

Harbor-UCLA Medical Center

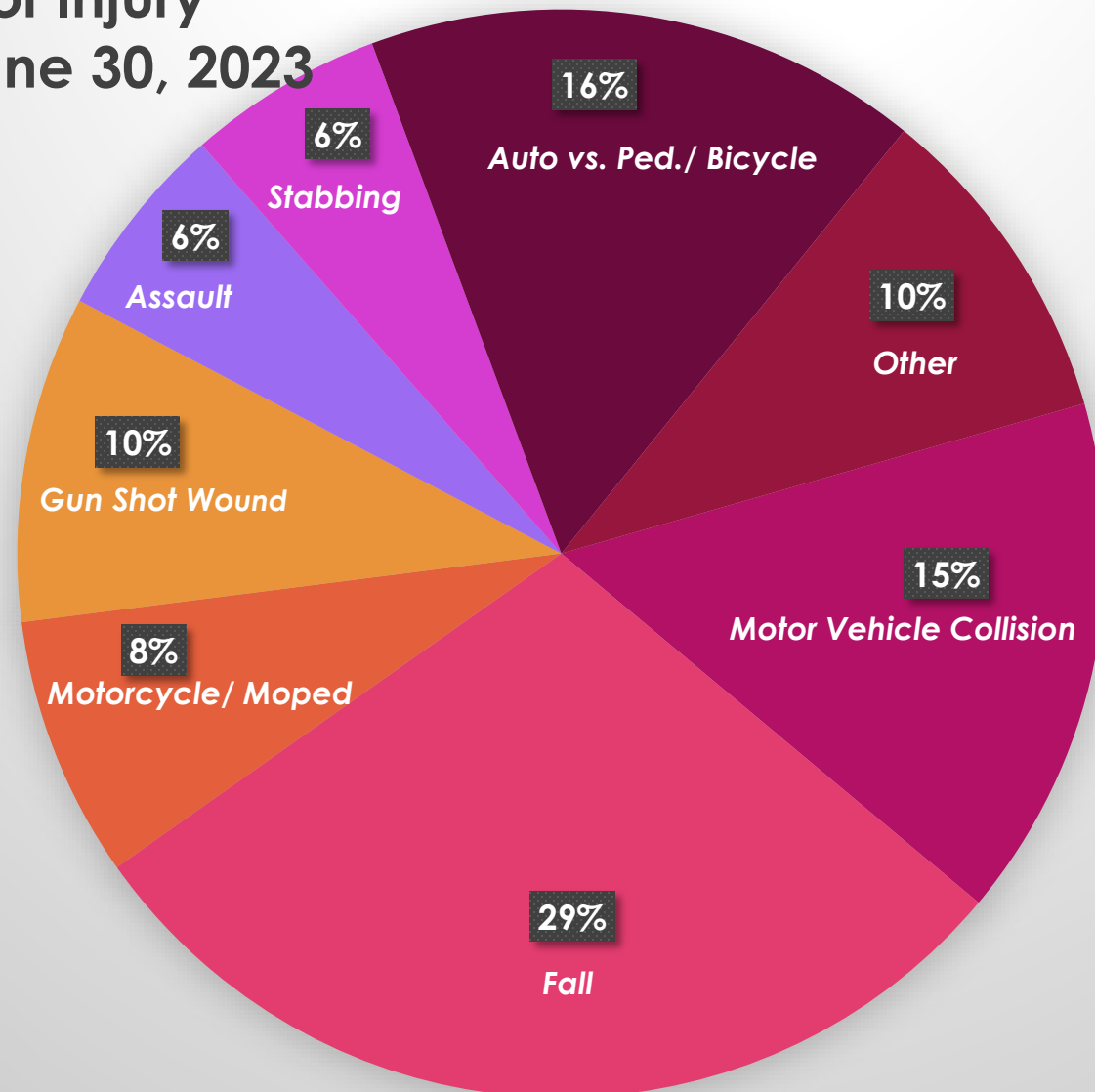
TRAUMA INJURY PREVENTION PROGRAM ON A BUDGET

