

A decorative border made of repeating pink triangles with white outlines, arranged in a larger triangular pattern.

Know more Help More

preparing for playground and
school mishaps

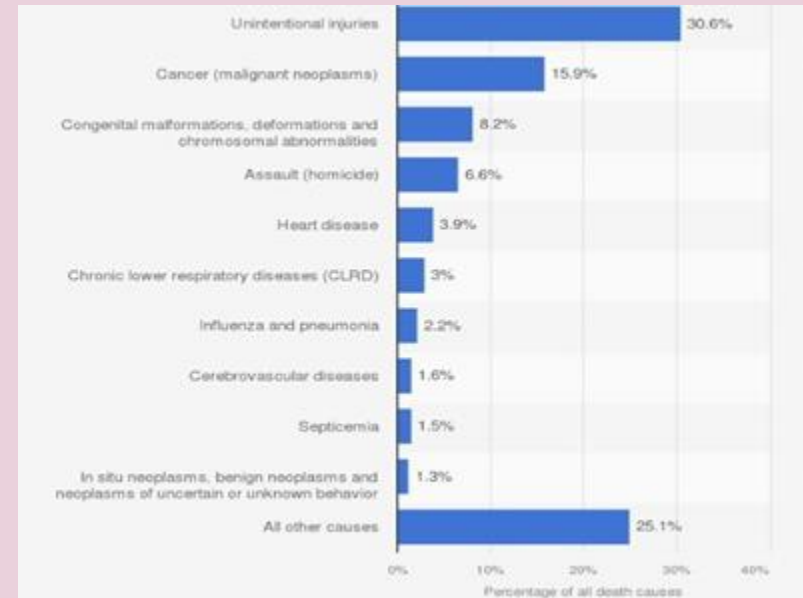
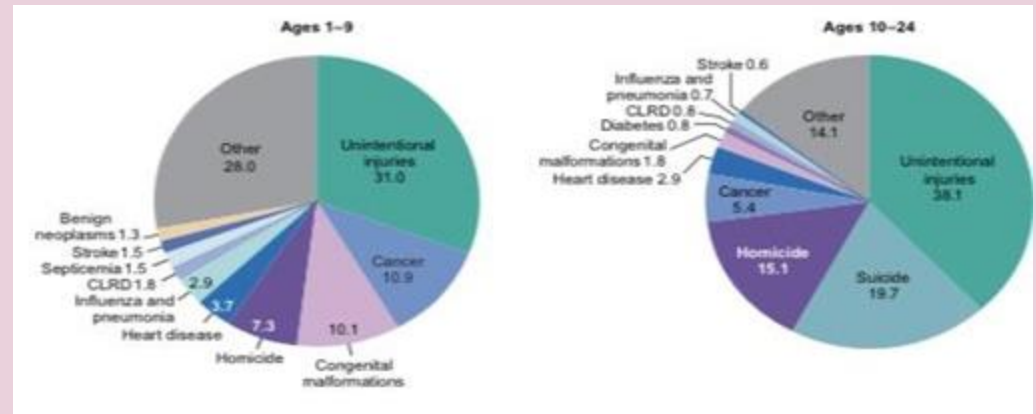
Kayla Praschak, RN

Prevention

Unintentional injuries are the leading cause of childhood death

CDC no longer refers to injuries as accidents: “they are predictable and exhibit repetitive patterns.” Ex: MVA VS MVC

Injuries are a global health issue because they cause more than 5 million deaths per year worldwide.



