

EMSC Connects

Volume 5, Issue 10

October 2016

Emergency Medical Services for Children Utah Bureau of EMS and Preparedness

A Word From Our Program Manager

I don't know about you, but I love October. I like the fall leaves, pumpkins in the pumpkin patch, the cooler temperatures, candy corn and everything in the grocery stores come out in a pumpkin flavor! The farmers' markets are plush with produce. I have never seen so many different kinds of squash or apples. I also noticed the Halloween costumes are out which made me think of our little trick- or- treaters.

With this holiday just around the corner, here are a few resources and reminders that might be appropriate this month. I found these tips from the Safe Kids Worldwide website that you could distribute in your communities.



- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.

Popular trick or treating hours are 5:30 p.m. - 9:30 p.m. so be especially alert for kids during home hours.

Whether your Halloween plans might include being on- call, working your shift at the station, staffing the ED, taking the kids out for trick-or-treating, or hosting your own Halloween party, please be safe. Thank you for your continued service and dedication to the children of Utah.

Jolene Whitney
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Special points of interest:

- Bullying
- EMSC pulse
- Pokemon play

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Walk Safely

- Trick or Treat with an Adult.
- Keep Costumes Both Creative and Safe.

Drive Extra Safely on Halloween.

- Slow down and be especially alert in residential neighborhoods.
- Take extra time to look for kids in intersections, medians and curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.

HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids' research* shows some scary statistics on Halloween safety.

- Only **1/3 OF PARENTS** talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.
- On average, **TWICE AS MANY CHILD PEDESTRIANS** are killed while walking on Halloween compared to other days of the year.
- Only **18%** of parents use reflective tape on their children's Halloween costumes.
- 12%** of children five years of age or younger are permitted to trick-or-treat alone.

Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit SafeKids.org/Halloween

- Children under 12 should trick-or-treat and CROSS STREETS WITH AN ADULT**
- ALWAYS WALK ON SIDEWALKS OR PATHS** if there are no sidewalks, walk facing traffic as far to the side as possible.
- Cross the street at corners, USING TRAFFIC SIGNALS** and crosswalks. Parents should remind children to watch for cars that are turning or backing up.
- DRIVERS SHOULD SLOW DOWN** and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.

SAFE KIDS Worldwide. FedEx cares. *Mickelle, AD, Rosenthal, KM, Donahue, RP. Halloween Safety: A National Survey of Parents' Knowledge, Attitudes, and Behaviors. Washington (DC): Safe Kids Worldwide; October 2015.

To submit or subscribe to this newsletter

Email: Tdickson@utah.gov

Pedi Points

Tia Dalrymple RN, BSN with contributions from Cathy Davis from Student Advocacy Services

In the past decade, there have been many stories in the media about bullying and links to teen suicide. Research has shown that approximately 1 in 2 teens experience some degree of bullying with up to 7 in 10 exercising cyberbullying. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

There is an emphasis that school administrators and teachers should take the lead in prevention but really this is a huge problem and all community leaders like EMS responders and parents should take that lead. This is a wide spread problem and it's prevention should involve us all.

The CDC reported on some common research findings in their pamphlet; [*The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools*](#)

- Youth who feel connected to their school are less likely to engage in suicide-related behaviors
- Youth who are able to cope with problems in healthy ways and solve problems peacefully are less likely to engage in suicide and bullying related behaviors.
- Youth with disabilities, learning differences, sexual/gender identity differences or cultural differences are often most vulnerable to being bullied

At StopTheBullying.gov we get great direction on where to start

Stop It on the Spot

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

Do:

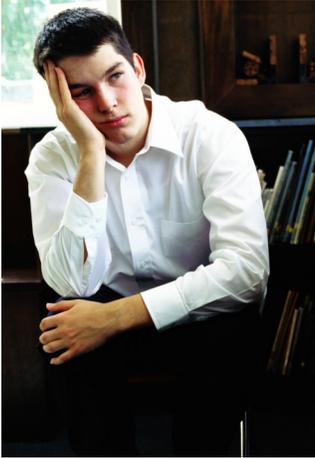
- Intervene immediately. It is ok to get another adult to help.
- Separate the kids involved.
- Make sure everyone is safe.
- Meet any immediate medical or mental health needs.
- Stay calm. Reassure the kids involved, including bystanders.
- Model respectful behavior when you intervene.

Avoid these common mistakes:

- Don't ignore it. Don't think kids can work it out without adult help.
- Don't immediately try to sort out the facts.
- Don't force other kids to say publicly what they saw.
- Don't question the children involved in front of other kids.
- Don't talk to the kids involved together, only separately.
- Don't make the kids involved apologize or patch up relations on the spot.

Get police help or medical attention immediately if:

- A weapon is involved.
- There are threats of serious physical injury.
- There are threats of hate-motivated violence, such as racism or homophobia.



“This is a wide spread problem and it’s prevention should involve us all.”



Pedi Points –continued

- There is serious bodily harm.
- There is sexual abuse.
- Anyone is accused of an illegal act, such as robbery or extortion—using force to get money, property, or services.

Find Out What Happened

Whether you've just stopped bullying on the spot or a child has reached out to you for help, follow the steps below to determine the best way to proceed.

- Get the Facts
- Determine if it's Bullying
- Keep all the involved children separate.
- Get the story from several sources, both adults and kids.
- Listen without blaming.
- Don't call the act "bullying" while you are trying to understand what happened.

It may be difficult to get the whole story, especially if multiple students are involved or the bullying involves social bullying or cyberbullying. Collect all available information.

Support the Kids Involved

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn't continue and effects can be minimized.

- Support Kids Who are Bullied
- Address Bullying Behavior
- Support Bystanders Who Witness Bullying

Be More Than a Bystander

Tip 1: Be their friend

Children can help someone who's been bullied by simply being nice to them at another time. Being friendly can go a long way toward letting them know they are not alone.