KRISTEN KRAUS, BSN, RN, CCRN, TCRN, CPST



Mechanism of Injury

July 1, 2022 to June 30, 2023

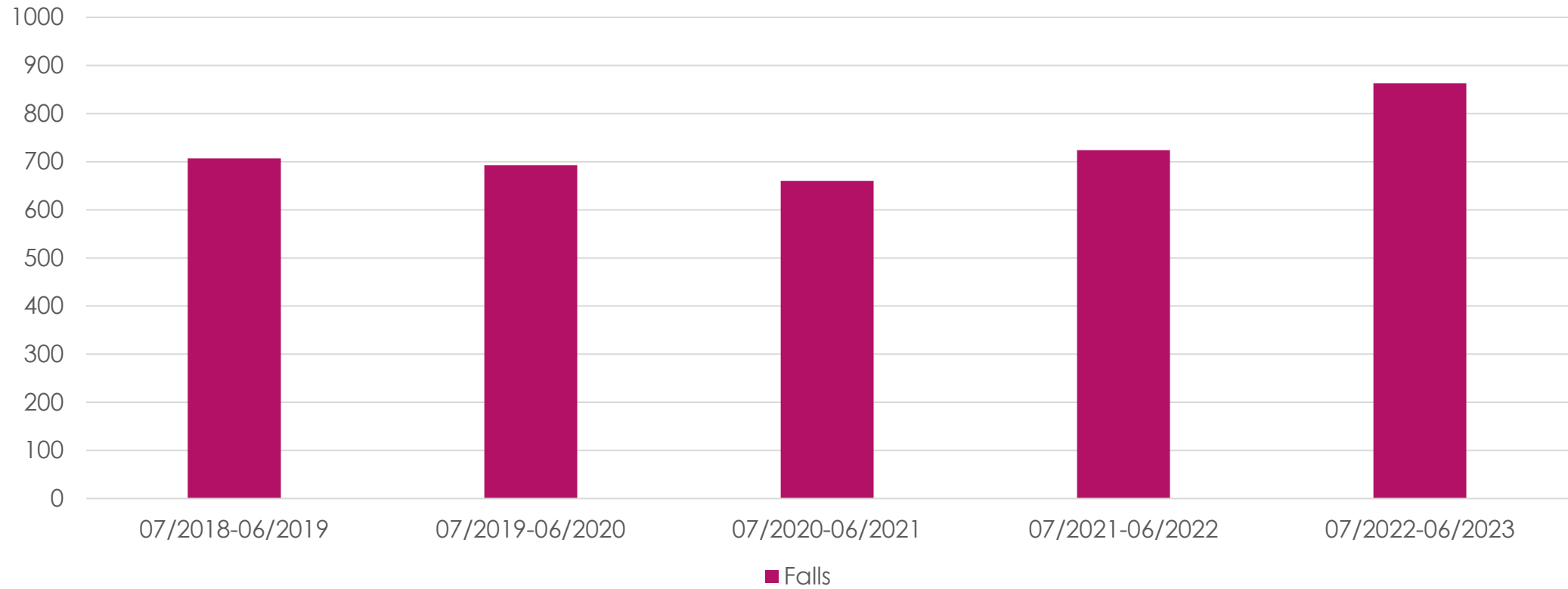


- MVC
- Fall
- Motorcycle
- GSW
- Assault
- Stab
- Auto vs. Ped
- Other



Fall Prevention- Community Education

Falls



Fall Prevention Plan

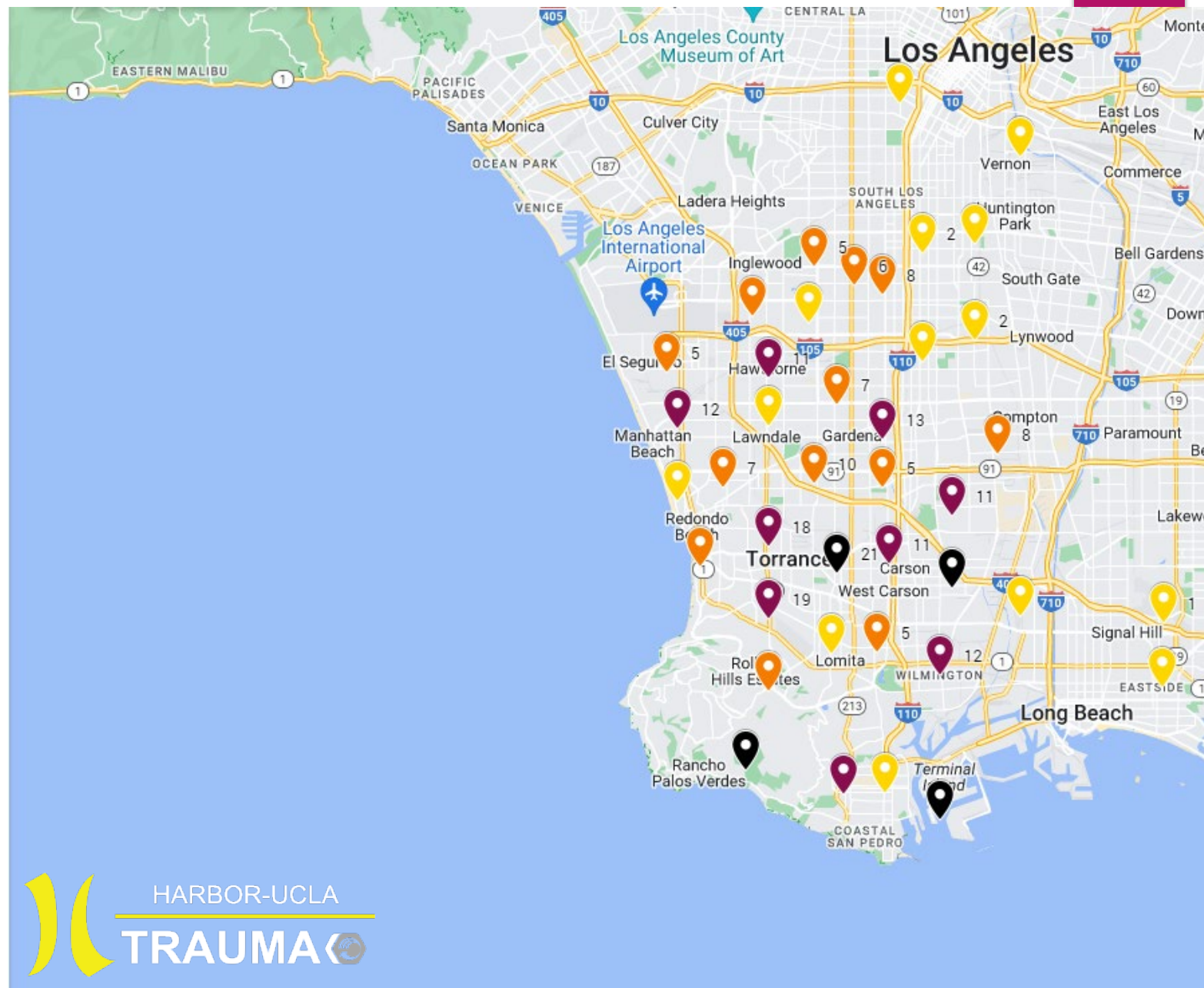
Partner with The Division of Geriatrics to identify the most common causes of falls in our older adult community

Utilize the data registry to identify the most common locations of falls

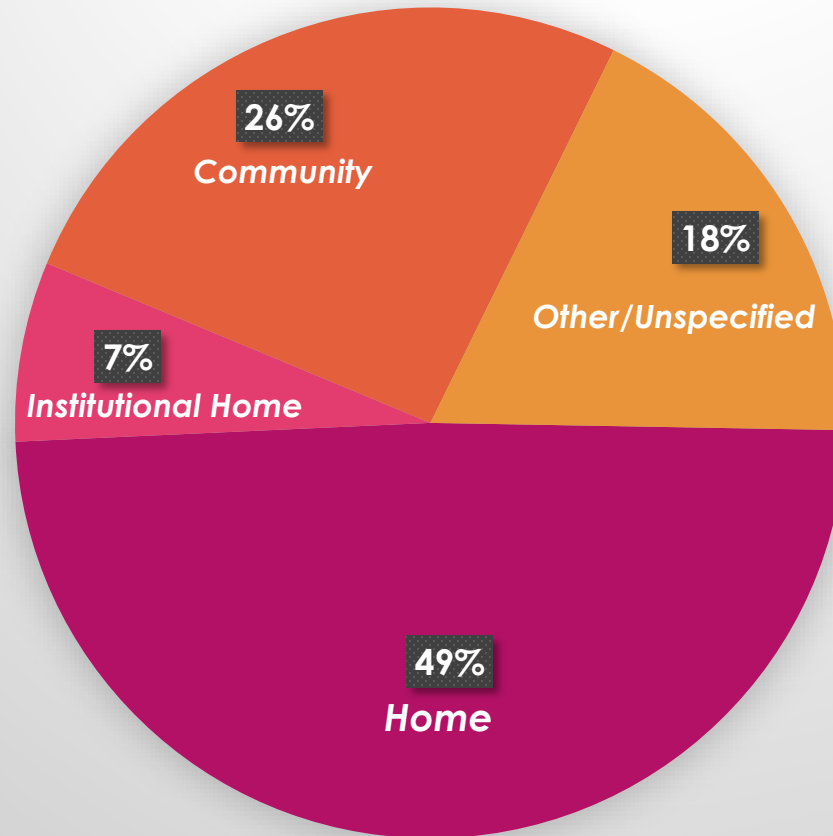
Formulate a plan to address the most preventable causes of falls

Older Adult Falls by zip code 2020

- 1 (9)
- 2 (5)
- 3 (2)
- 4 (2)
- 5 (6)
- 6 (1)
- 7 (2)
- 8 (2)
- 10 (2)
- 11 (3)
- 12 (3)
- 13 (1)
- 18 (1)
- 19 (1)
- 21 (2)
- 26 (1)
- 38 (1)
- Other / No value (1)



Location of Falls July 1, 2022 to June 30, 2023



Fall Prevention Plan

1

- Identify community resources with free and low-cost home modification resources. --
- Create an Older Adult Resource Guide

2

Implement an evidence-based exercise program like Bingocize in areas with the most falls

3

Work with The Division of Geriatrics to create a Fall Prevention Clinic

FALL PREVENTION AND HOME MODIFICATION

Have you or a loved one fallen at home? Are you interested in preventing future falls? Do you need assistance with home modifications such as ramps or hand rails?



