



# INJURY PREVENTION

## EMS & TRAUMA NEWSLETTER

### In This Issue:

Aloha,

Welcome to the second issue of the 2016 [Injury Prevention, EMS & Trauma Newsletter](#).

This web-based publication is a compilation of member spotlights, briefs and announcements assembled by the [Hawaii Department of Health, Emergency Medical Services & Injury Prevention System Branch](#) (EMSIPSB). The objective of this newsletter is to inform partners across the state about EMS, trauma and injury issues, activities, trainings, and milestones related to strengthening our Hawaii state EMS and Injury Prevention System.

Contributions are available under the following categories:

**Member Spotlights:** Highlights the notable contribution of individuals or partners in the field of emergency medical services, trauma and injury prevention in Hawaii .

**Member Briefs:** As the central component of the newsletter , briefs partners on emerging efforts, current issues, achievements and milestones to strengthen collaboration.

**Member Reminders:** Announces committee and conference dates, annual reports, emerging events, and trainings.

**We all do great work; share the news, no matter the magnitude!**

Submissions are included if they address the leading causes of injury and death in Hawaii and help to educate, support, and mobilize individuals and organizations to effectively work together in preventing injuries. .

Finally, you are receiving these updates, announcements and other important information because we joined several distribution lists. Your ongoing membership is important; we hope you remain involved or interested in EMS, trauma and injury prevention work.



#### Member Spotlight

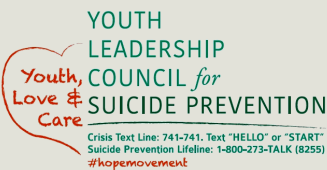
##### New State Trauma Program Coordinator:

Tiffany S. Lightfoot  
RN, BSN, MS....**2**



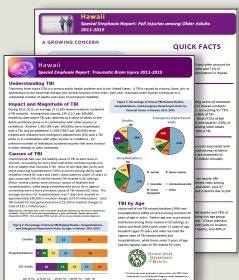
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## State Trauma Program Coordinator: Tiffany S. Lightfoot RN, BSN, MS

**Tiffany S.  
Lightfoot  
RN, BSN, MS**



“Teamwork and communication is the foundation of any great achievement. Partner that with aloha and respect, suddenly, no task seems too big.”



The Emergency Medical Services and Injury Prevention Systems Branch is pleased to announce the appointment of Ms. Tiffany S. Lightfoot RN, BSN, MS as our new State Trauma Program Coordinator. Ms. Lightfoot has many years of experience as a paramedic and emergency department nurse with the Hawaii pre-hospital emergency and trauma systems.

Most recently, she held the position of clinical case manager at the Ronald Reagan UCLA Medical Center, a Level I Trauma Center. Tiffany coordinated trauma patient care from admission through discharge. She possesses a breadth of knowledge of how trauma systems work for the benefit of the injured patient. In addition to her trauma experience, she has developed and managed award winning hospital stroke care systems including a program at an integrated multi-hospital health system in California.

Tiffany holds a Master of Science degree in Patient Safety Leadership from the University of Illinois, Chicago, a Bachelor of Science in Nursing from California State University East Bay, Concord, CA, and an Associate of Science degree with honors in Paramedicine: Pre-hospital Emergency Care from Los Medanos College, Pittsburg, CA.

Her awards include: Daisy Award for Extraordinary Nursing at UCLA - 2015, Sigma Theta Tau Nursing Honor Society - 2009, and AMR Oahu Paramedic of the Year - 2005. Please join us in welcoming Ms. Lightfoot to the EMS, Injury Prevention, and Trauma ohana.



## Hawaii Received CDC Funding to Evaluate Prevention of Opioid Misuse, Abuse and Overdose

The Hawaii State Department of Health (DOH), Emergency Medical Services & Injury Prevention System Branch (EMSIPSB) received \$870,000 in funding for three years from the Centers for Disease Control and Prevention (CDC) to prevent overdose deaths related to prescription opioids as part of the *Prescription Drug Overdose: Data-Driven Prevention Initiative (DDPI)*. The funding allocated through the National Center for Injury Prevention and Control builds upon CDC's state programs to prevent opioid overdose, specifically [Prescription Drug Overdose: Prevention for States \(PFS\)](#). Funding will support Hawaii's efforts to:

- Improve data collection and analysis around opioid misuse, abuse and overdose;
- Develop a strategy to combat the epidemic; and
- Work with communities to develop larger, more comprehensive opioid overdose prevention programs.

