

Children's Falls Prevention

Reaching for new heights



saskatchewan
preventioninstitute
our goal is **healthy** children

OVERVIEW OF SESSION

Introduction

- Tables by interested age group

Survey of participants

Presentation

- Magnitude of Problem
- Risk & Resiliency
- Developmental Stages and Falls
- Challenges

- Prevention Strategies

Round Table conversation

Next steps



SURVEY OF THE ROOM — 5 MIN TOTAL

Question #1

How do falls in children compare to other child injury issues?

Question #2

What do you know about prevention strategies for children's falls prevention?

- **Examples?**

MAGNITUDE OF THE PROBLEM

Falls are the #1 cause of unintentional injury hospitalization in children and youth (0-14 years)

- Fall-related injuries account for half of all injury hospitalizations (Canada)
- 5.6 deaths per year (Canada)

Atlantic Canada: 10 year period from (2004-2013):

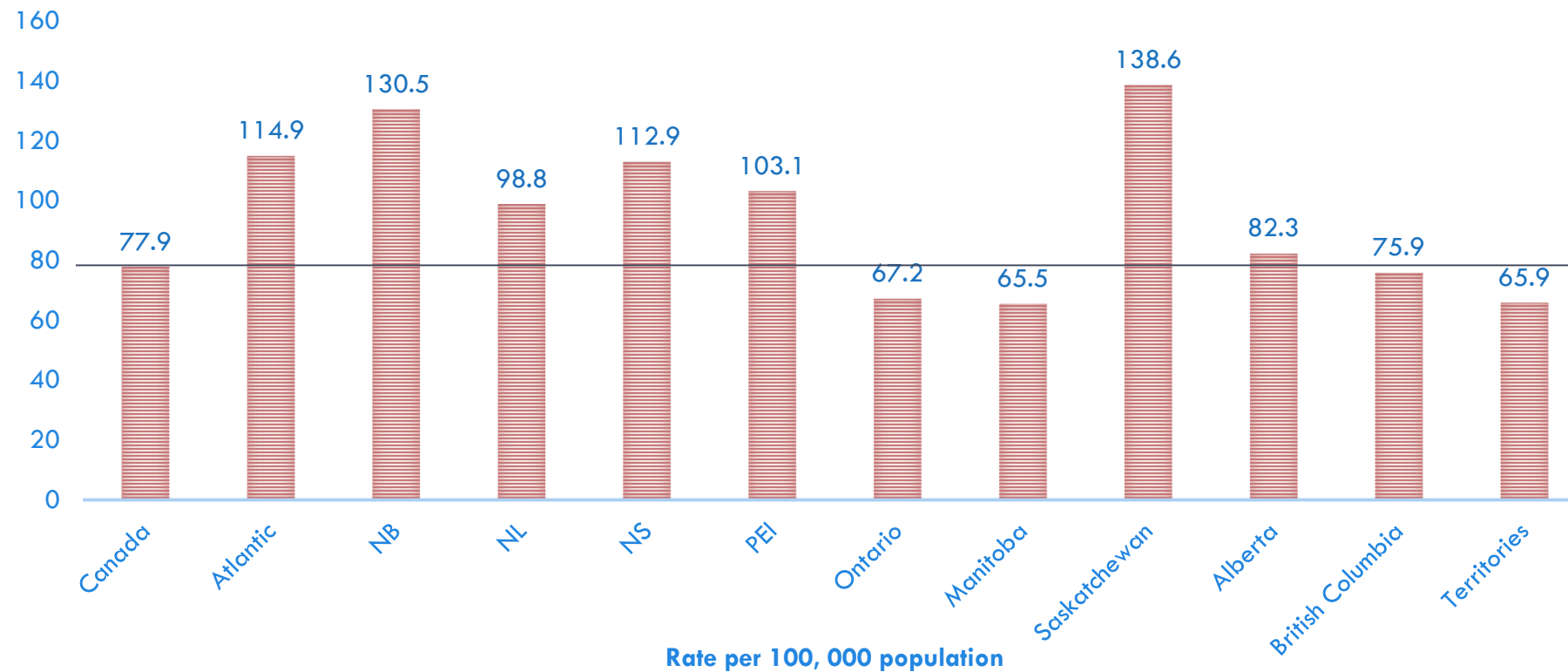
- Falls from furniture accounted for 700 hospital admissions (17%)
- Falls involving stairs and steps accounted for over 400 (10%)

FALLS BY AGE: CANADA

AGE	#1 ER visit due from fall
0-4 yrs	Furniture & stairs
5-9 yrs	Playgrounds
10-14 yrs	Skates, skis, boards, blades