HARBOR-UCLA MEDICAL CENTER

Division of Trauma Surgery | 424.306.5300 |
Kristen Kraus, RN

HARBOR-UCLA

DIVISION OF TRAUMA SURGERY



FREE OR LOW COST: FALL PREVENTION AND HOME MODIFICATION

Older Adult Resource Guide



WE CAN HELP!

Los Angeles County offers multiple resources to assist with fall prevention by offering minor home repairs and accessibility improvements at low or no cost to eligible homeowners and renters.

HOME MODIFICATION RESOURCE LIST

LA County: 626-414-6439

LA City: 213-482-7252

LA City Handyworker Program

LA City: 213-808-8803

Rebuilding Together Los Angeles

LA County: 213-878-1501

<https://rebuildingla.org/safe-and-healthy-housing>



California Department of Aging

https://aging.ca.gov/Programs_and_Services/Dignity_At_Home_Fall_Prevention_Program/

LA County: 800-510-2020



<https://homemods.org/national-directory/>



SUCCESS STORIES

Simple home improvements can help improve the safety of your home, allowing you to stay independent for as long as possible. Check out the website below to see how this will make a difference in your home.

https://aging.ca.gov/Programs_and_Services/Dignity_At_Home_Fall_Prevention_Program/SuccessStories/Default.aspx



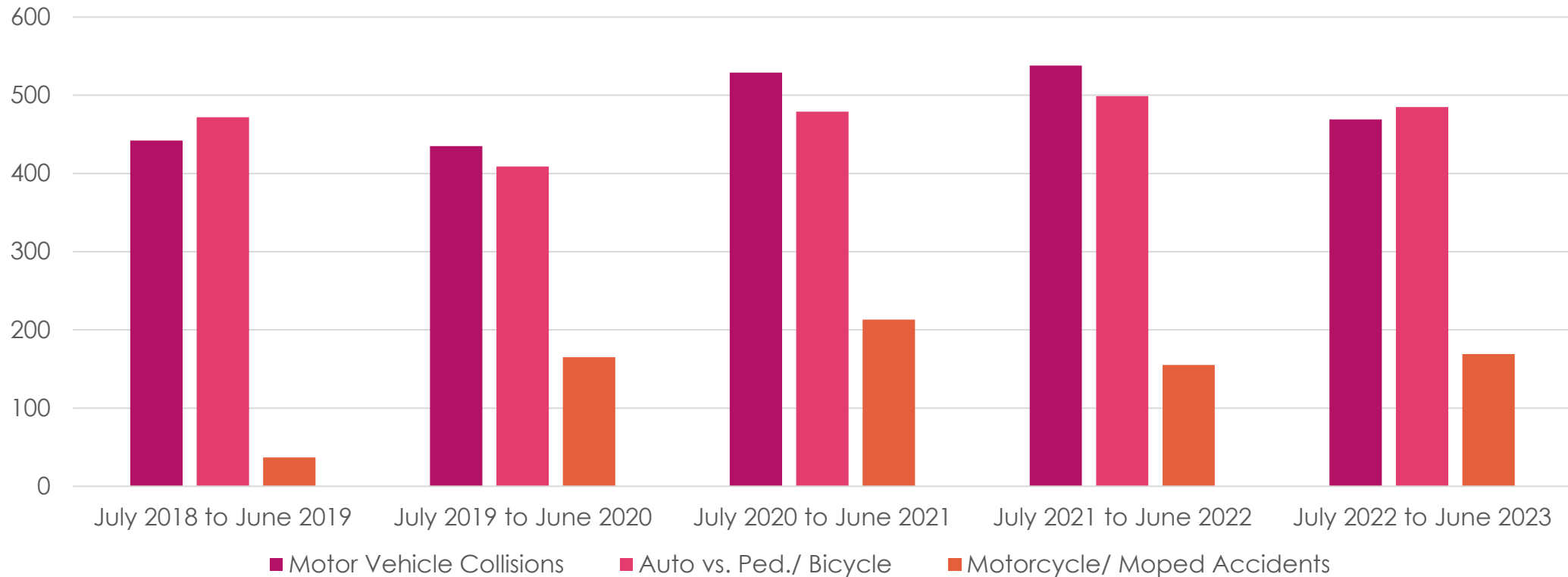
Available in English and Spanish



Traffic Related Injury Prevention Plan

Traffic Related Injury Prevention Plan

Traffic Incidents July 2018 to June 2023



Traffic Related Injury Prevention Plan

1

Identify common collision corridors within our catchment area

2

Identify preventable causes of motor vehicle collisions

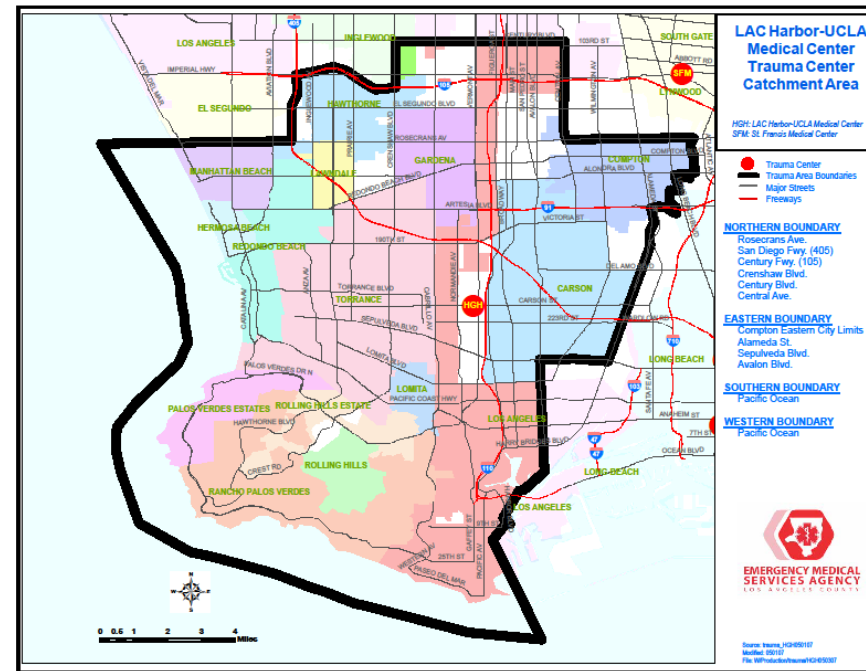
3

Leverage community partnerships to educate the public on the dangers of distracted driving, driving under the influence of drugs or alcohol and car seat misuse.

