



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to preventing traumatic injury and death throughout the Commonwealth.

For more information visit:

www.atspa.org

Out of Harm's Way

The Trauma Prevention Publication

January 2022 | Issue 95

BATH SAFETY: PREVENT BATHROOM FALLS

A hot bubble bath sounds relaxing after a long day, but did you know that the bathroom can be one of the more dangerous rooms in your house? January is National Bath Safety Month, bringing awareness to the prevention of slips and falls in the bathroom. Falls remain the number one mechanism of injury in Pennsylvania, with seniors being the most vulnerable.

There are ways to keep you and your family safe in the bath.

- Install grab bars in the shower. Do NOT depend on towel racks or shower curtain rods, they can easily rip out of walls and are not made to support the weight of a person.
- Place adhesive grip tape on the bottom of showers to prevent slipping. This tape can be purchased from any hardware store and adds traction to a slippery tub.
- Consider showers over baths. Lower tub edges and showers allow easy access without needing to climb in and out.
- Choose the right bathmat. Choose an absorbent mat with rubber gripping underneath to keep it from sliding.

There are also ways to help prevent falls in your everyday life.

- Find a good balance and exercise program.
- Talk to your healthcare provider.
- Regularly review your medications with your doctor or pharmacist.
- Get your vision and hearing checked annually and update your eyeglasses.
- Keep your home safe.
- Talk to your family.

There are multiple resources on the [ATSPA Materials](#) page to help you fall proof your home and your life. ATSPA also offers a program for institutional members to provide fall prevention education and materials to patients already in their care. For more information on this program, visit the Fall Prevention page of our website, www.atspa.org/fall-prevention.

TOP NEWS TOPICS

- National Bath Safety Month
- Winter Sports & Traumatic Brain Injuries
- International Snowmobile Safety Week
- 2022 Annual Conference
- Healthcare in the News
- December Updates

WINTER SPORTS & TRAUMATIC BRAIN INJURIES

Whether you're hitting the slopes, sprinting up the court for a fast break, or sledding down your neighborhood hill, it's time for winter sports. January is Winter Sports TBI (traumatic brain injury) Awareness Month raising awareness to the fact that there are over 200,000 cases of TBI every year. According to the Center for Neuro and Spine, a traumatic brain injury is a blanket term that is used to cover any blunt, sharp, neurological or chemical trauma to the head that causes impaired brain activity.

What does a TBI look like?

A mild TBI can include disorientation or loss of consciousness lasting 30 minutes or less, mild headaches, memory loss, difficulty thinking, mood swings and frustration. A severe TBI can include loss of consciousness for longer than 30 minutes, memory loss lasting longer than 24 hours, impairment of high-level cognitive function and not being able to speak properly.

Observed Signs and Symptoms:

- Dazed or stunned
- Forgetfulness and confusion
- Clumsy movements
- Slow answers
- Loss of consciousness (even briefly)
- Mood, behavior, or personality changes
- Can't recall events prior to or after a hit or fall

Experienced Signs and Symptoms:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Light or noise sensitivity
- Sluggish, hazy, foggy, or groggy feelings
- Confusion, concentration or memory problems
- Just not "feeling right," or "feeling down"

How do I treat a TBI?

1. Discontinue the activity and immediately seek a health care provider.
2. Only return to physical activity with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your health care provider for written instructions on returning to school, work, or other physical activity.

How can I prevent a TBI?

Safety should always come first. Individuals should always wear approved and properly-fitted protective equipment specific to the sport they are playing. Always practice safe playing techniques and encourage athletes to follow the rules of play. **If you believe someone has suffered a traumatic brain injury, time is critical. Seek immediate medical help.**

Concussion resources are available at the ATSPA website, under [Materials](#).

INTERNATIONAL SNOWMOBILE SAFETY WEEK

The snowmobile community will sponsor the 28th Annual International Snowmobile Safety Week, January 15-23, 2022. This event is a special event for the snowmobile community, including State and Provincial Snowmobile Associations, Visitors and Convention Bureaus, Chambers of Commerce, Snowmobile Clubs and local and state and provincial agencies joining together to recognize the importance of safe, responsible snowmobiling. Many groups highlight safety week by holding various snowmobile safety training programs. All of the efforts highlight the key position statements highlighted by the safety week efforts.

Those key points include:

- Snowmobiling and alcohol don't mix - Don't drink and ride.
- Smart riders are safe riders – Take a snowmobile safety training course.
- When night riding, slow down – Expect the unexpected.
- Know before you go – Always check local ice conditions.
- Cross with care.
- Know the risks and be prepared – Make every trip a round trip.
- One is the loneliest number – Never ride alone.
- Ride safe, stay on the trail – Respect private property.

Snowmobiling is a Fun Family Activity where we must keep safety as a top of mind awareness issue. To take your PA certification and safety course and learn more about snowmobile safety, [click here](#).



JANUARY 2022 OBSERVANCES

Monthly Observances:

National Radon Action Month

National Bath Safety Month

Weekly or Daily Observances:

- Jan. 1: New Years Day

- Jan. 15-23: International Snowmobile Safety week

- Jan. 17: Martin Luther King Jr. Day

2022 ANNUAL CONFERENCE



Prepare



Prevent



Provide

Registration coming in JANUARY!

