

Ontario Injury spotlight

A newsletter for injury prevention practitioners in Ontario

MARCH - APRIL 2009

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From the Centre Learning Series takes shape for 2009

The Learning Series curricula is taking shape for the rest of 2009, with exact dates yet to be firmed up for some sessions. The Ontario Injury Prevention Resource Centre staff are working to ensure we address topics of most interest to our audiences. For example, the recent session on the Choking Game emerged from queries from public health staff searching for information on the issue.

Your suggestions for topics you would be interested in learning more about are welcome. Feel free to email ideas for topics – or to send suggestions for great presenters we might approach – to learning@smartrisk.ca.

Here's what's coming up:

- In April, Ontario's deputy chief coroner, Dr. Bert Lauwers, will lead a presentation on the combined *2008 Report of the Paediatric Death Review Committee and the Deaths Under Five Committee*. The report contains recommendations to prevent deaths in similar circumstances.
- In May, Dr. Barb Morrongiello will present on a topic she is renowned for within injury research circles, *Exploring Risk-Taking Behaviour in Children*.
- In June, the theme of children and injury continues. Dr. Ian Pike, director of the BC

Injury Research and Prevention Unit and child injury research expert, Dr. Alison Macpherson, present on the topic, *How to Use Injury Indicators for Children and Youth*. (See research article below for more on Dr. Macpherson's work.)

- After a summer break and coinciding with a back-to-school September focus, SMARTRISK staff will present on the No Regrets and Heroes youth programs.

Watch the [Resource Centre website](#) for dates and specifics and register there for sessions.

Arrange for an injury curriculum workshop

The Ontario Injury Prevention Resource Centre is planning curricula sessions around the province for 2009-2010. If you would like to explore the idea of scheduling a workshop in your region for any of the following curricula, contact Claude Meurehg at 416-596-2705 or cmeurehg@smartrisk.ca.

- **The Canadian Injury Prevention Curriculum** is a two-day workshop providing an understanding of the theory and practice of injury prevention and the tools needed to develop and implement effective programs. Topics covered include: the epidemiology of injury; the principles of injury prevention; the basic injury data systems; applied research and planning methodology; and program development, implementation and evaluation.

- **The Canadian Falls Prevention Curriculum** is a two-day workshop offering participants the knowledge and skills needed to operate from an evidence-based approach to seniors' falls and fall-related injury prevention. Topics include: an approach to selecting interventions consistent with evidence-based strategies; an understanding of how to integrate falls prevention programming into existing seniors' health services policies and protocols; and knowledge of appropriate evaluation and dissemination techniques.

- **The CIPC/CFPC Facilitators Course** prepares graduates of either curriculum for certification as a facilitator. The two-day course covers such topics as adult learning styles and principles; lesson planning; time management; handling difficult people; and facilitation and instructional techniques. Please note, you may also sign up for the course offered March 12-13 in Toronto.

Research

School injuries study widely reported

A newly released research study of 4,200 children treated over a single year in clinics and emergency departments in the Ottawa area focuses attention on the schoolyard as a source of nearly one in five injuries. The study led by former York University graduate student Jonathan Josse with Alison



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Macpherson's supervision, was widely reported in the news media. It appears in the February edition of the [Journal of School Health](#).

The study found that children aged 10-14 were most frequently hurt. The largest proportion of injuries occurred when children were playing informally, not while engaged in organized sports. Fewer injuries sustained at school required hospitalization, a [York media release](#) on the study notes, but there was a 41% greater chance of a head injury. Boys accounted for six in 10 of the injuries.

The research, funded by the Ontario Neurotrauma Foundation, points to a need for greater supervision in the schoolyard as well as ensuring the play environment is as safe as possible.

Resources

Catastrophic injury in sports, recreation

A new book on catastrophic injuries in sports and recreation by Think First Foundation of Canada founder, Dr. Charles Tator, has been published by the University of Toronto Press.