Traffic Related Injury Prevention Plan

Common Collision Corridors identified within catchment area

- ▶ Del Aire/ Wiseburn
- ▶ E. Rancho Dominguez Hills
- ▶ El Camino Village
- ▶ Lennox
- ▶ Rancho Dominguez Hills
- ▶ Unincorporated Hawthorne
- ▶ West Carson
- ▶ Willowbrook
- ▶ Westmont/ West Athens



Source: Vision Zero
Los Angeles County

Traffic Related Injury Prevention Plan

85% of fatal and severe injury collisions between 2013 and 2017 were caused by 6 primary factors.

Primary Collision Factors	Percent of Fatal and Severe Injury Collisions
Unsafe Speed	19%
Improper Turning	18%
Driving or bicycling under the influence of drugs or alcohol	17%
Driver failing to yield to another driver	14%
Pedestrian Violation	10%
Failure to yield to traffic controls	7%
Total	85%

Source: Vision Zero
Los Angeles County

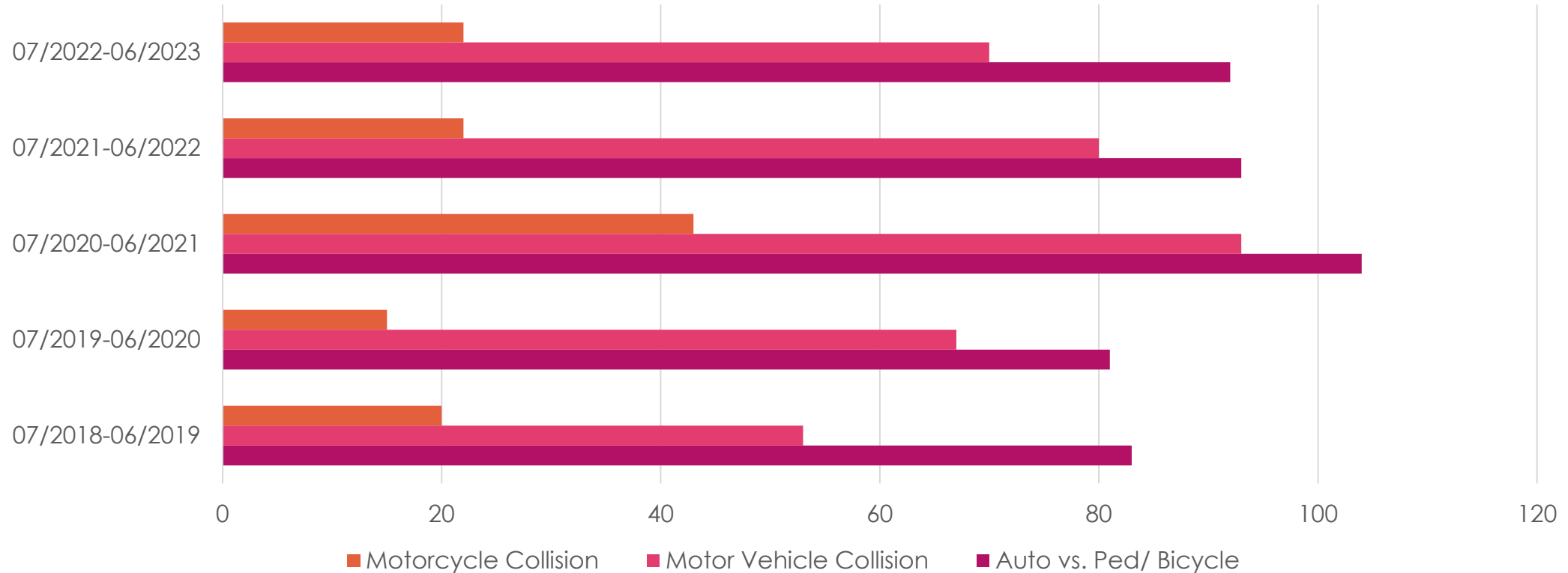
Traffic Related Injury Prevention Plan

- ▶ Westmont/ West Athens area was chosen for improvement in 2019. These improvements included:
 - ▶ Crosswalks, sidewalks, traffic calming
 - ▶ Pedestrian lighting and parkway trees
 - ▶ Educational Programs
 - ▶ Safe Routes to School
 - ▶ Walking clubs
 - ▶ Safe Passages
 - ▶ Green Streets

Source: Vision Zero
Los Angeles County

Traffic Related Injury Prevention Plan

Traffic Incidents in Westmont/ West Athens Areas



Hospital and Morgue Program

- ▶ The Hospital and Morgue (HAM) program is a collaboration between trauma centers and the Office of the District Attorney to provide an alternative sentence to those convicted of DUI, reckless driving or related risky behavior.
- ▶ IPC acts as Hospital Liaison for the program
- ▶ Program transitioned to online platform during Covid, with plans to return to in-person soon
- ▶ Success of the program evidenced by:
 - ▶ Less than 6% recidivism rate compared to 26-33% recidivism without program participation.

