

# 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):

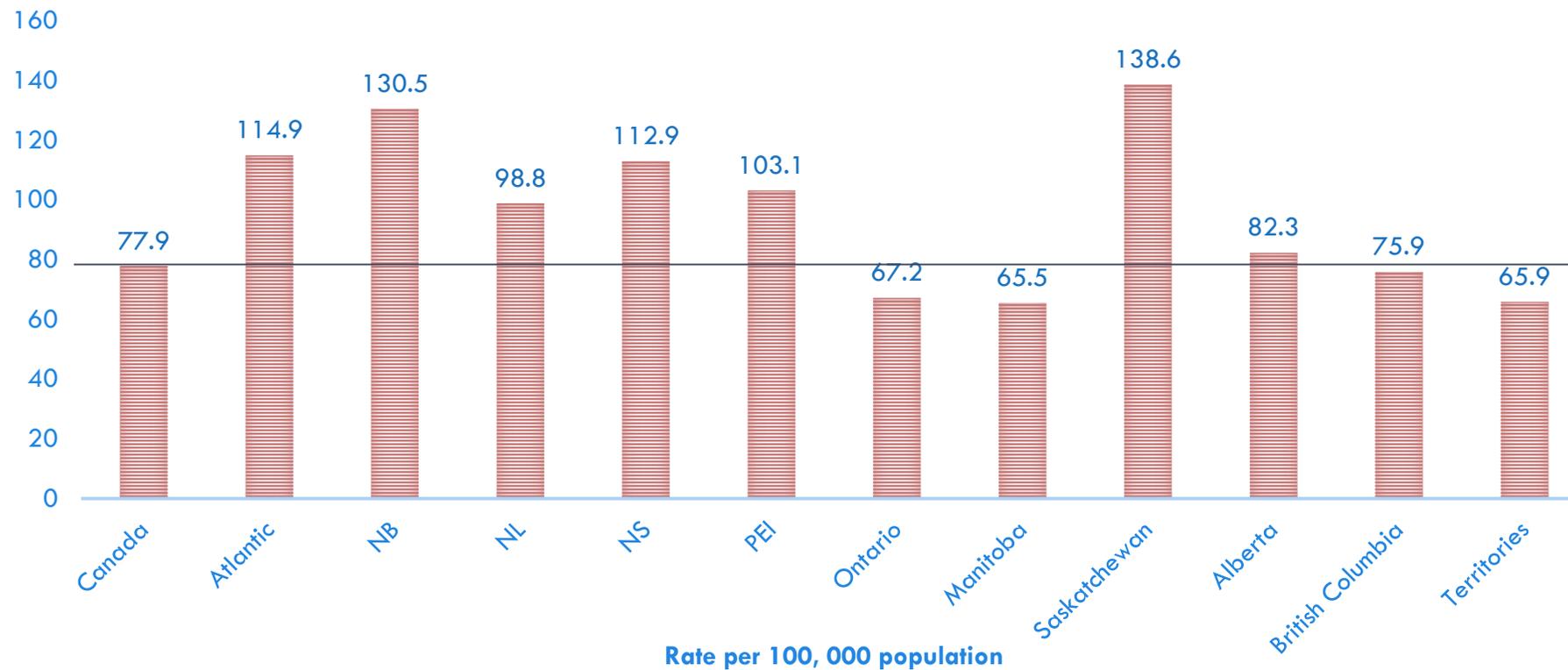
- Falls from furniture accounted for 700 hospital admissions (17%)
- Falls involving stairs and steps accounted for over 400 (10%)