[Read More](#)

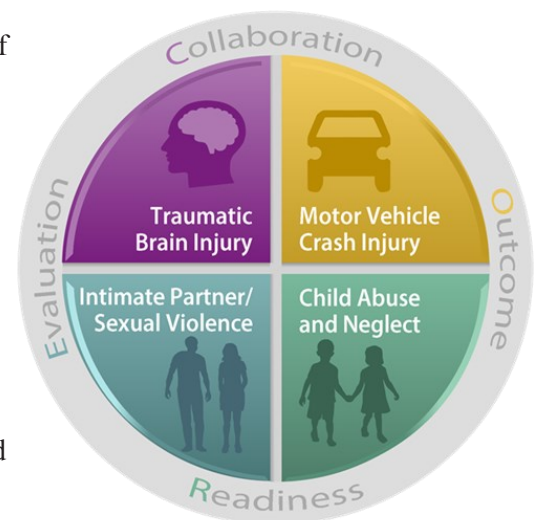
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## Hawaii Receives CDC Funding to Prevent Injury and Violence

The Hawaii State Department of Health (DOH), Emergency Medical Services & Injury Prevention System Branch (EMSIPSB) received a total of \$1.2 million for a five-year grant from the Centers for Disease Control and Prevention (CDC) National Center for Injury Prevention and Control (Injury Center) to address injury and violence in Hawaii. Hawaii is one of 23 states receiving a portion of the \$30 million CDC allocated for the Core State Violence and Injury Prevention Program (Core SVIPP). The funds support states in the implementation, evaluation and dissemination of strategies to address critical injury and violence issues such as child abuse and neglect; traumatic brain injury; motor vehicle crash-related injuries; and intimate partner/sexual violence. The program builds on the CDC's Core Violence and Injury Prevention Program (CE11-1101).

[Read More](#)



**SVIPP**  
Core State Violence and  
Injury Prevention Program



## Safe Travel for Children with Special Health Care Needs

**Lisa Dau, BSN, RN,** Injury Prevention Coordinator - Kapiolani Medical Center/Safe Kids Hawaii/KIPC

All children deserve to be protected in a vehicle using appropriate child restraints (car seats) regardless of their size and development. However, some children with certain medical conditions require special consideration when selecting a car seat. Parents of children with special health care needs who present with short or long-term challenges may find it difficult to safely secure their child in a vehicle using conventional car seats we find on the market.



Think about a child in a spica cast (casted chest to ankles) unable to bend to sit in a car seat; a teen with cerebral palsy unable to sit up on their own; or child with behavioral problems, getting out of their car seat despite proper buckling by the parent. In situations like these, standard car seats usually are not suitable, and adaptive or specialized restraints may be necessary.

[Read More](#)

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## Sleep Education Works to Reduce Sleep-Related Injuries

**Lisa Kimura**—Executive Director

Healthy Mothers Healthy Babies (HMHB) is happy to announce free comprehensive safe sleep education program, *Hawaii Cribs for Kids*, available on all islands! The program provides safe sleep education based on the American Academy of Pediatrics (AAP) guidelines, and a free GRACO Pack N Play® travel crib for families who cannot otherwise afford to provide their baby with a safe place to sleep.

[Read More](#)







## Safe to Sleep

**Retchel Oyao** - Program Coordinator Child & Family Service

With the winter months approaching it can be tempting to snuggle up with your baby under some warm blankets. Here are some important tips to keep your infant under one years of age, safe while sleeping:

- 1) Always put baby on their back to sleep, even for naps. When awake, put baby on their stomach for “Tummy time”. Do not let baby fall asleep on their tummy.
- 2) Keep your home and car smoke-free. Babies who breathe smoke or who sleep with those who smoke have a greater risk of unexpected death.