Meet with local CBO's

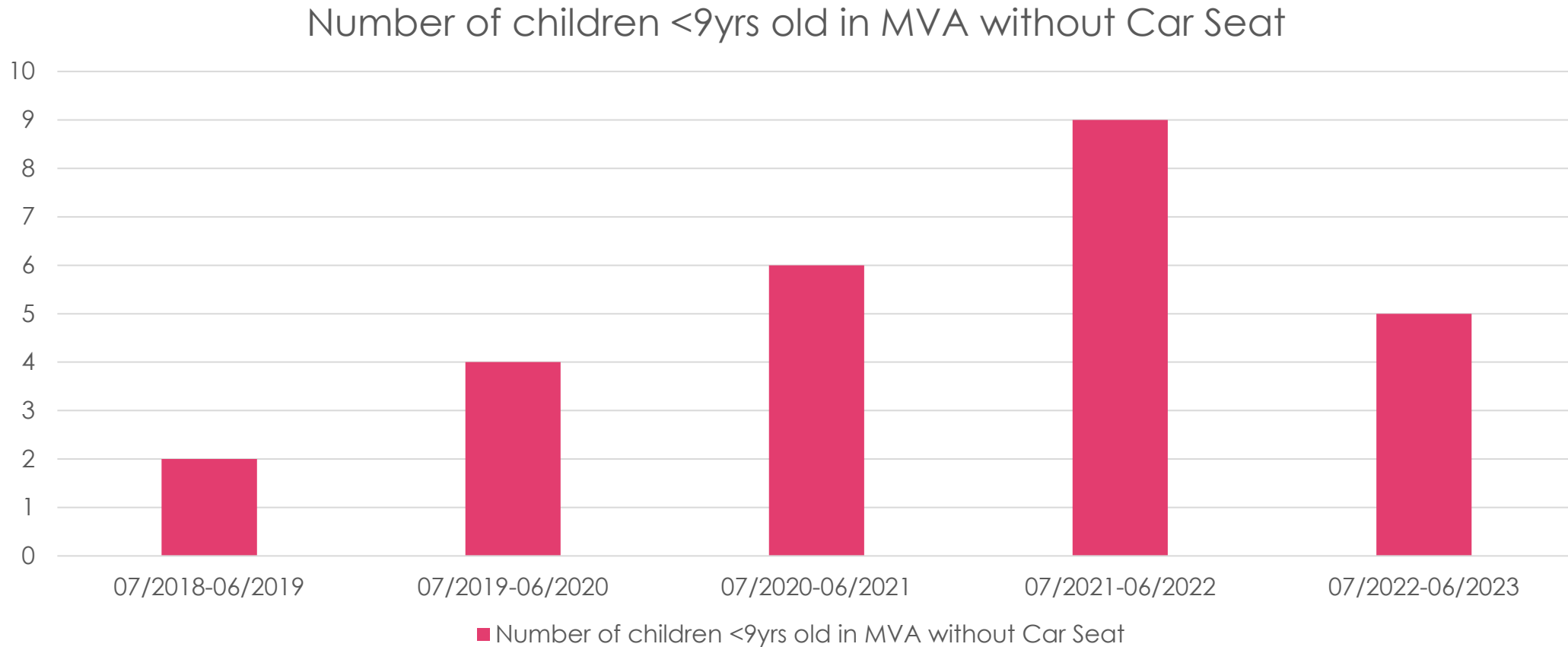
Meetings with local cycle & pedestrian
safety and advocacy CBO's





Child Passenger Safety

Child Passenger Safety



Child Passenger Safety

- ▶ Child Passenger Safety Distribution and Education Program
 - ▶ Educate caregivers in the inpatient and community settings about:
 - ▶ Basics of child passenger safety
 - ▶ California Law
 - ▶ Community events are attended year-round in partnership with:
 - ▶ Safe Kids LA-West
 - ▶ Safety Belt Safe

Child Passenger Safety

Community Education

- ▶ Attend CPS events coordinated by local CBO's
- ▶ CPS webinars for staff nurses hosted in partnership with SafetyBeltSafe
- ▶ Distribute car seats at community events and in the in-patient setting
- ▶ 15 in-house CPST's

Special Needs Car Seats

- ▶ Our Special Needs Car Seat Loan Program aims to promote the safe discharge and transport of our pediatric patients in Spica casts.
- ▶ Each child is assessed to identify a suitable special needs seat. We offer 3 options.

EZ-ON Vest



Wallenberg



Radian Diono 3R



Special Needs Car Seats

Special Needs Car Seat Distribution Program

- ▶ Partnered with the Pediatric Orthopedic Surgery Team to provide safe discharge.
- ▶ Special Needs seat to be returned during clinic visit when cast is removed.
- ▶ Educated Pediatric nursing staff on 3 special needs seats to promote safe discharge 24/7 without needing ambulance transport.

Helmet Distribution

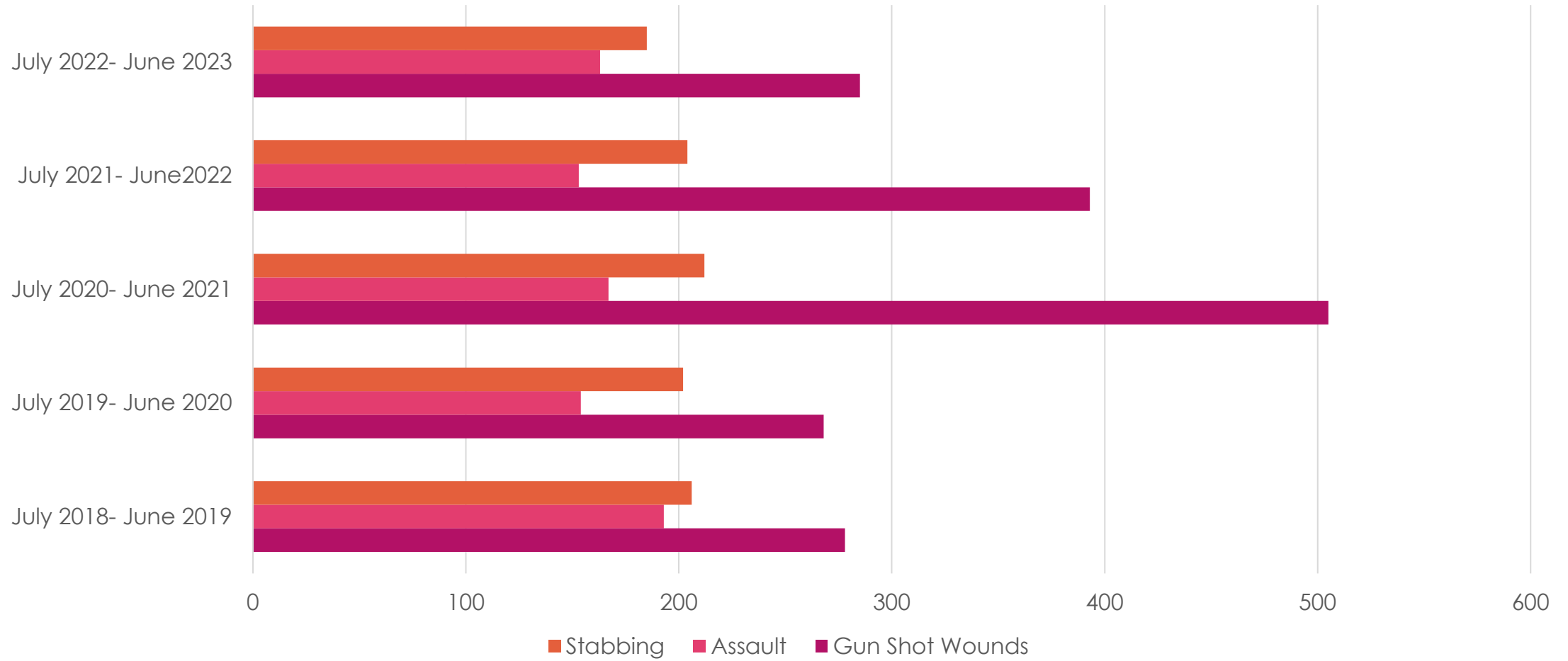
- ▶ Attend community events
 - ▶ Helmet and car seat distribution
 - ▶ Helmet and car seat education

Violence Prevention Plan

- ▶ Safe Harbor established in 2019
- ▶ Collaborative effort between our Hospital-Based Violence Intervention Program and Trauma Recovery Center.