# 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

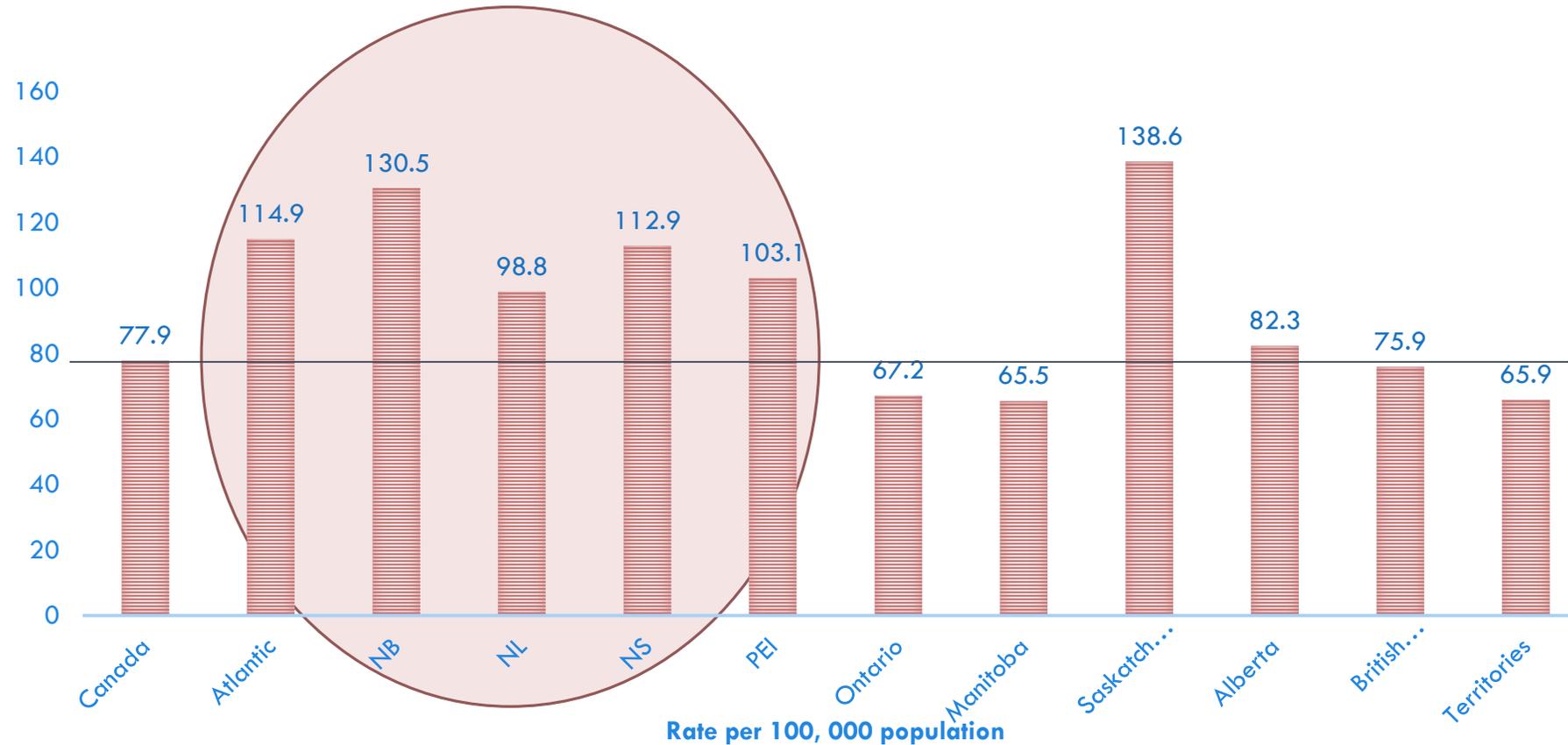
# FALLS: HOSPITALIZATION RATE ACROSS CANADA: 0-14 YRS

## 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



Your child could fall down stairs if he is in a baby walker with wheels.

