

# #DriveSober

Your best friend won't understand why you never came home.



## THE LUCK OF THE IRISH WILL NOT PREVENT A CRASH

According to the Pennsylvania Department of Transportation (PennDOT), there were 44,531 Driving Under the Influence (DUI) arrests in 2021, an increase from 40,237 in 2020. Of all charges for DUI, charges for drugged driving continue to account for more than 1/3 of all charges filed under the DUI law. There were 35,023 such charges filed in 2021, a slight increase from 34,364 in 2020. This number was 15,445 a decade ago.

ATSPA and South Central PA Highway Safety offer the following tips to prevent needless death and injuries.

- Keep yourself, families, and other motorists safe by designating a driver or not driving under the influence of alcohol or drugs.
- Never mix medications with alcohol. Mixing certain medications or illegal drugs with alcohol can exaggerate alcohol's effects and cause greater impairment.
- "Do Not Operate Heavy Machinery" includes motor vehicles. Follow prescription drug labels related to driving.
- Do not use illegal drugs, they are especially dangerous when combined with driving.

For more information on impaired driving or preventing vehicle related injuries, visit the [PennDOT Website](#).

### Did You Know?

Under federal regulations, drivers possessing a Commercial Driver's License (CDL) automatically lose their license for one year if they are driving while impaired in a non-commercial vehicle if their BAC is greater than .04 but less than .08.



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

For more information visit:  
[www.atspa.org](http://www.atspa.org)

## Out of Harm's Way

The Trauma Prevention Publication

March 2023 | Issue 108

### TOP NEWS TOPICS

- Impaired Driving Prevention
- Brain Injury Awareness Month
- 2023 ATSPA Annual Conference Agenda
- National Poison Prevention Week
- Latest News & Research

# BRAIN INJURY AWARENESS MONTH



For more than three decades, the Brain Injury Association of America (BIAA) has proudly led the nation in observing Brain Injury Awareness Month by conducting an engaging public awareness campaign in March of each year.

The #MoreThanMyBrainInjury public awareness campaign provides a platform for educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families.

**Individuals with a brain injury are essential to help raise awareness with the #MoreThanMyBrainInjury campaign by considering the following:**

- **Engage creatively.** Whether you want to share your story in writing, post to social media, explore your artistic side, or amplify the voices of others, there are many different paths to raising awareness of brain injury.
- **Get another perspective.** Read or watch the personal experiences of members of the brain injury community. Watch one of the BIAA social media live streams or download campaign collateral.
- **Speak out.** Advocates with a personal investment in the cause make the greatest champions. Why not write a letter to the editor or try to get a PSA aired on your local radio station?
- **Mobilize.** Lawmakers, activists, survivors, caretakers, and professionals joined in a virtual summit on Capitol Hill on March 16, 2022. BIAA, along with the National Association of State Head Injury Administrators and Congressional Brain Injury Task Force co-chairs Reps. Bill Pascrell, Jr. (D-N.J.) and Don Bacon (R-Neb.), hosted the briefing on the importance and value of advocacy. Review the 2022 Legislative Issue Briefs, watch the summit recording and then visit the BIAA Legislative Action Center to lobby your representatives.
- **Do more.** Ready to take the next step? Join the many BIAA supporters who are raising funds for brain injury services, support, and research all across the United States.

To access the BIAA #MoreThanMyBrainInjury Campaign materials, visit the [BIAA website](#).

From 2006 to 2014, the number of traumatic brain injury (TBI) related emergency department visits, hospitalizations, and deaths increased by 53%. According to the Centers for Disease Control and Prevention, a TBI is caused by a bump, blow, or jolt to the head that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from “mild” (i.e., a brief change in mental status or consciousness) to “severe” (i.e., an extended period of unconsciousness or memory loss after the injury). Most TBIs that occur each year are mild, commonly called concussions.

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

For those living with a TBI, there are resources, see below.

- **Centers for Disease Control and Prevention (CDC)**
  - HEADS UP is a brain injury awareness campaign that provides videos, concussion training courses for parents and coaches, and other educational materials.
  - Preventing Shaken Baby Syndrome is a guide for health departments and community-based organizations.
  - Traumatic Brain Injury & Concussion has information on causes and effects of TBI and ways to prevent TBI.
- **National Institute of Neurological Disorders and Stroke (NINDS)** - NINDS's Traumatic Brain Injury information page and Hope Through Research page cover treatment, prognosis, and research.
- **Brain Trauma Foundation** - The foundation offers educational resources, including videos and FAQs, on concussion and other forms of TBI.
- **Center for Parent Information and Resources** - The center's information on TBI includes a webinar on school planning and educational strategies following TBI and tips for parents and teachers.
- **National Resource Center for TBI** - The resource center provides articles and FAQs for people with TBI and their families.
- **Administration for Community Living (ACL)** - Helps older Americans and people with disabilities get access to community supports.

