

2 STEPS TO SAVE A LIFE



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit dedicated to trauma prevention and mitigation through education and advocacy.

For more information visit: www.atspa.org

SUDDEN CARDIAC ARREST ...OR HEART ATTACK?

February is heart health month and with the recent focus on sudden cardiac arrest, ATSPA thought, what better time than now to talk about it?

The following information is from the American Heart Association and is NOT a substitute for proper and immediate medical care.

Heart Attack vs. Sudden Cardiac Arrest...What is the difference?

People often use these terms interchangeably, but they're not the same. A heart attack is when blood flow to the heart is blocked. Sudden cardiac arrest is when the heart mal-functions and suddenly stops beating. A heart attack is a "circulation" problem and sudden cardiac arrest is an "electrical" problem.

What are the Symptoms?

Symptoms of a heart attack may be immediate and intense or start slowly with mild symptoms. It's important to note that it's also possible to have mild symptoms or even no symptoms at all and still have a heart attack. Unlike with sudden cardiac arrest, the heart usually doesn't stop beating during a heart attack. The heart attack symptoms in women can be different than in men.

Sudden cardiac arrest occurs suddenly and often without warning or symptoms. A person experiencing this loses consciousness and has no pulse. Death occurs within minutes if the victim doesn't receive treatment.

What's the link?

Heart attacks increase the risk for sudden cardiac arrest. Other heart conditions may also disrupt the heart's rhythm and lead to sudden cardiac arrest. These include a thickened heart muscle (cardiomyopathy), heart failure, arrhythmias, particularly ventricular fibrillation, and long Q-T syndrome.

Fast action can save lives. What do I do?

Step 1: Call 911 (or send someone to do it)

Step 2: Administer CPR (cardiopulmonary resuscitation)

-Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting (such as at home, at work, or in a park).

More information is available on the American Heart Association website, heart.org.

Out of Harm's Way

The Trauma Prevention Publication

F E B R U A R Y 2 0 2 3 | I s s u e 1 0 7

TOP NEWS TOPICS

● Sudden Cardiac Arrest...or Heart Attack?

● Burn Awareness Week

● 2023 ATSPA Annual Conference

● PCCD FY 2022-23 VIP Competitive Grants

● Latest IVP News and Research

BURN AWARENESS WEEK

National Burn Awareness Week is observed the first full week in February. According to the American Burn Association (ABA), the week “is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.” Burn Awareness Week 2023 will take place February 5-11, and will focus on the theme of “Hot Liquids Burn Like Fire!”

The Center for Disease Control and Prevention (CDC) reports, 276,086 people received medical care for treatment of unintentional burn injuries in 2020, with 3,028 deaths from fire and smoke inhalation. Of 87 hospitals reporting to the ABA registry, 91,875 people were treated in hospitals for burn-related injuries, with 32% of those being for scalds. Children under five are two times as likely to be seen for burn injuries at an emergency department. Today, 96.8% of those who suffer burn injuries will survive. Unfortunately, many of those survivors will sustain serious scarring, life-long physical disabilities, and adjustment difficulties.

The majority of these injuries are preventable.

Burns are not just caused by getting too close to a fire or accidentally hitting the inside edge of the oven when you are cooking. The 2023 Burn Awareness Week Campaign focuses on Scalds. This theme reminds everyone that Hot Liquids Burn Like Fire! Scald burns can occur from food/beverages, bathtubs and sinks, even steam can cause scalds. ATSPA offers these tips to avoid injury.

In the kitchen:

- Always keep pot handles turned inward and use the back burners if possible.
- Encourage the use of oven mitts and potholders to handle hot items.
- Use pan lids to prevent hot liquid spatter and spills on the stove.
- Use appropriate protective equipment, such as an oven mitt, when removing hot pan lids.
- Always pour hot liquids away from your face and body.
- Be careful when heating liquids or steaming food in the microwave.
- Microwaves often heat unevenly, so be sure to stir liquids thoroughly after heating.
- Always supervise young children in the kitchen.
- Create “kid-free zones” in your home to keep children out of areas that are dangerous.
- Never hold a hot beverage while holding a child or caring for a dependent adult.
- Never leave a hot beverage or plate of food unattended or close to edge of a counter or table when a young child is present.
- Avoid the use of tablecloths and placemats. Young children may pull on them, causing a spill of hot liquid.
- Do not use a microwave to heat baby formula.
- Do not allow young children to use a microwave.



When taking food out of the oven, always **wear oven mitts** to prevent scald injury.

At bathtime:

- Make sure your hot water heater is set no higher than 120-125°F.
- Always check the water temperature before putting a child or dependent adult in the tub.
- Check the temperature of tub or sink water by placing your hand in the water for a full 10 seconds.
- Consider purchasing a bath tub thermometer that will alert you if the water is too hot for a child or dependent adult.
- Never leave a child or dependent adult unattended in the bathtub.

How to treat a scald burn:

- Cool the burn. Hold the area under cool (not cold) running water for about 10 minutes.
- Remove rings or other tight items from the burned area.
- Don't break blisters. Blisters help protect against infection.
- Apply lotion. After the burn is cooled, apply a lotion, such as one with aloe vera or cocoa butter.
- Bandage the burn. Cover the burn with a clean bandage. Wrap it loosely to avoid putting pressure on burned skin.
- If needed, take a nonprescription pain reliever.
- For major burns or smoke inhalation, call 911 immediately.

For more information about National Burn Awareness Week or preventing/treating burns, visit the [American Burn Association Website](https://www.abanet.org/).