The book presents a comprehensive description and analysis of all catastrophic injury cases reported during four 12-month periods over a decade, for more than 100 sports and recreational activities in Ontario. Included are personal and population risk data and injury prevention strategies and tips for each activity.

According to publisher, the University of Toronto Press, *Catastrophic Injuries in Sports and Recreation* "provides a wealth of information in a clear and accessible manner. It will be an invaluable resource for researchers, policy-makers, administrators, medical personnel, coaches, league officials and others concerned with injury prevention in sports and recreation."

For bulk purchases or information, contact Kevin Dove at kdove@utpress.utoronto.ca. For individual copies, contact your local bookseller, visit www.utpublishing.com, or call 1-800-565-9523.

New violence, alcohol resources

A database highlighting programs focusing on violence prevention in a variety of settings has been created by the Violence Pre-

vention Workgroup of the Ontario Public Health Association. [Browse the database](#) and add programs from your community and your work.

The Alcohol Policy Network has updated a web information pack with current data on alcohol and injury prevention. Find published papers, statistics, background information and links to websites at [Apolnet](#). For more information on either topic, contact Ben Rempel, Manager of Alcohol Education and Injury Prevention Programs at the Ontario Public Health Association at brempe@opha.on.ca.

Our Partners in Action

Email campaign supports helmet bill

The Brain Injury Association of Canada is organizing an email letter campaign, supported by injury prevention organizations, to urge the federal government to enforce minimum standards for sport helmets, and in particular to help pass Dr. Hedy Fry's private member's bill to enforce national standards for snow sport helmets.

Bill C-289 would see snow sport helmets join hockey helmets under the Hazardous Products Act in having to meet standards set by the Canadian Standards Association. See the [BIAC's website](#) to learn more and send an email in support.

Canadian injury conference delayed

The Canadian Injury Prevention and Safety Promotion Conference has been postponed. Originally scheduled for November 2009 in Vancouver by conference partners Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada, the conference will now be held in the fall of 2011.

"The decision was made for issues of good financial stewardship, and also that the decision gave the opportunity to build an even better conference for 2011," the partners announced.

"Our plan is to use the extra time to build the best national conference in Vancouver in 2011. To that end, we will channel all our energies to showcase a conference that will make a difference for the injury prevention community and will *Be Visible* to Canada and the rest of the world."

Calendar

Painting the Province PURPLE: A Regional Shaken Baby Syndrome Forum, London, March 26

Keynote speakers are Darryl Gibbs, international parent spokesperson and founder of an advocacy group dedicated to preventing SBS, and Marilyn Barr, founder and executive director of the National Center on Shaken Baby Syndrome. Admission is free but you must register to attend.

See the [London Health Sciences Centre website](#) or contact Denise Polgar at 519-685-8500, x75339, or email denise.polgar@lhsc.on.ca

Ontario Public Health Association, Annual Conference, Toronto, Nov. 1-4

Save the date! The conference is being planned in collaboration with the constituent societies. The conference will cap the OPHA's 60th year, celebrating the past and building for the future.

Details to come at the [conference website](#)

Highlights from the Ontario Injury Compass

January: Falls involving ice and snow

Falls on the same level involving ice and snow resulted in 21,213 emergency department visits and 2,038 hospitalizations in Ontario during 2005-2006. Males and females 75-79 years of age had the highest rates of emergency department visits, and males and females 85-89 were most commonly hospitalized.

The most effective interventions are multi-faceted and focus on environmental and behavioural components.

February: Hot water, food contact

Injuries due to contact with hot water or food led to 8,340 emergency department visits and 340 hospitalizations in Ontario during 2005-2006. Children under five were most commonly seen in emergency and had the highest rates of hospitalization.

Prevention tips include keeping children away from hot liquids and away from cooking areas and lowering the temperature of water heater thermostats.

Each month, the Ontario Injury Compass provides statistics and prevention tips on specific injury topics to practitioners in Ontario. To subscribe to the Ontario Injury Compass electronically, or to read back issues, visit www.oninjuryresources.ca