Violence





The Safe Harbor Trauma Recovery Center (SHTRC) and the Safe Harbor Hospital-Based Violence Intervention Program (HVIP) were established in 2019 at Harbor-UCLA Medical Center in Los Angeles County. Both programs provide services for victims of interpersonal violence, including post-injury case management, and a direct link to mental health services and counseling. Our mission is to promote the long-term healing, growth and wellbeing for victims of crime and their families through non-judgmental, holistic, and effective services with a focus on social and structural determinants of health.

Contact:

 424-306-7710

 SafeHarborTRC@dhs.lacounty.gov

 Harbor-UCLA Medical Center
1000 W. Carson Street
Building MFI, Suite 605
Torrance, CA 90509



Helping Survivors of
Trauma Heal



Safe Harbor Trauma Recovery Center (TRC) provides:

- Assertive Outreach to Engage Clients in Services
- Trauma-Informed Care/Trauma Specific Services
- Case Management
- Mental Health Services
- Eligibility
 - Any person who has experienced interpersonal violence/trauma wishing to receive services shall be eligible for services for FREE.
 - TRC will offer outreach and case management services to clients without regard to whether clients choose to access mental health services.
 - No person will be excluded from services based on immigration status.

How to Refer:



424-306-7710



SafeHarborTRC@dhs.lacounty.gov

What to include on the email referral:

- Name
- DOB
- MRN
- Reason for referral/type of injury



Please have the resident or attending physician page referral:
SafeHarborTRC@dhs.lacounty.gov
Pager Number: 1649

Safe Harbor Hospital-Based Violence Intervention Program (HVIP)

is a collaboration between Harbor-UCLA Medical Center and Southern California Crossroads. We provide supportive resources and longitudinal case management services to victims of violent injury.

- Provides
 - Case Management
 - Job Development
 - Gang Prevention and Intervention Services
 - Victim Services
 - Mentoring
 - Tattoo Removal
 - Community-Based Referrals
- Eligibility
 - Any person who has been injured by interpersonal violence, such as:
 - Firearm violence
 - Gang violence
 - Physical assault
 - Stabbing
 - Including families of those impacted by violence

Violence Prevention Plan

- ▶ Safe Harbor offers extensive wrap-around services including:

Mental Health Care	Medical Services
Therapy	Medication Management
Crisis Management	Substance Abuse Treatment
Case Management	Housing referrals
Legal Aid	Employment services
Outreach to clients	Food and other services

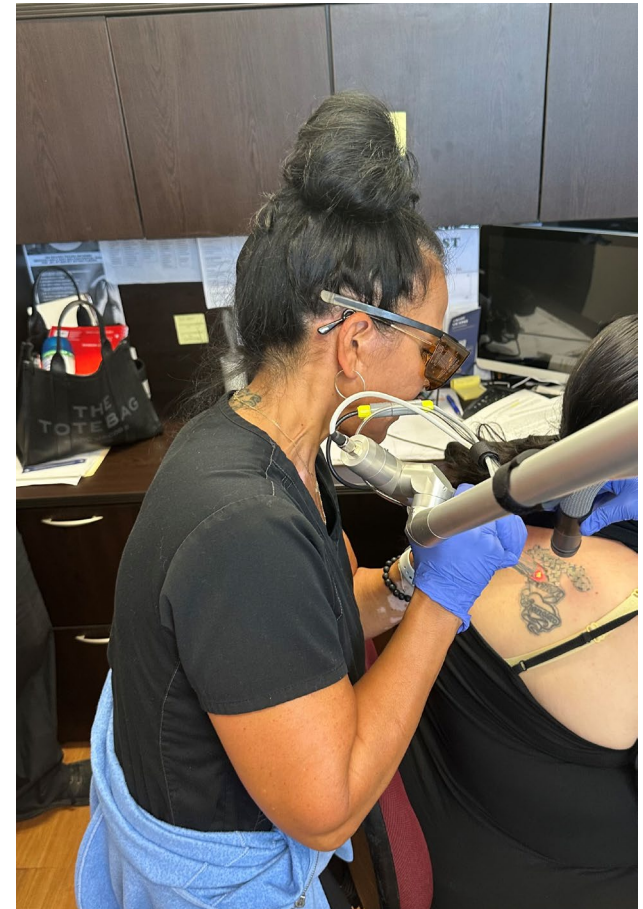
Violence Prevention Plan

HBVIP	2020	2021	2022	2023	Total
Total Referred	795	770	727	390	2682
Total Referred to HBVIP only (triaged to TRC)	389	601	557	284	1831
Total Engaged	227	302	424	178	1131
Total Enrolled	60	65	139	68	332

Stop the Bleed with TRC



Tattoo Removal



Gun lock distribution

115 locks
distributed
in August

Department
of
Public Health
Gun Lock
Distribution in SE
Lobby



Gun lock distribution



- ✓ Are there guns in your home?
- ✓ Want to be a responsible gun owner?
- Inform your nurse or provider and they will provide you with a free gun lock, NO QUESTIONS ASKED.

Want more information?

Besmartforkids.org	Preventfirearmsuicide.efgv.org
	



Stop the Bleed



Trained 1000's of participants



Implemented a partnership between Torrance Unified School District and Torrance Fire Department to train all schools within TUSD



Frequently partner with other trauma centers and local FD's to support each other's STB efforts.



