



Trauma Times

July/August 2022

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Spotlight

Resources for optimal care of the injured patient

This year, the American College of Surgeons (ACS) released its Resources for Optimal Care of the Injured Patient 2022 Standards. The last time the standards were updated prior to this was 2014. The "gray book" provides standards that detail the principles regarding resources, performance improvement patient safety processes, data collection, protocols, research and education for a trauma center.

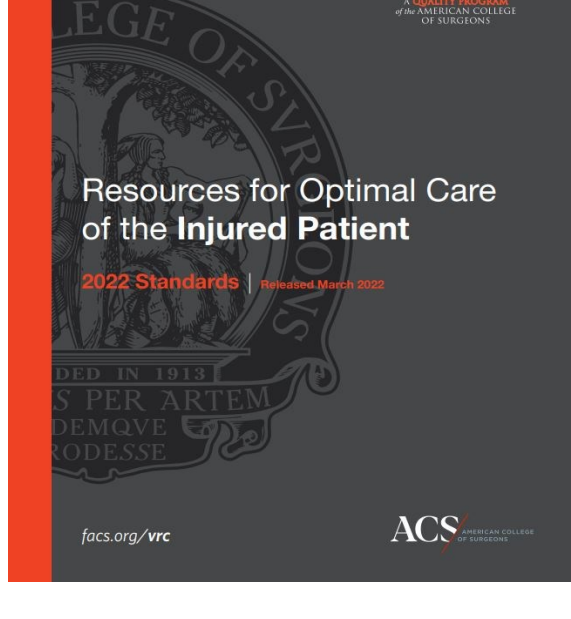
The Verification, Review and Consultation (VRC) program evaluates trauma centers based on the standards and expected scope of practice at each institution. These standards become effective for verification/reverification visits starting September 2023 and consultation visits starting February 2023.

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New expectations:

1. Meet new staffing and staff education requirements
2. Create a more structured PIPS plan and demonstrate its effectiveness
3. Create a data quality plan
4. Develop several new protocols and guidelines
5. Secure expertise in several new specialty areas
6. Meet new response time and resource availability standards
7. Academic trauma centers: meet new education and research requirements
8. Level III centers: if neurotrauma provided, demonstrate appropriate resources
9. Assess readiness to treat pediatric patients

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Overdose Awareness

International Overdose Awareness Day is Aug. 31

The vast number of overdose fatalities worldwide has created a global epidemic. Approximately [100,000 lives](#) are taken each year from drug overdoses. In 2021, Indiana represented [2,755](#) of the estimated 100,000 overdose fatalities. An overdose can occur with too much consumption of alcohol, medications, herbal remedies and/or illicit drugs. While overdoses may be preventable, the odds of dying from a drug overdose are [1 in 67](#). Due to the likelihood of overdose fatalities, August 31 has been designated as International Overdose Awareness Day (IOAD).

International Overdose Awareness Day originated in [Australia in 2001](#). This day is the [world's largest annual campaign](#) to end overdose fatalities, remember those who lost their fight with addiction and celebrate those who have overcome addiction. Often this day acknowledges the grief of families who lost a family member or friend due to addiction. The intention of this day is to reduce the negative stigma of overdose while simultaneously bringing awareness to this epidemic.

Due to the increasing rate of overdose fatalities, naloxone became an essential drug in emergency medicine beginning in the [1990s](#). This medication was approved by the Food and Drug Administration in 1971. Naloxone (Narcan) is a medication often used to reverse the effects of an opioid overdose. When administered in a timely manner and correctly, this medication can be lifesaving, but it does not always work. Originally, only first responders were allowed to administer naloxone, but due to [Senate Enrolled Act 406-2015, "Aaron's Law"](#), passing in 2015, any Hoosier is able to obtain a prescription for naloxone if they believe someone they know is at risk of an opioid overdose.

A strategic way to show support on Aug. 31 is advocating for overdose awareness by wearing purple, the color that represents overdose fatalities. Another great way to spread awareness is by having brave conversations about this public health issue. Share your knowledge with others so they can share it with someone else.

Additional drug overdose resources:

- <https://optin.in.gov/faq.html>
- <https://www.dea.gov/international-overdose-awareness-day>

Additional overdose awareness support ideas:

- <https://www.overdoseday.com/get-involved/>
- <https://www.nsc.org/home-safety/safety-topics/opioids/international-overdose-awareness-day>

Summer Safety

July is National UV Safety Month

Don't let UV rays rain on your parade! July is National UV Safety Month, and this provides a great opportunity to shed some light on preventative measures for sun exposure.



Ultraviolet (UV) radiation is a type of ionizing radiation that can cause damage to skin cells through exposure to the sun and other manmade sources such as tanning beds. Over time, these rays can cause sun burn, sunspots, premature aging, cataracts and skin cancer.