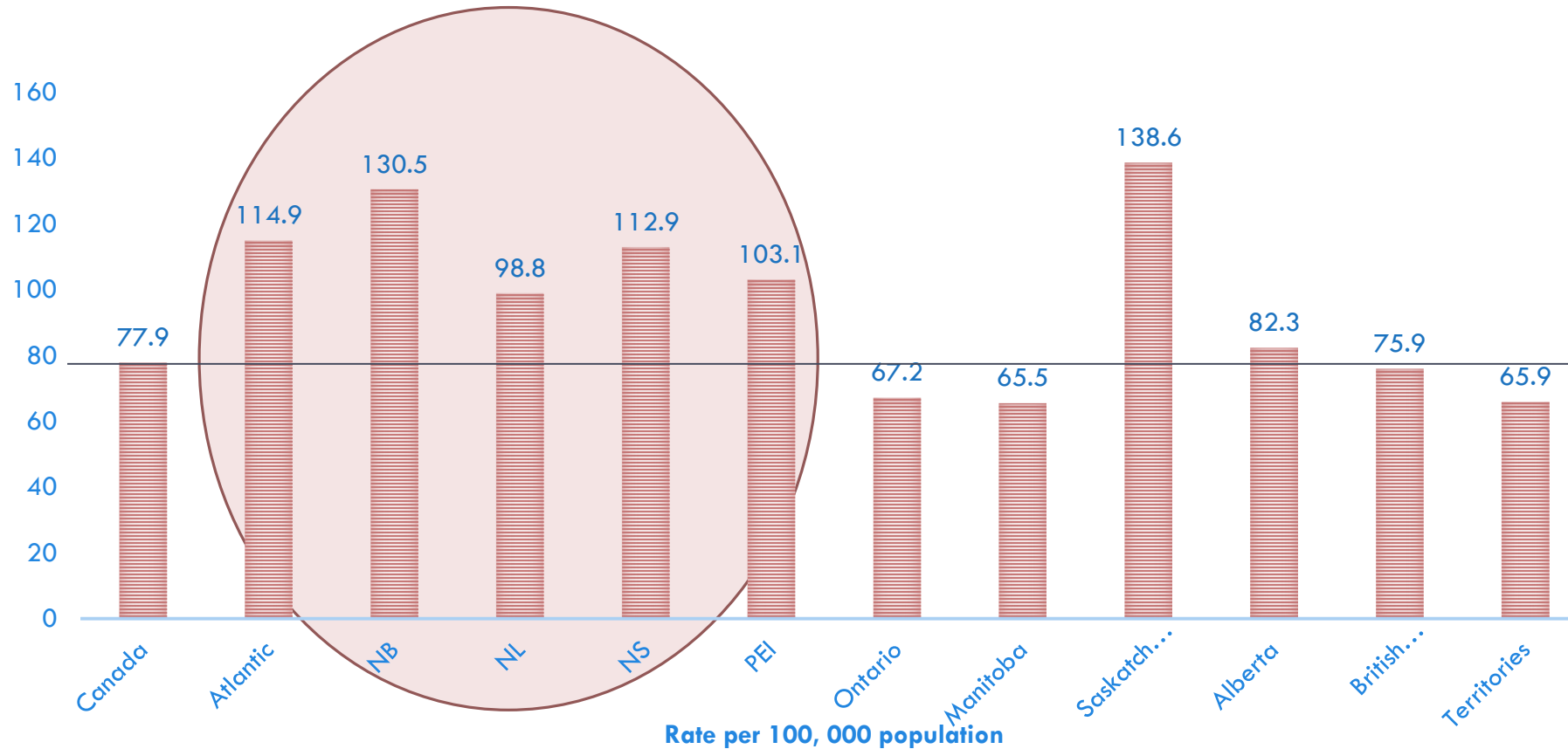
FALLS: HOSPITALIZATION RATE ACROSS CANADA: 0-14 YRS

HOSPITALIZATION RATE 2004- 2013



FALLS: HOSPITALIZATION RATE ACROSS CANADA

HOSPITALIZATION RATE 2004- 2013



DEVELOPMENTAL STAGE

Challenges:

- Children move through developmental stages at different rates
- Often parents are surprised by the change
- Caregiver attitudes and beliefs that falls are a normal part of childhood.



OTHER CHALLENGES

Social determinants of injury including:

- low socioeconomic status,
- single parent situations, and
- physically hazardous environments in which the children live and play

In some cases, families simply cannot afford the necessary or recommended safety devices. Other times, safety devices may not be used properly.