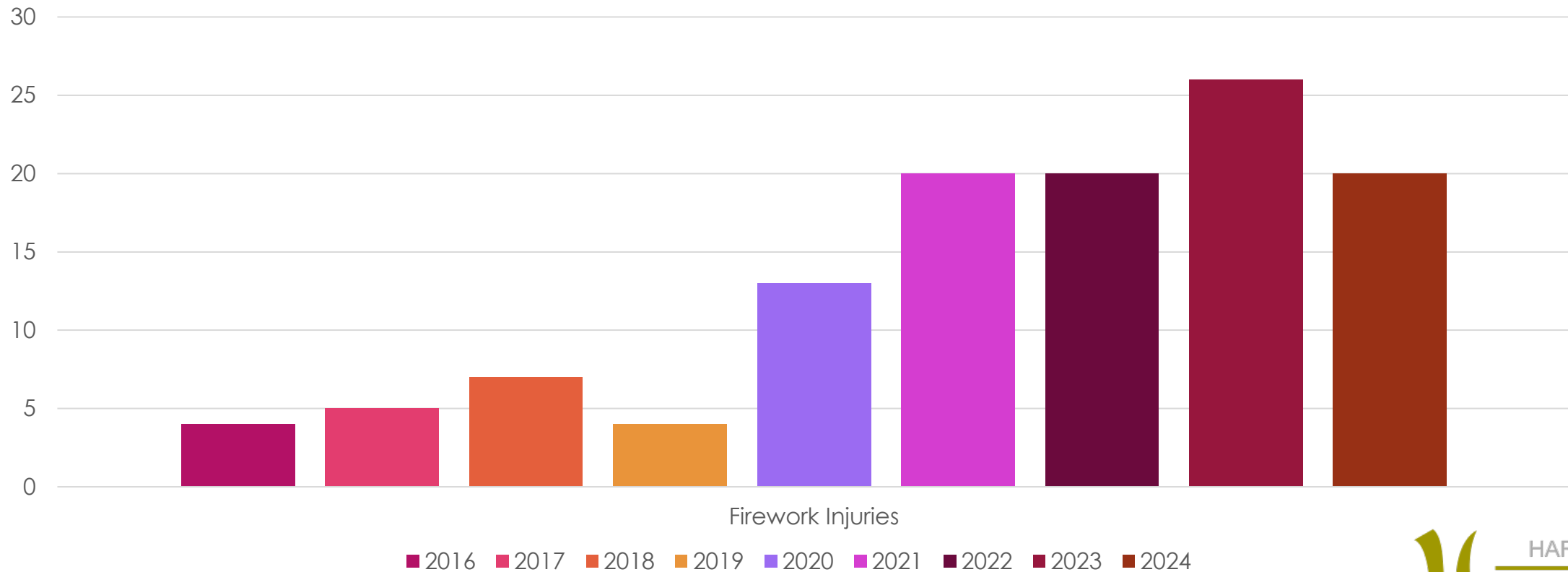


Firework Injury Prevention



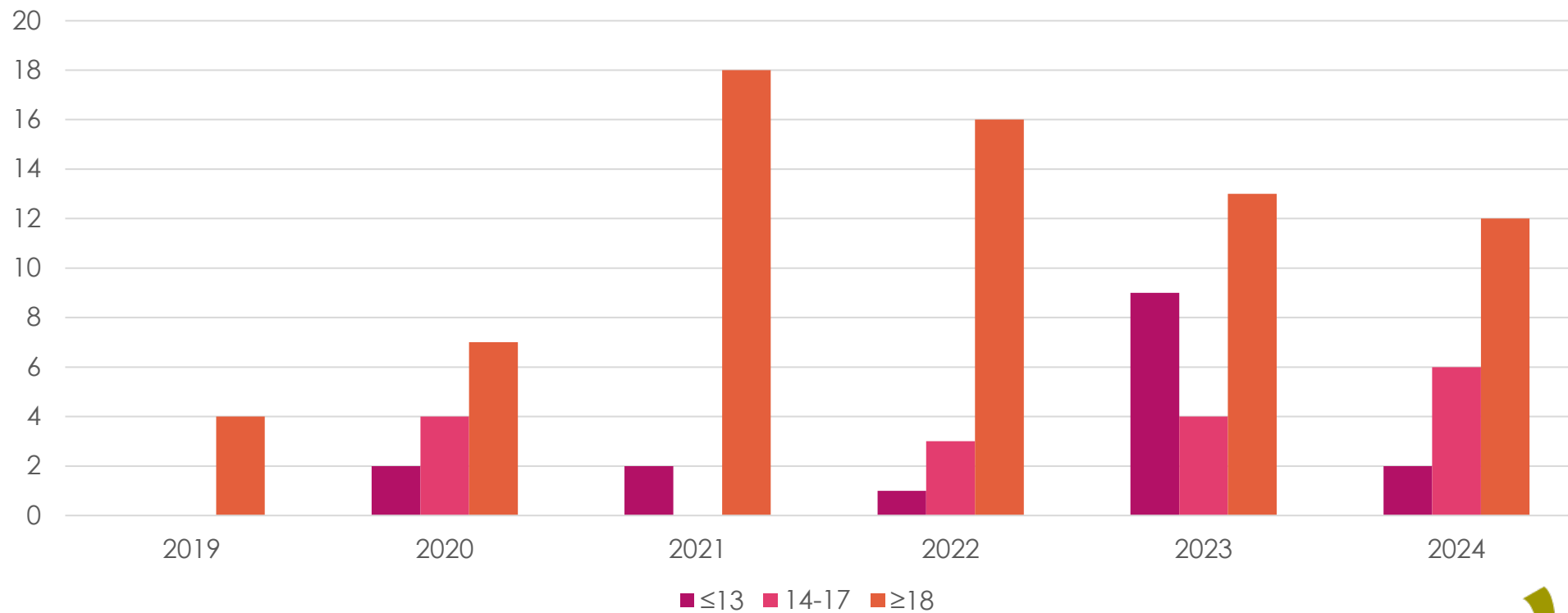
Firework Injury Prevention

Firework Injuries 2016 to 2024



Firework Injury Prevention

Firework Injuries by age 2016 to 2024





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 Add layer Share Preview

☒ Firework injury zip codes.xlsx

▼  Styled by unnamed (1)

90044 (8)

90220 (8)

90003 (7)

90061 (7)

90744 (6)

90247 (5)

90002 (3)

90047 (3)

90059 (3)

90222 (3)

90250 (3)

90304 (3)

90260 (2)

90303 (2)

90710 (2)

90001 (1)

90062 (1)

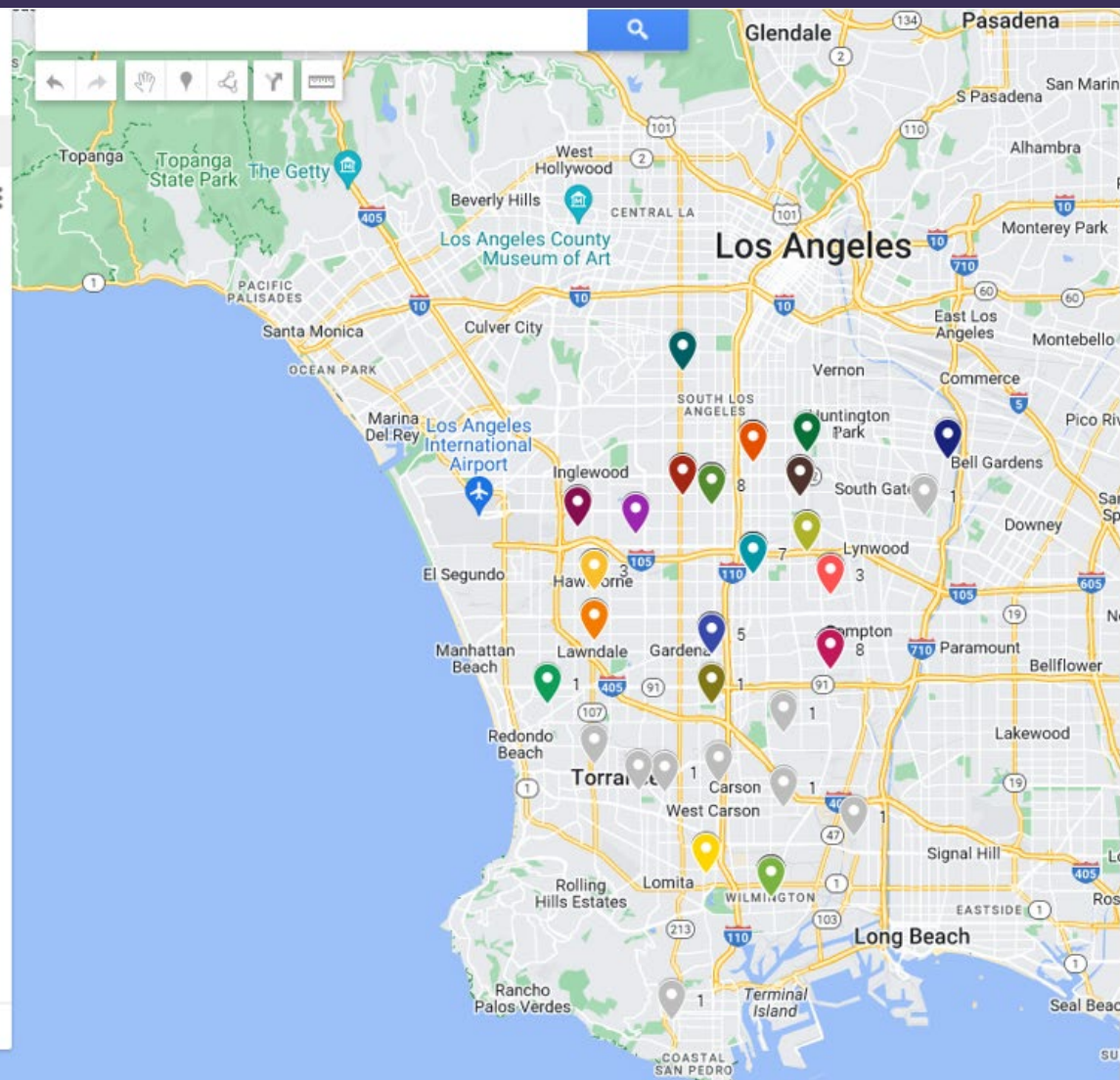
90201 (1)