[Read More](#)

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## Youth Leaders Empowered at 2016 Hawaii Children and Youth Summit

**JoB Balberde-Kamalii, Deb Goebert and Mara J. Pike**, YLC Planning Team and Supportive Adults

The Youth Leadership Council (YLC) established in 2015 is an important voice for youth at the annual Children and Youth Summit. The statewide YLC provides an opportunity to inform statewide suicide prevention work, maintain a sustainable and effective network, and foster youth leadership development and engagement in civic and community service opportunities. Participants assisted the Hawaii State Legislature’s Keiki Caucus in identifying key children and youth issues needing to be addressed in future Legislative Sessions. Breakout sessions for youth were facilitated by youth and focused on health and human services, education, civil rights, the environment and sustainability. In addition to the array of breakout sessions, community leaders, business professionals and youth provided rich and diverse panel discussions.



[Read More](#)



## National Suicide Prevention Month

Nancy Deeley, MPH— Suicide Prevention Coordinator



On Saturday September 17, 2016, the American Foundation for Suicide Prevention (AFSP), Hawaii Chapter brought together people from all backgrounds to support survivors of suicide loss. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, military personnel, community/business leaders, and many others energized this year's walk.

The grassroots work of AFSP members focuses on eliminating the loss of life from suicide by: delivering prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide. Over 800 people signed up to participate in the 4th annual 2016 Walk.

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## “One Community One Family”

Gina Toomalatai

September is “National Suicide Prevention Awareness Month”, a time for people to take a hand and make a stand, as they speak in one voice every life matters, and no one is alone. This is exactly what Hawaii's Armed Forces did as the Army, Air Force, Coast Guard, Navy, and Marines came together on September 7th, to sign the Joint Services Proclamation against suicide.

**Read [More](#)**





## Hawaii Harm Reduction Conference—Registration Now Open!

**Thaddeus Pham**—Viral Hepatitis Prevention Coordinator

Register now for the 2017 Hawaii Harm Reduction Conference, "Humanize Not Criminalize", which will be held on January 13, 2017 at Ala Moana Hotel in Honolulu. This conference will include national and local speakers sharing best practices in harm reduction. Topics include overdose prevention, at-risk youth, drug user health, medical marijuana, local advocacy tips, decriminalization, justice reform, and more!

**REGISTER NOW!**

Go to [www.harmreductionhawaii.com](http://www.harmreductionhawaii.com)

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## Western Pacific Injury Prevention Network: New Listserv Available

**Will Hitchcock, PhD**—Regional Network Coordinator of Western Pacific Injury Prevention Network



Western Pacific Injury Prevention Network

The Western Pacific Injury Prevention Network is a collaboration of Injury and Violence Prevention professionals and their agencies spanning across HHS regions 9 & 10 to share information, resources, best practices and strengthen partnerships of all members to build injury and violence prevention capacity and further the field. Members work at a variety of levels in both private and public sectors from local to state to regional to national affiliations.

We have established an open listserv where you can select topics relevant to the work you are doing and connect with others in the network with similar interests or just stay current on issues and injury areas in the field. We currently have topic areas for Child Abuse and Neglect, Traumatic Brain Injury, Motor Vehicle Crash, Intimate Partner and Sexual Violence, Pediatric Window Falls, and Drowning Prevention with new topics added as the members find need. Interested members can join the WPIPN listserv at: <http://listserv.wa.gov/cgi-bin/wa?A0=WPIPN>. If you have any questions or issues with subscribing you can contact the Regional Network Coordinator at Washington State Dept. of Health, [will.hitchcock@doh.wa.gov](mailto:will.hitchcock@doh.wa.gov).





## First Responders: Be Aware of New Motorcycle Helmets and Helmet Release Features

**Kari Benes** - Trauma System Public Health Educator

Though only about half of motorcycle riders wear a helmet in Hawaii, it is still important to know about the differences between the variety of types of helmets available for motorcycle, moped and motor scooter riders. Department of Transportation and KHON2 want to share information with EMTs and Paramedics, who may come into contact with an injured motorcycle or moped rider wearing a newer type of helmet, potentially lacking assumed safety protection, or have new helmet release features.