OTHER CHALLENGES

Other gaps to preventing fall injuries in the home:

- Availability of unsafe/illegal products (e.g. drop-side cribs);
- Limited evaluation of current programs;
- Lack of concentrated focus on falls prevention among children and youth;
- Lack of a cohesive space for local Family Resource Center (FRC) staff and others who work with families to network, access evidence, work together and find answers.

RISK & RESILIENCY

“ Research demonstrates that children who become resilient through taking risks, have a more positive identity and self outlook. Safe environments as well as positive role models make it possible for children to thrive.

Unfortunately in Canada, children now appear more anxious than ever due to decreased resiliency.

3 E'S OF INJURY PREVENTION



Enforcement

- Laws, regulations, and policies to reduce injury

Education

- Information and skills training

Engineering

- Developing or modifying products and environments

Sometimes expanded to include Economics, Evaluation, Enablement, Empowerment

FALLS: E'S OF INJURY PREVENTION



Enforcement:

- Tax credits and tax exemptions
- Protected amount for home safety equipment
- Window guards

FALLS: E'S OF INJURY PREVENTION



Education

- Social marketing
- Proper use of home safety equipment
- Pair with distribution of equipment
- Behaviours to prevent falls

FALLS: E'S OF INJURY PREVENTION



Photo courtesy of Parachute

Engineering

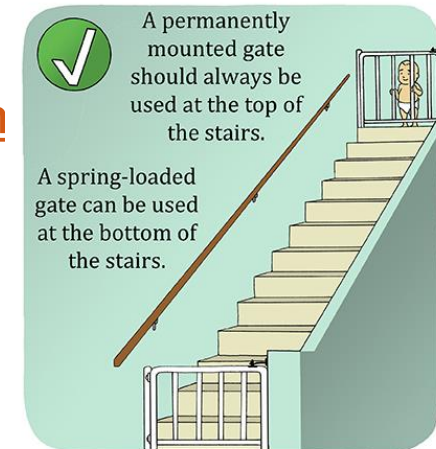
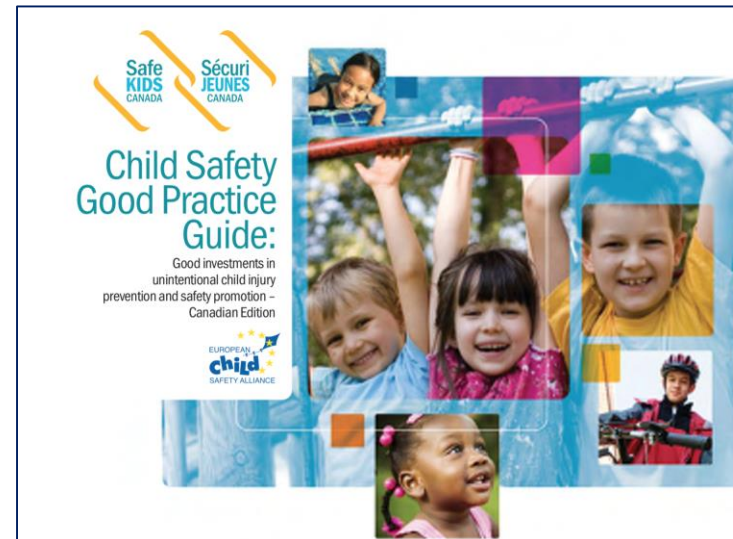
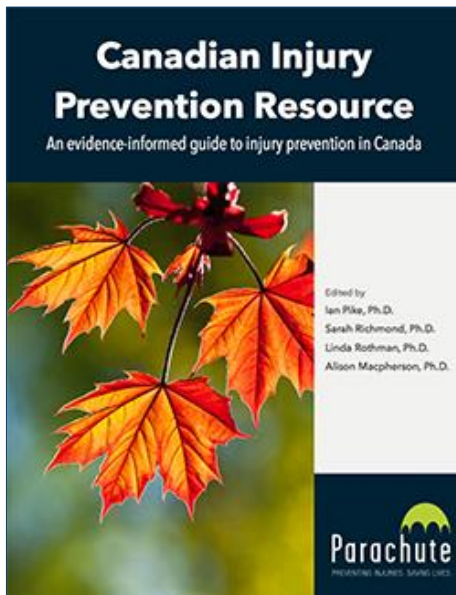
- Building codes
- Stairs 7-11 rule
- Ban baby walkers (no more wheels)