Tip 2: Tell a trusted adult

An adult can help stop bullying by intervening while it's in progress, stopping it from occurring or simply giving the person bullied a shoulder to lean on.

Tip 3: Help them get away

There are a few simple, safe ways children can help the person being bullied get away from a situation. However they do it, make sure the child knows not to put themselves in harm's way.

- Create a distraction
- Offer the person a way out, e.g., "Mr. Smith needs to see you right now."
- Intervene only if it feels safe to do so. Never use violence to help the person get away.

Tip 4: Set a good example

If a child knows not to bully others, then other students will follow their example. To help even more, children can actively participate in anti-bullying activities and projects.

Tip 5: Don't give bullying an audience



***"Bullying is
more than just
a kid problem"***



Pedi Points –continued

If one of your child's friends or peers begins to bully someone, they shouldn't encourage the behavior by giving it an audience. Instead of laughing or supporting it, they can let the bully know that such behavior isn't entertaining.

If you want help in empowering the children in your community and schools contact The Utah Anti-Bullying Coalition <http://www.utahantibullying.org/>

Cyber-bullying has also been a major issue. [NetSafe Utah Project](#) The NetSafe Utah project includes presentations, workshops and online resources for kids, teens, parents and educators. NetSafe Utah is adapted continually to provide Utah schools and communities the Internet Safety information they need and helps schools meet Children's Internet Protection Act (CIPA) requirements.

An Afterthought

Bullying is more than a kid problem. It continues through all levels of education and into the workplace. Bullying and harassment has been a contributing factor in first responder suicides. There is no excuse for bullying in the workplace.



News From National

National EMSC is launching a new resource center and newsletter

EMSC Pulse

EMSC Pulse is a digest of program news and activities. Each issue includes a wealth of information about the pediatric emergency medical care community. Specifically, it includes information about the latest EMSC-related: products and resources, national and state activities, data findings and research resources, funding opportunities, career opportunities, and more.

Follow this link to subscribe <https://emscimprovement.center/resources/publications/emsc-pulse/>

Happenings

For Kids Playing Pokemon Go, Catch These Safety Tips

It seems as if every kid in America is caught up in the Pokemon Go craze. But in the quest to "catch 'em all," don't leave common sense and safety behind, the American Academy of Pediatrics (AAP) urges.

First, keep in mind that Pokemon Go is an "augmented reality" game. That means it's a game that is partly virtual and partly based in reality. Players need to go out into the real world.

"You can't just play this game from your living room," AAP spokeswoman Dr. Elizabeth Murray said in an academy statement. "You have to walk around, usually in a public space."

This means that playing the game can be considered physical activity. The academy recommends at least 60 minutes of exercise a day for kids 6 years and older.



October 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 2 | 3 | 4 | 5 | 6 Issues in Care Con → PGR | 7 Sevier Co PEPP → | 8 |
| 9 | 10 BCMCC | 11 | 12 | 13 PGR | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 PGR | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 PGR/Peds EMS Lecture | 28 | 29 |
| 30 | 31  | | | | | |

Pediatric Education Around the State

Pediatric Grand Rounds (PGR) are educational/CME offerings webcast weekly (Sept-May) you can watch live or archived presentations. It is geared towards hospital personnel. But will qualify for BEMSP CME Access at <https://intermountainhealthcare.org/locations/primary-childrens-hospital/for-referring-physicians/pediatric-grand-rounds/>

Peds EMS Lecture Series Free monthly pediatric CME/CEU presentations from Primary Children's Emergency Department Attending Physicians to Utah's EMS. Offered every 3rd Thursday (except this month). Contact Lynsey.Cooper@imail.org for info

Oct 27th *Respiratory Problems in the Pediatric Patient*, Mike Meiscier MD

Trauma Grand Rounds (TGR) This free offering alternates with EMS Grand Rounds every other month, it is geared towards hospital personnel.

October 13 *Case Review: Rail Car Entrapment and Amputation* Toby Ennis, MD

There are 3 ways to participate

- Attend in person 0700-0800 Classroom A SOM University Hospital.
- Attend live via the internet at : <http://utn.org/live/trauma/> To

receive CME for viewing via live stream, please send an email with your name and the presentation you viewed to zachery.robinson@hsc.utah.edu. A CME certificate will be emailed to you within two weeks.

- View the archived presentation two weeks after the live date. at www.healthcare.utah.edu/trauma

Project ECHO Burn and Soft Tissue Injury (ECHO) has a pediatric and adult component. CME/CEU and MD CME available <https://crisisstandardsofcare.utah.edu> click request access and follow instructions.

Upcoming Peds Classes, 2016

For PEPP and PALS classes throughout the state contact Andy Ostler Aostler@utah.gov

For PALS and ENPC classes in Filmore, Delta and MVH contact Kris Shields at shields57@gmail.com

Save the Date

October 6-7, 2016 [Issues in Pediatric Care Conference](#)

October 10, 2016 Burn Care and Mass Casualty Course (BCMCC) Southwest region - The sign up for this will be on UTrain soon. Attendees from the SW region are encouraged as the training will be specific to that region, but those in other regions are welcome. Contact Annette.Matherly@hsc.utah.edu

Emergency Medical Services for Children

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Follow us on the web
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and on Twitter: EMSCUtah

The Emergency Medical Services for Children (EMSC) Program aims to ensure that emergency medical care for the ill and injured child or adolescent is well integrated into an emergency medical service system. We work to ensure that the system is backed by optimal resources and that the entire spectrum of emergency services (prevention, acute care, and rehabilitation) is provided to children and adolescents, no matter where they live, attend school or travel.

From Mount Timpanogoes by Aaron West