REMINDER:

Scholarship Applications - Due Jan. 21

Award Nominations - Due Jan. 21

Sponsor/Exhibitor Registration - Due Jan. 21

Conference Links

[Main Page](#)

[Agenda](#)

[Hotel Information](#)

[Scholarships](#)

[Awards](#)

[Sponsorships/Exhibitors](#)

Tuesday, April 5, 2022

7:30 am – 5:15 pm **Conference Registration Open**

8:30 – 9:30 am **Opening Remarks and Awards Presentation**

9:30 – 10:30 am **With Collaboration and Mutual Respect, All is Possible: Reducing Gunshot Death through A Public Health Model**

Eric Toschlog, MD, FACS, FCCM - Professor of Surgery, Chief of the Division of Trauma and Acute Care Surgery, Trauma Medical Director, Program Director, Acute Care Surgery Fellowship, The Brody School of Medicine at East Carolina University

10:45 – 11:45 am **Geriatric Acute Care Surgery Update 2021**

Robert Barraco, MD, MPH, FACS, FCCP – Chief Academic Officer, Lehigh Valley Health Network

1:00 – 2:00 pm **EMS Response to Civil Disturbance**

Michael Reihart, DO, FACEP, FAEMS – Regional Medical Director, Emergency Health Services Federation

2:15 – 3:15 pm **Supporting Survivors of Domestic Violence**

Mae Reale, MA – Health Education Specialist, Pennsylvania Coalition Against Domestic Violence

3:45 – 4:45 pm **Traumatic Brain Injury: It's a Marathon, not a Sprint!**

Susan Baro, DO – Trauma Surgeon, Geisinger Medical Center

Wednesday, April 6, 2022

8:30 – 9:30 am **Win When: Bringing Equity to Action**

Kevin Jenkins, PhD – CEO, Konquered Healthcare Solutions

9:45 – 10:45 am **Nurse-Physician Communication: How it Affects Patients and Providers**

Andrew Bernard, MD – Chief of Acute Care Surgery, University of Kentucky

11:15 am – 12:15 pm **Survive. Connect. Rebuild: An Overview of the Trauma Survivors Network**

Katherine Joseph, MPH – National Trauma Survivors Network Coordinator, American Trauma Society

Andrew Oberle, MHA – Executive Director, Oberle Institute, St. Louis University

1:15 – 2:15 pm **The Management of Pediatric Burns**

Paul Glat, MD - Chief of Plastic Surgery and Director of Burn Unit, St. Christopher's Hospital for Children

2:30 – 3:30 pm **Sunrise Hospital & Medical Center: Response to October 1 Mass Casualty Event**

Dorita Sondereker, RN, BSN, CEN, CFRN, TCRN - Regional Program Director, HCA-HealthTrust

3:30 – 3:45 pm **Raffle Drawing & Closing Remarks**

HEALTHCARE IN THE NEWS

[Hospital Group Outlines Strategy to Combat Structural Racism in Healthcare ~ ASAECenter.org](#)

[Omicron Lands in U.S. With Hospitals Still Battered by Covid ~ Bloomberg.com](#)

[5 things first responders should know about the Omicron variant ~ ems1.com](#)

Trauma Research

[Firearm access among perpetrators of intimate partner violence \(IPV\) is more prevalent than previously found ~ UNC IPRC](#)

[Protocol for a systematic review and meta-analysis assessing the effectiveness of deprescribing in falls prevention in older people ~ University of Michigan IPRC](#)

ATSPA DECEMBER UPDATES

- December 1: Presented Mature Driver information at Branch Creek Place Senior Center, in Shippensburg and attended the State Child Death Review Team meeting.
- December 2: Gave a Teen Driving presentation at the Hershey Christian School, in Hershey; attended a webinar on the effectiveness of Psilocybin Therapy; attended Dauphin County Safe Kids Coalition health equity assessment discussion; and attended the monthly Safe Kids Worldwide state leaders meeting.
- December 3: Attended the Pennsylvania Society for Association Excellence Marketing & Communications Roundtable and the bi-monthly Safe States Policy Fellowship Meeting
- December 6: Attended a webinar by Lancaster General Health titled “Advanced Topics in Trauma Care.”
- December 7: Presented Teen Driver information at Camp Hill High School, in Camp Hill; attended the Safe States Alliance “All Member Convening: Where does IVP go from here?”; and attended a webinar “Creating Thriving Organizations: Fostering Diversity, Equity, and Inclusion in Your Workplace.”
- December 8: Attended Pennsylvania Emergency Health Services Council Board of Directors meeting.
- December 9: Participated in a regional media event with Pennsylvania Department of Transportation and PA State Police to publicize highway safety during the Operation Safe Holiday law enforcement campaign period. Also gave a Teen Driving Presentation at Hershey Christian School, in Hershey.
- December 9-10: Attended the American Trauma Society National Board of Directors Meeting, in Falls Church, Virginia.
- December 10: Presented Teen Safe Driving information at Waynesboro High School, in Waynesboro.
- December 13: Attended PennDOT’s Traffic Records Coordinating Committee meeting.
- December 14: Assisted at Safe Kids Dauphin County’s child safety seat check event, in Harrisburg.
- December 15: Presented mature driver information at the Liverpool Senior Center, in Liverpool; attended Gun Violence Prevention Forum 2021 webinar; attended a webinar titled “Tips and Tricks for Designing Engaging Virtual Meetings”; and attended Safe States Anti-Racism & Health Equity Work Group: New Member Call.
- December 16: Met with the Pennsylvania Motor Truck Association, in Camp Hill.
- December 21: Presented teen driver safety to four driver ed classes at East Pennsboro Township High School, in East Pennsboro Township.

Stay connected with us:



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