Skin cancer is the most common form of cancer in the United States with 1 in 5 Americans affected by age 70. While they may seem minor, having five or more sunburns in your lifetime doubles your risk for developing melanoma, the deadliest form of skin cancer.

So, what can YOU do to prevent the adverse effects of sun exposure? Keep in mind that UV rays are always present—not just when the sun is shining. Other factors that affect the strength and potential damaging effects of UV rays are location, time of day, season, reflections, clouds and contents of the air. Therefore, it is important to look at the UV index to determine what level of protection is best ([UV Index Search | US EPA](#)).

- Low UV index (<2): Wear sunglasses and apply SPF 30+ sunscreen if you burn easily.
- Moderate UV index (3-5): Wear a hat and sunglasses, apply SPF 30+ sunscreen and seek shade between 10 a.m. and 4 p.m.
- High UV index (6-7), very high (8-1) and extremely high (11+): Wear a hat, sunglasses, long-sleeve shirt and pants; apply SPF 30+ sunscreen; and seek shade between 10 a.m. and 4 p.m.

The best way to enjoy the summer sunshine is the safest way. If you want to learn more about the UV rays and risks for skin cancer, visit the following sites:

- [What Is Skin Cancer? | CDC](#)
- [Ultraviolet \(UV\) Radiation \(cancer.org\)](#)
- [Skin Cancer Facts & Statistics - The Skin Cancer Foundation](#)
- [How to Do a Skin Self-Exam \(cancer.org\)](#)

Children's Eye Health and Safety Month

The [American Academy of Ophthalmology](#) sponsors this NHO with the goal of protecting and maintaining children's eye health.

The National Eye Institute (NEI) has lots of [kid-friendly resources](#) to help children learn about eye health. Find out about national objectives for improving the visual health of Americans from the [Healthy People 2020 topic area](#).

Finally, be sure to check out and share [MyHealthfinder's resource](#) with parents to help them care for their children's eyes.

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Brain Injury

CDC uses data and research to save lives

A traumatic brain injury (TBI) affects how the brain works. TBI is a major cause of death and disability in the United States:

More than **64,000** TBI-related deaths per year – or 176 deaths each day

More than **223,000** TBI-related hospitalizations annually

Each year, children suffer more than **16,000** TBI-related hospitalizations and more than **2,400** children die from TBIs

Common causes of TBI-related deaths and hospitalizations include [falls, firearm-related injuries, motor vehicle crashes, and assaults](#)

The full public health burden of TBI is unknown. Current data systems don't include people that seek care for TBIs outside of emergency departments or people who don't seek any medical care at all

www.cdc.gov/traumaticbraininjury/

Our Mission
Reduce the burden of TBI through injury prevention and improve health outcomes for TBI survivors by bridging the strengths and capacities of the public health and healthcare delivery systems

Groups at greater risk of dying or experiencing long-term health problems from a TBI include:

- **Racial and ethnic minorities**
- **Service members and veterans**
- **People living in rural areas**
- **Survivors of intimate partner violence**
- **People who experience homelessness**
- **People in correctional and detention facilities**

CDC Supports Communities By

- **Tracking TBI trends** and conducting research aimed at preventing TBI
- **Educating healthcare providers, coaches, parents, and athletes through HEADS UP** about preventing, recognizing, and responding to TBIs
- **Piloting a National Concussion Surveillance System** to provide the first comprehensive estimates of TBI in the U.S.
- **Developing resources for healthcare providers to improve TBI care**, including the first evidence-based [clinical guideline](#) on pediatric mild TBI

CDC Advances Health Equity By

- **Collaborating with partners** to develop programs for service members and veterans living with TBI
- **Promoting CDC's Roadway to Safer Tribal Communities Toolkit** to help prevent motor vehicle crashes, which account for the highest number of TBI-related deaths among American Indian and Alaska Native people
- **Creating telehealth initiatives** to train rural primary care providers and school professionals to improve TBI care for children



For more information, please visit the National Association of State Head Injury Administrators (NASHA).

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Upcoming events

Stepping On

When: Workshop dates are July (14, 21, 28) and August (4, 11, 18, 25). Thursdays from 10 a.m. — 12 p.m. EDT

What: IU Health Frankfort Hospital hosts a seven-week workshop to learn exercises and strategies to help prevent falls.

Where: IU Health Frankfort Hospital - Administrative Office Building, 1305 S. Jackson St., Frankfort, IN

How do I register: To register for this class, please call Teresa Williams, RN, BSN, at 765-412-2640.

Cost: This course is free

Booster Bash Events

- 5 - 8 p.m. EDT Aug. 1, Putnam County Fairgrounds 191 US-231, Greencastle
- 6 - 9 p.m. EDT Aug. 5, Perrysville Fire Department 132 W. Main St., Perrysville

To **promote, protect,** and **improve** the health and safety of all Hoosiers