For more information on brain injury and Brain Injury Awareness Month, please visit the BIAA [website](#).

# 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](#)

## MARCH 2023 OBSERVANCES

### Monthly Observances:

*Brain Injury Awareness Month*

*National Ladder Safety Month*

### Weekly or Daily Observances:

*- March 1: Self Injury Awareness Day*

*- March 3: Brain Injury Awareness Day*

*- March 12-18: Patient Safety Awareness Week*

*- March 19-25: National Poison Prevention Week*

*- March 30: National Doctor's Day*

## Tuesday, April 25, 2023

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

## Wednesday, April 26, 2023

8:30 – 9:30 am	<b>Mission Zero and Beyond: Maintaining Readiness and Pursuing New Innovations in Trauma Care Delivery through Military and Civilian Partnerships</b> Jennifer Silvis, DO - Trauma/Acute Care Surgery, General Surgery, Conemaugh Memorial Medical Center
9:45 – 10:45 am	<b>Templeton Poster Showcase Lightning Round</b>
11:15 am – 12:15 pm	<b>Lightning and Other Electrical Injuries</b> Shawn Tejiram, MD, FACS - Burn Surgeon, The Burn Center, MedStar Washington Hospital Center
1:15 – 2:15 pm	<b>Autopsy Finding in Trauma Cases</b> Karl Williams, MD - Chief Medical Examiner, Office of Medical Examiner of Allegheny County
2:30 – 3:30 pm	<b>Firearm Panel Discussion</b> Russell Dumire, MD – Chairman, Department of Surgery/Trauma Medical Directory, 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	<b>Raffle Drawing &amp; Closing Remarks</b>

# NATIONAL POISON PREVENTION WEEK

According to the American Association of Poison Control Centers, 93 percent of poisonings happen at home. Most fatal poisonings occur among adults, especially older adults. National Poison Prevention Week, March 19 - 25, focuses on preventing poisoning events.

ATSPA hopes that this information will ultimately mitigate the number of people who are involved in poisonings each year, especially poisonings in the home.

- **Be Prepared.** Put the poison control number (1-800-222-1222) in, on, or near your phone.
- **Install a Carbon Monoxide Alarm.** Every sleeping area of your home should have an alarm.
- **Service Home Appliances.** Keep appliances, furnaces, fireplaces, and wood-burning stoves in working order.
- **Store Medicines and Products Properly.** Medicines and household products should be stored in their original containers. Store household products, medicines, and food separately.
- **Use Medicines Safely.** Turn on the lights and read the label before taking or giving medicine. Follow directions exactly. Take only the medication prescribed to you by a medical professional. If a medication doesn't work, don't take extra doses. Contact your healthcare provider.
- **Follow Directions.** Read and follow the directions listed on all household products. Mixing products can release dangerous gases. Use recommended personal protective equipment and ventilation.



- + Leave labels on cleaners and chemicals.
- + Store cleaners and chemicals on high shelves and in locked spaces to keep away from children.
- + Wear the proper protective gear when working with cleaners and chemicals. Gloves, goggles and masks should be worn when appropriate.
- + Know the number to your local poison control in case of emergency.

In case of a poison emergency, contact your local poison control center at 1-800-222-1222. Poison Centers are open 24/7 - 365 with fast, free treatment help.

National Poison Prevention Week was established by the U.S. Congress in 1961 to focus national attention on the dangers of poisonings and how to prevent them. To learn more about ways to keep people of all ages safe and to help prevent poisonings, visit the Poison Help website at [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov) (or to view materials in Spanish).

## Latest IVP News and Research

### News

- [Protecting the Legitimacy of Medical Expertise - New England Journal of Medicine](#)
- [Helicopter Transport of Severely Injured Patients Directly to Trauma Center Saves Lives - UPMC](#)
- [Can Community Programs Help Slow the Rise in Violence? -ProPublica](#)

Stay connected with us:



2 Flowers Drive, Mechanicsburg, PA 17050  
Email: [scarns@atspa.org](mailto:scarns@atspa.org), Web: [www.atspa.org](http://www.atspa.org)

© All rights reserved by The American Trauma Society, PA Division.

ATSPA, SCPAHS and Safe Kids PA Staff  
Krista Brands, ATSPA Chief Executive Officer  
Allyson Fulton, ATSPA Assistant Director  
Kim Nunemaker, ATSPA Educational Program and Event Coordinator  
Sadie Carns, ATSPA Communications Coordinator  
Matt Frampton, SCPAHS Coordinator  
Chris Bendl, SCPAHS Assistant Coordinator  
Karen Rowe, SCPAHS Program Specialist  
Jessica Ritter, Safe Kids Pennsylvania State Office Coordinator