Indoor and outdoor activity time

S- Supervision

A- appropriate environment

F- fall surfaces

E- equipment maintenance

When injuries happen:

In school procedure:

- Yearly skills lab to train staff
- drills
- Equipment available
- Notification
- Plan in place



Emergency Procedures



Kits: contact person, health information, phone/ walkie talkie

Supply emergency bag: stop the bleed kit

Pediatric Assessment Triangle

Across the room assessment done in 3 to 5 seconds

*General appearance: muscle tone, interactiveness, consolability, look or gaze, speech or cry

* work of breathing: nasal flaring, retractions, accessory muscle use, upper airway sounds, resp rate, positioning

* circulation to the skin: color, mottling, peripheral cyanosis



Primary Survey

A: Airway and Alertness

B: Breathing

C: Circulation and control hemorrhage

D: Disability (Neurology Status)

E: Exposure and Environmental Control

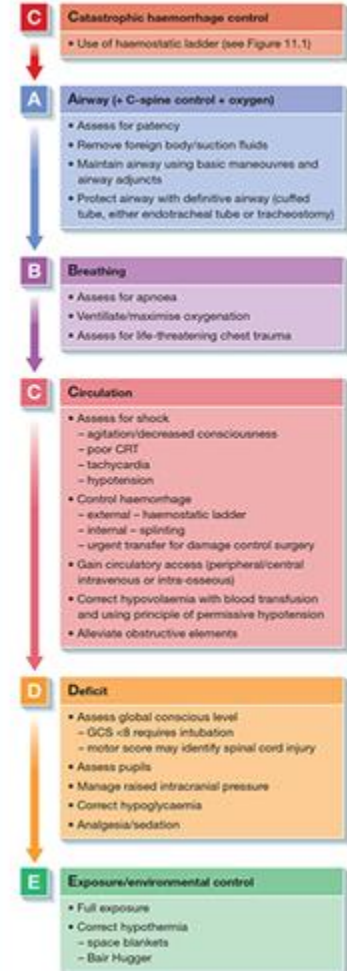
F: Full set of Vital Signs/ Family Presence

G: Get monitoring Devices and Give Comfort

H: History and Head-to-toe exam



Figure 10.1 C-ABCDE approach



Normal Vital Signs

Preschool: respiratory rate 22-37, heart rate 80-120, systolic B/p $<70 + (\text{age in years} \times 2)$

School aged child: resp rate 18-25, heart rate 75-118, systolic B/p $<70 + (\text{age in years} \times 2)$

Adolescent: resp rate 12-20, 60-100, systolic B/p $<90 + \text{age } 10 \text{ and up}$

Falls:

concussion/ TBI, skull fractures, seizures, brain hemorrhage

Above 8 ft it increases at 3x the injury rate



Lacerations:

- wound irrigation is considered to be the most consistently effective method of wound cleansing
- Pain control may be needed to remove debris
- Bandage pulling wound edges together



Bony Injuries:

Splinting, stabilize
deformities in a position
of comfort

Keep extremities close to
the body

Leave shoe in place



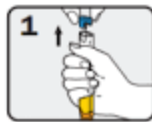
Cardiac/ anaphylaxis/ Respiratory Emergencies

Stay familiar with AED

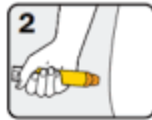
Make yourself comfortable with the Epi pens in your building.

Have you started using nebulizers in your schools?

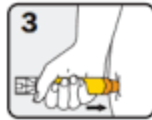
How to give EpiPen®



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds
REMOVE EpiPen®



Toxic ingestion



Poison control can give valuable information.

* there are no negatives, no CPS calls are involved

Irrigation

Monitoring

*follow-up

911... What's your school emergency ?

Giving report:

- Location- be specific, have 1 person to assist 1st responders to location
- Presenting injury- age- current assessment *** awake/alert, bleeding controlled, splint in place
- past medical history/ medications/ allergies *** if applicable.



Resources

Emergency Nurses Association

www.ena.org

Society of Trauma Nurses

www.traumanurses.org

American Academy of Pediatrics

www.aap.org

American College of Emergency Physicians

www.acep.org

American College of Surgeons

www.facs.org/trauma

Pediatric Trauma Society

www.pediatrictraumasociety.org

Injury Free Coalition for Kids

www.injuryfree.org

Safe kids worldwide

www.safekids.org

Image gently campaign

www.imagegently.org



Standards of care

- Document, document, document, and document.
 - Develop a working relationship with family members
 - Have resources available
 - Fight those red flags!