2023 ANNUAL CONFERENCE



Prepare



Prevent



Provide

We hope that you will share this opportunity with trauma nurses, doctors, social workers, EMS Personnel and physical/occupational therapists.

[Click here for a flyer you can share with others.](#)

Conference Links

[Main Page](#)

[Hotel Information](#)

[Registration](#)

[Sponsorships/Exhibitors](#)

(registration and payment due February 24)

FEBRUARY 2023 OBSERVANCES

Monthly Observances:

American Heart Month

Teen Dating & Violence Prevention Month

Weekly or Daily Observances:

- Feb. 3: *Wear Red Day*

- Feb. 5-11: *National Burn Awareness Week*

- Feb. 12-18: *Heart Failure Awareness Week*

- Feb. 20-24: *PA Highway Safety Traffic Law Awareness Week*

Tuesday, April 25, 2023

- 8:30 – 9:30 am **Opening Remarks and Awards Presentation**
- 9:30 – 10:30 am **Enough is Enough: Ending Workplace Violence for Healthcare Workers**
Aisha Terry, MD, MPH – ACEP President-elect, American College of Emergency Physicians
- 10:45 – 11:45 am **Snow, Fog and Whiteout Conditions - Disaster on I-81**
John Matz – Director, Schuylkill County Emergency Management Agency
Frank Zangari – Fire Chief, Rangers Hose Company
- 1:00 – 2:00 pm **Suicide**
Shanthi Lewis, MD - Psychiatrist, Lehigh Valley Health Network
- 2:15 – 3:15 pm **Exploring the Essential Service: A Discussion on EMS**
Aaron Rhone, PhD – Director, Bureau of EMS, Pennsylvania Department of Health
- 3:45 – 4:45 pm **Pediatric Traumatic Brain Injury: Case Management and Discussion**
Oded Goren, MD – Cerebrovascular Neurosurgeon, Geisinger Medical Center
Christopher Coppola, MD – Pediatric Surgeon, Geisinger Medical Center
- 5:00 – 7:00 pm **Networking Happy Hour**

Wednesday, April 26, 2023

- 8:30 – 9:30 am **Mission Zero and Beyond: Maintaining Readiness and Pursuing New Innovations in Trauma Care Delivery through Military and Civilian Partnerships**
Jennifer Silvis, DO - Trauma/Acute Care Surgery, General Surgery, Conemaugh Memorial Medical Center
- 9:45 – 10:45 am **Templeton Poster Showcase Lightning Round**
- 11:15 am – 12:15 pm **Lightning and Other Electrical Injuries**
Taryn Travis, MD, FACS - Burn Surgeon, The Burn Center, MedStar Washington Hospital Center
- 1:15 – 2:15 pm **Autopsy Finding in Trauma Cases**
Karl Williams, MD - Chief Medical Examiner, Office of Medical Examiner of Allegheny County
- 2:30 – 3:30 pm **Firearm Panel Discussion**
Russell Dumire, MD – Chairman, Department of Surgery/Trauma Medical Director, Conemaugh Memorial Medical Center
Elinore Kaufman, MD, MSHP – Assistant Professor of Surgery, University of Pennsylvania
Dorothy Rocourt, MD, MBA – Medical Director, Pediatric Trauma Program, Penn State Health Children's Hospital
- 3:30 – 3:45 pm **Raffle Drawing & Closing Remarks**

PCCD FY 2022-23 VIP COMPETITIVE GRANTS

Congratulations to the 122 applicants who received state FY 2022-23 Violence Intervention and Prevention (VIP) Competitive Grants. This opportunity was awarded through the Pennsylvania Commission on Crime and Delinquency (PCCD), school safety and security committee.

ATSPA would specifically like to recognize the below ATS members or their partners:

- Children's Hospital of Philadelphia
- Lehigh Valley Hospital, INC.
- Reading Hospital
- University of Pennsylvania (Penn Trauma)
- University of Pittsburgh
- Urban Affairs Coalition (Chester Community Coalition)

The Project Summary and Analysis states:

"On September 6, 2022, PCCD announced the availability of \$85.5 million in state and federal funding over a 29 month period to support FY 2022-23 VIP Competitive Grants.

The purpose of VIP funding is to provide grants and technical assistance to address community violence throughout the Commonwealth. For purposes of this funding announcement, 'community violence' is defined as intentional interpersonal violence (e.g., gun violence, group violence) in areas of Pennsylvania with high rates of violent crime using Uniform Crime Report offense data or similar local crime statistics. Community-based organizations, institutions of higher education, municipalities, district attorneys, and counties were eligible to apply.

The maximum project amounts were based on the size of the organization and ranged between \$25,000 and \$2.5 million to support project activities."

For more information on the grant process or to see a list of all applicants recommended for approval [click here](#).

Latest IVP News and Research

Research

- Eli Y. Adashi, MD, MS, and JD I. Glenn Cohen. 2022. "[Mounting Violence in Health Care: Is It Time to Harden the Sanctuary?](#)" The American Journal of Medicine 1391-1392.

- Wasan M. Kumar, BS, and MD, MS Eli Y. Adashi. 2023. "[The Colorado Option: The Next Staging Ground for Health Equity?](#)" The American Journal of Medicine 9-11.

News

- [Pediatricians are giving out free gun locks to approach the gun violence epidemic as a public health crisis - CNN](#)

- [Prevention of intimate partner violence in humanitarian settings requires multipronged approach - Washington University of St. Louis](#)

Podcast

- [Interview with Dr. Julianne Holt-Lunstad on the association between social connection and health - New England Journal of Medicine](#)

Stay connected with us:



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