[Read More](#)

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## Impact of Helmet Use on Injury and Financial Burden of Motorcycle and Moped Crashes in Hawai'i: Analysis of a Linked Statewide Database

Daniel J. Galanis PhD; Nikki A. Castel BS; Linda L. Wong MD; and Susan Steinemann MD

“In summary, motorcycle riders are almost 50% more likely than moped riders to be hospitalized, and over 3 times more likely to suffer from a fatal injury. The mortality rate for helmeted motorcyclists is reduced by nearly 3-fold, but there is no significant impact of helmet use on mortality in moped riders, suggesting that the protective effect of helmets is augmented in higher speed crashes.

A protective association with helmet use is evident for both motorcyclists and moped riders, with a reduced rate of skull fracture (nearly 6-fold and 2-fold, respectively) and TBI. These higher rates of injury are reflected in hospital charges, which are doubled for unhelmeted moped and motorcycle riders. The public burden of these charges is augmented by the unfavorable payer status of unhelmeted riders, with over 35% having in come-qualifying (government-assisted) coverage or self-pay. The odds ratio for high cost (> \$25,000) and underinsured hospital stays are more than doubled for unhelmeted versus helmeted riders. This data provides direct economic incentive for universal helmet laws covering mopeds as well as motorcycles.”

[Read More](#)



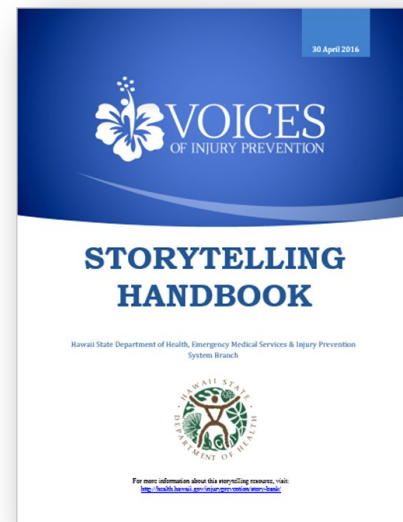




## Educate Congressional Members with Voices of Injury Prevention

Nicholas L. Hines, MPH—Core SVIPP Grant Coordinator

In preparation for the 2017 legislative season, the Hawaii State Department of Health (DOH), [Emergency Medical Services & Injury Prevention System Branch](#) (EMSIPSB) in partnership with the [Hawaii Public Health Training Hui](#) proudly announces the online Story Bank, Voices of Injury Prevention! When it comes to injury prevention, or any other area of public health, we all carry a story capable of creating profound connections, transforming and inspiring missions. Essentially, the “Voices of Injury Prevention” (Story Bank) aims to optimize the impact of your story to help elevate the visibility of injury prevention issues in Hawaii.

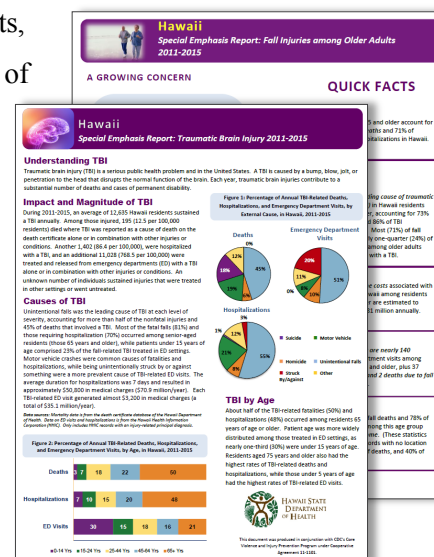


Visit [Voices of Injury Prevention](#)

## Hawaii State Injury Special Emphasis Reports

The [Hawaii Department of Health, Emergency Medical Services & Injury Prevention System Branch \(EMSIPSB\)](#), in cooperation with the Centers for Disease Control and Prevention (CDC), publishes two helpful Hawaii State Injury Special Emphasis Reports. We are highlighting: **1) fall injuries among older adults**, and **2) traumatic brain injury**. Findings and conclusions in these reports are those of the EMSIPSB and do not necessarily represent the official position of the CDC.

1. [Read Fall Injuries among Older Adults 2011-2015](#)
2. [Read Traumatic Brain Injury 2011-2015](#)





## Equal Opportunity Statement

The Hawaii State Department of Health provides access to its activities without regard to race, color, national origin, language, age, sex, religion, or disability. Contact the departmental Affirmative Action Officer at P.O. Box 3378, Honolulu, HI 96801 or (808) 586-4616 (voice/TTY) within 180 days of a problem.

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