Photo courtesy of Parachute

## Engineering

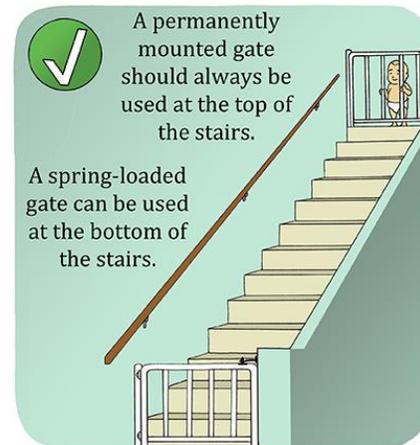
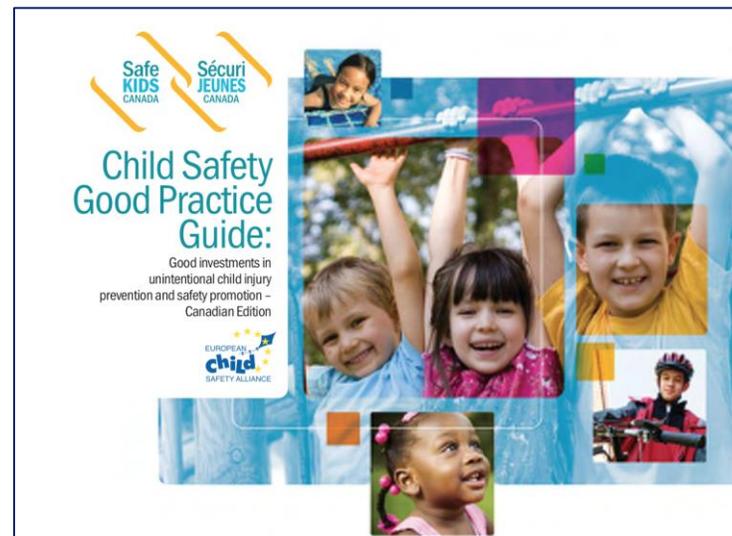
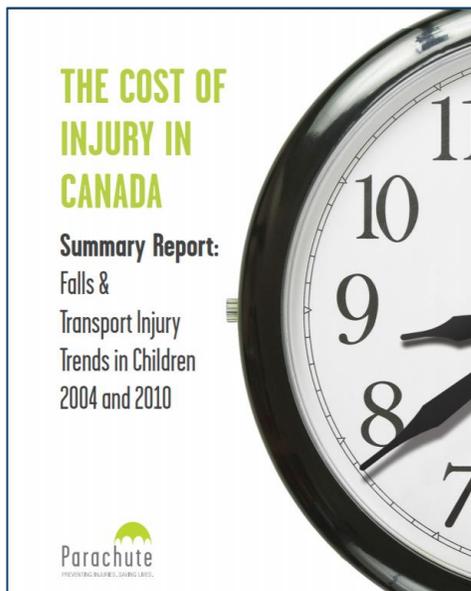
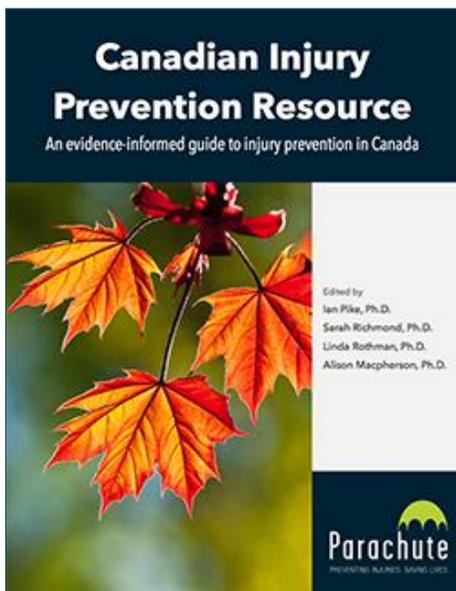
- Building codes
- Stairs 7-11 rule
- Ban baby walkers (no more wheels)

# 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

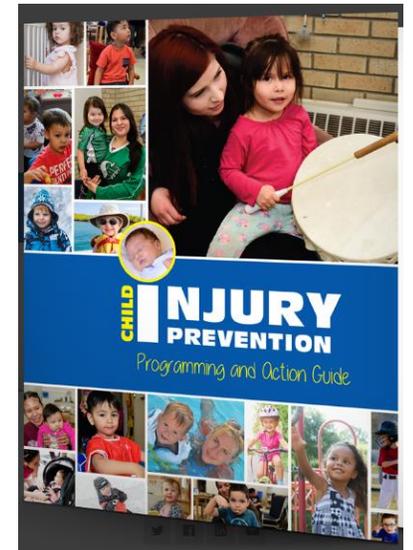
<https://skprevention.ca/resource-catalogue/safety/child-injury-prevention-programming-and-action-guide/>

### - 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](http://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



# Fall Prevention Community of Practice

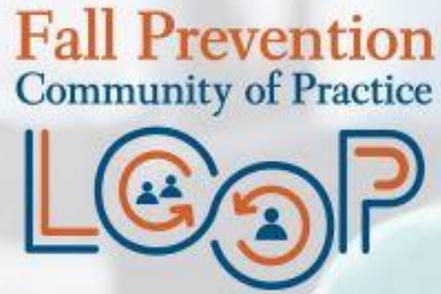


Ontario Neurotrauma Foundation  
Fondation ontarienne de neurotraumatologie

- 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](http://www.fallsloop.ca)



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](http://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](http://www.fallsloop.com)

# Fall Prevention Month ([www.fallpreventionmonth.ca](http://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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