quantitative Vs Qualitative
Play & Recreation

Sport Safety

The presentation of children with sporting injuries to the Princess Margaret Hospital Emergency Department (PMH ED) has continued to rise over the last five years, with an average of 557 cases per year.

Older children aged between 10 and 14 years are at greater risk of sustaining a sporting injury. This is possibly due to a decrease in protective modification as children get older and a higher number of older children participating in competition sports in comparison to younger children. These account for over 65% of all injury presentations to the PMH ED.

Sport and physical activity are vital aspects of childhood development, allowing children to improve physical, cognitive and social skills with others. Injury risks, however, are often perceived as barriers to participation. An estimated 60% of sporting injuries are preventable.

Australian Rules Football is the most commonly recorded sporting activity associated with sporting injuries, accounting for 55% of sporting presentations to the PMH ED. This is followed by soccer, basketball, rugby and netball.

Common injuries presented include fractures, sprains and strains, bruising, cuts, contusions, dislocations and eye injuries. These are most commonly sustained by the head and neck areas.

Sports injuries most commonly occur in the cooler winter months of May and June. This coincides with the winter sport and season. All this time many children are developing new or refining old skills. Not surprisingly, injuries most commonly occur over the weekend and Sunday.

Tending Sports Injuries

Early treatment of injuries can often reduce the severity of the injury and prevent any further damage.

- All parents, sports officials and coaches should learn first aid and resuscitation techniques.
- Make sure your child is adequately dressed and that they have the right shoes.
- Give children basic education on injury treatment and management.

Primary health care professionals should always be the first point of contact in the sport of the injured child.

Preventative measures can be taken to help prevent further damage. These include:
- If in doubt - DO NOT PLAY.
- If a child receives a sporting injury, the following injury management should be used: RICE (Rest, Ice, Compression, Elevation, Referral).
- NO NARCOTICS (No NSAIDs, Analgesics, Opiates).
- NO MASSAGE.

For more information or advice on sporting injuries visit: www.safetyfirst.com.au or www.kidsafewa.com.au

Western Australia Childhood Sports Injury

Parent and Coach’s Perceptions of Sports Injury Risk & Management

Supported by:

Government of Western Australia Department of Health

Western Australia Childhood Sports Injury

Government of Western Australia

The University of Western Australia

Kidsafe

Western Australia
Injuries resulting from Trampolining

Introduction – Trampoline Injuries

There were a total of 127,020 presentations to PHM ED between July 2007 and June 2012. Of these presentations, 87,875 were due to injury.

In this period there were a total of 2,792 trampoline injury presentations to the PHM ED. This equates to an average of 925 presentations per year.

Children aged between 5 and 9 years of age were most at risk, accounting for 41.2% of the trampoline injury presentations.

Males were found to be slightly more at risk, accounting for 50.9% of the presentations (n=1,180).

Children of Aboriginal and/or Torres Strait Islander ethnicity accounted for 2.7% (n=22) of the trampoline presentations. This was lower than the proportion of hospital admissions for all children with analyses for this group.

In this period, the proportion of patients admitted to PHM ED were 13.8% (n=120).

Falls are still the most common cause of injury presentations to PHM ED. The data is based on the presentation of the injury (n=3.986).

The proportion of injury presentations to PHM ED by children who had a residential postcode was 9% (n=369).

Children of Aboriginal and/or Torres Strait Islander ethnicity accounted for 6.7% (n=26) of the presentations.

The majority of injury presentations to PHM ED were Unintentional injuries (66.7%).

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Education
Life Span Awareness Raising

- Antenatal Sessions
- Playgroups
- Schools
- Parent/Carer’s groups
- Health Professional Workshops
- Grand Parents
School Program

• Collaboration
• Lesson Plans
• Competitions
• Incursions
Your Safety Slogan: Be yourself—don’t change yourself for others

1. You’re fat and no one likes you!
   One of the cool girls comes up to Rozy and said you fat and no one likes you.

2. I’m about to change my look and I think it will be ok.
   Rozy asked her mum and she was happy, but you still want to be fat.

3. Hopefully they like me now?
   Rozy said to herself if no one likes me, the way I am, I will change the way I look.

4. Yeah Rozy, love your new look. Do you want to hang with me today? Gen yeah, sure said Rozy.

5. Rozy, what’s wrong, asked Rosy.
   Roxy was worried, people only like me when I change the way I look.

6. The next day Rozy was in the lunch box as the new girl and the new girl asked Rozy for help and Rozy helped.
   And Rozy and Rose became good friends.
State-wide
Aboriginal

watch out for your kids
day and night
A PROFESSIONAL RESOURCE TOOL

watch out for your new baby
It's up to you to keep bubba safe

Government of Western Australia
Department of Health

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CALD
Digital Platforms
Social Media
Advocacy

• Representation on Australian Standards Committees
• WA Consumer Product Advocacy Network
• Various Education, Child Car Restraint and Regional Health reference groups
• Consumer Protection Awards
WACPAN
Collaboration
Deaths (Number)

Injury Deaths 0 to 14 Years

Average Number per Year

1989-2000: 41
2001-2010: 27
Deaths (Rate)

Injury Deaths 0 to 19 Years

<table>
<thead>
<tr>
<th>Rate per 100,000</th>
<th>1989-2000</th>
<th>2002-2011</th>
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<tr>
<td>5.6</td>
<td>3.8</td>
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GPO Box D184 | PERTH WA 6840 | Cnr Thomas Street and Roberts Road | SUBIACO WA 6008
Hospitalisation (No.)

Injury Hospitalisations 0 to 14 Years

Average Number per Year

- 1989-2000: 10,245
- 2002-2011: 6,841
Hospitalisation (Rate)

Injury Hospitalisations 0 to 19 Years

Rate per 100,000

- 1979.8
- 1860.1
ED Presentations (No.)

ED Presentations 0 to 14 Years

Average Number per Year

- 2002: 9537
- 2011: 19194
Contact

www.kidsafewa.com.au