90248 (1)

90278 (1)

Other / No value (11)

Base map



Firework Injury Prevention Plan

- ▶ Firework Injury Prevention Plan:
 - ▶ Collaborate with Trauma, ED, and Orthopedic physicians to create a PSA-style video and infographic with firework injury prevention tips.
 - ▶ Educate local school-age children on the dangers of fireworks and the potential life-altering injuries and complications

Goal: Eliminate firework related injuries within our catchment area.

Play Safely

- Never allow children to play with or ignite fireworks (including sparklers)
- Make sure fireworks are legal in your area before using or buying them
- Keep a bucket of water or garden hose available in case of fire/mishap
- Light fireworks one at a time and **NEVER** try to pick up or re-light a used firework
- Never use fireworks while under the influence of alcohol or drugs
- Let professionals put on the show



This brochure is created utilizing statistics from the U.S. Consumer Product Safety Commission 2022 report and local data from Harbor-UCLA Medical Center.

Created in conjunction between the Harbor-UCLA Department of Emergency Medicine, Department of Orthopedic Surgery and Division of Trauma Surgery.



If a Burn Occurs:

- Do not use ice or other home remedies to cool the burn
- Remove any clothing that may trap heat
- Use cool (not cold) water for 3-5 minutes to cool the burn
- Call 911 for any injuries

Looking for more information?



cpsc.gov/fireworks



Fireworks Injury Prevention

#CelebrateSafely

National Statistics

In 2022 there were:



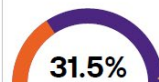
10,200

Injuries requiring treatment at the hospital



11

Firework related deaths



of injuries occurring from sparklers alone

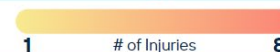
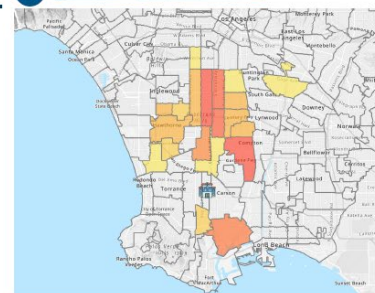


2 out of 5 injuries resulted in burns



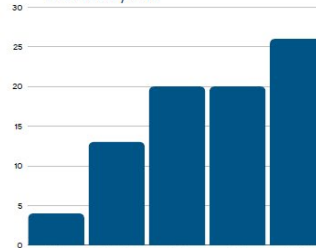
Local Statistics from Harbor-UCLA

Injuries by Zip Code

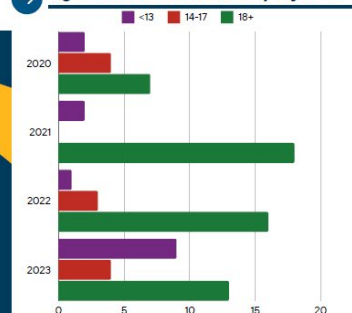


Annual Injuries

- 325% increase in fireworks injuries in the last 5 years



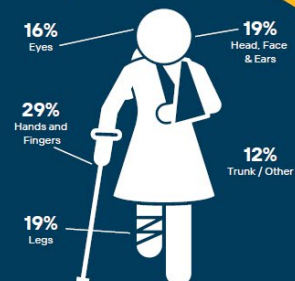
Age of Those Affected by Injuries



Average Cost of Firework Injuries

\$53,200

Most Frequent Injuries





FIREWORKS INJURY PREVENTION

ALL FIREWORKS ARE DANGEROUS, FOLLOW THESE SIMPLE STEPS TO KEEP YOU AND YOUR LOVED ONES SAFE

NEVER STAND OVER A FIREWORK

NEVER HOLD A LIT FIREWORK

NEVER RE-LIGHT A USED FIREWORK OR DUD

NEVER POINT A FIREWORK AT ANOTHER PERSON

ALWAYS SOAK USED FIREWORKS AND DUDS IN WATER BEFORE TRASHING THEM

IF A BURN OCCURS: "DON'T C-R-I"



DON'T USE ICE
OR OTHER
HOME
REMEDIES ON
THE BURN

DO CALL 911
FOR ANY
INJURIES

DO REMOVE
ANY CLOTHING
THAT MAY
TRAP HEAT

DO IMMERSE
BURN IN COOL
(NOT COLD)
WATER FOR 3-5
MINUTES

For Parents, Caregivers, and Educators

“Fireworks Safety for Parents and Educators”

<https://youtu.be/7kUxDJGc3jw>



Teens and Tweens Video

“Fireworks: How Can I Stay Safe?”

<https://youtu.be/clVJ8qyf2lk>



K-3 Animated Video

“Going Off Like Fireworks”

https://youtu.be/B_gPcZ0unFI



Trauma Injury Prevention Program

- ▶ Use the registry to find your top mechanisms of injury
- ▶ Start small and find out what resources are already available
- ▶ Partner with local CBO's to expand your programs
- ▶ Partner with local school districts and EMS
- ▶ Stay visible on campus and engage the C-suite to support your programs
- ▶ If you lack funding, then provide education and printed resources instead of products such as car seats or helmets.

Thank you!

Kristen Kraus
kkraus@dhs.lacounty.gov