RESOURCES

Parachute

<http://www.parachutecanada.org/child-injury-prevention/item/fall-prevention>

Parachute: Knowledge Translation resources:



RESOURCES

Saskatchewan Prevention Institute materials

- Child Injury Prevention Programming and Action Guide

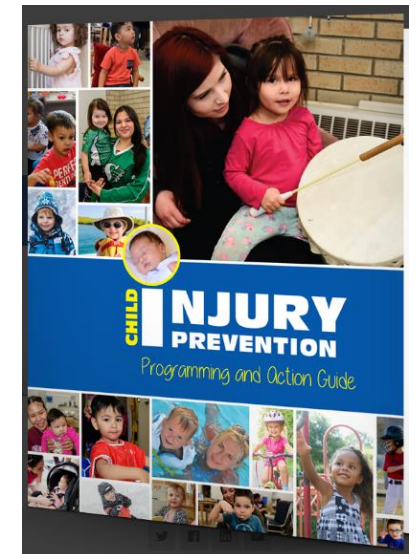
<https://skprevention.ca/resource-catalogue/safety/child-injury-prevention-programming-and-action-guide/>

- Child and Youth Injury in Saskatchewan 2004-2013

<https://skprevention.ca/resource-catalogue/safety/child-and-youth-injury-in-saskatchewan-2004-2013/>

- Fact Sheet

<https://skprevention.ca/safety/falls/>



RESOURCES



<http://childsafetylink.ca/safety-at-home/falls/>
- Including videos

CHIRPP:

Emergency department surveillance of injuries associated with bunk beds: the Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP), 1990–2009

Ontario Childhood Injury Prevention Committee (OCIPC)

www.preventchildinjury.ca

DISCUSSION — BRAINSTORM (15 MIN)

Question #1

What can we all do better to address injury prevention due to children's falls?

Question #2:

How can we address the “Be Careful” culture?

Question 3:

What do you need to support the work you do in children's fall prevention?

NEXT STEPS



Fall Prevention Community of Practice



Ontario Neurotrauma Foundation
Fondation ontarienne de neurotraumatologie

- Founded October 2010
- Support by ONF
- Strategic direction provided by Core Team



- 2,000 members (as of January 2018)
- ↑ 50% from 2017
- Online, bilingual communication platform
 - www.fallsloop.ca

A login form is overlaid on a background image of a woman wearing glasses. The form includes fields for "EMAIL" and "PASSWORD", a link for "forgot your password?", and a blue button labeled "ENTER LOOP" with a circular arrow icon.

JOIN THE FALL PREVENTION
COMMUNITY OF PRACTICE

REGISTER FOR A MEMBERSHIP

OUR COMMUNITY OF PRACTICE CONNECTS YOU WITH OTHERS WHO SHARE YOUR PASSION FOR FALL PREVENTION.

We **inform, share ideas and support** each other to improve the implementation of evidence-informed fall prevention practices.



We are the voice for fall prevention locally, provincially and nationally.

Together, we can create supportive communities where older adults enjoy independence and health through the prevention of falls.



FEATURED DISCUSSIONS

IN THE NEWS: AGING SLOWS PERCEPTION OF FALLS

Last updated on October 23, 2017



WHAT'S NEW IN BEST PRACTICES? PREVENTING FALLS AND REDUCING INJURY FROM FALLS (3RD EDITION)

Last updated on October 10, 2017



FEATURED EVENT

WEBINAR: PARKINSON'S DISEASE: UNDERSTANDING CAUSES, MECHANISMS AND TREATMENTS FOR FALLS

November 14, 2017

11:30am

Announcing LOOP JUNIOR!

Fall Prevention
Community of Practice



Communauté engagée pour
la prévention des chutes



**Fall prevention content for children will be launched in
Sept/Oct 2018**

- **Initial focus on 0-6 years**



People will be able to join Loop Junior and choose whether they want to focus on children, older adults or both.

Services:

- access new knowledge centre services
- start a new discussion and comment on existing discussions
- discuss and promote your initiatives
- promote your events and view upcoming events

Loop: www.fallsloop.com



- participate in webinars and watch the archived ones
- connect with other members
- start a private group to meet with your committees, working groups and others
- use the private group to store your agendas, minutes, documents
- receive mini newsletters to keep you up to date on what's new

Loop: www.fallsloop.com

Fall Prevention Month (www.fallpreventionmonth.ca)

November 2018

- An initial toolkit for practitioners and organizations to use for children's falls prevention
- Toolkit should be launched by end of June 2018.



Conclusion

- **What are your initial reactions to these Next steps?**





QUESTIONS?

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