



Trauma Center  
750 East Adams Street  
Syracuse, NY 13210

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The Upstate Foundation,  
750 E. Adams Street  
Syracuse, NY 13210

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# TRAUMA

## 2018 YEAR IN REVIEW

AN OVERVIEW OF UPSTATE'S TRAUMA CENTER PROGRAMS FOR 2018



# UPSTATE UNIVERSITY

The Region's Only Level-One Trauma Center



Trauma Center



Upstate accepts trauma patients transferred from over 28 referring hospitals.



William Marx, DO  
Medical Director  
Upstate Trauma Program



Kim Wallenstein, MD, PhD  
Pediatric Medical Director  
Upstate Trauma Program

## A YEAR IN REVIEW

### Letter from the Medical Directors

The Upstate University Hospital Level I Trauma Program serves as a resource for Central New York. Upstate is the only Level I Adult and Pediatric Trauma Center in CNY and provides trauma care for the most severely injured patients in the region. Over 2500 trauma patients are admitted each year. New York State requires that a trauma center be verified by the American College of Surgeons-Committee on Trauma before the New York Department of Health designates a trauma center. The verification process occurs every three years and assures the community that Upstate has the necessary resources to provide the highest level of trauma care.

A Level I Trauma Center must not only provide comprehensive trauma care but also provide education to the regional EMS services and hospitals. This assures that CNY has a comprehensive trauma system. Upstate receives patients from all of the hospitals in CNY. Upstate has dedicated and immediately available trauma surgeons, orthopedic trauma surgeons, emergency medicine specialists, neurosurgeons, neurocritical care, surgical critical care, anesthesia, burn surgeons, nursing, laboratory, radiology, and operating room services.

Upstate participates in the national Trauma Quality Improvement Program (TQIP). TQIP compares

outcomes for over 250 trauma centers in the United States. The Upstate Trauma Program performs at or better than the national averages for mortality and morbidity (complications.) Achieving these outcomes is dependent on a robust EMS community, referring hospitals, emergency medicine services and hospitals to initiate stabilization and transfer to Upstate.

The Trauma Center participates in multiple educational activities such as elderly falls prevention, medication documentation at home, safe driving education and gun safety. "Let's Not Meet Like This" is an educational program which uses a driving simulator which can mimic driving

under the influence of alcohol or drugs. New drivers are able to experience driving under the influence of alcohol or drugs. The Violence Education and Prevention Outreach Program is a joint venture with the community to reduce gun violence in the community through collaboration with community organizations. As the area's only Level 1 Pediatric Trauma Center, Upstate has a collaboration with SafeKids Worldwide and participates in initiatives such as Safe Kids Sunday, I Speak Doggie, and Walk This Way. At pediatric focused events, families can walk through the Mega Brain and see how head injuries can occur and be prevented, and parents can Spot the Tot.

The Trauma Center at Upstate University Hospital is a resource for CNY and Syracuse. The community is able to receive trauma care that many people associate with large hospitals in metropolitan areas. The dedicated professionals are able to assure the community that optimal care is available in CNY.

William Marx, DO  
Medical Director  
Upstate Trauma Program

Kim Wallenstein, MD, PhD  
Pediatric Medical Director  
Upstate Trauma Program



# IMPROVING CARE

## Trauma Quality Improvement Program (TQIP) and Performance Improvement

The hallmark of any trauma center is a continuous process of measurement, assessment and management focused on improving patient care. Upstate University Trauma Center strives to continually make the changes that will lead to better patient outcomes, system performance, and professional development. The process of performance improvement reviews the entire continuum of patient care, from the initial scene response through acute care, rehabilitation, and reintegration back into the community. Performance improvement is data-driven and outcomes-focused. Through data measurement, issue identification, action, and reevaluation, care is directly improved at the bedside, throughout the system and within the region. At Upstate University Trauma Center, the goal is to build a trauma system that coordinates the efforts of all team members to improve the outcomes of traumatically injured patients in the region.

The Upstate University Hospital Level 1 Trauma Center has been participating in the American College of Surgeons Trauma Quality Improvement Program (ACS TQIP) since 2015. As a result, Upstate Trauma Center has been able to benchmark in a more meaningful way with trauma programs throughout the United States. The ACS TQIP works to elevate the quality of care for trauma patients in trauma centers. More than 800 trauma centers across the United States participate in the ACS TQIP. TQIP accomplishes its work by collecting data from trauma centers, providing feedback about each center's performance, and identifying institutional characteristics that trauma center staff can implement to improve patient outcomes. The program uses risk-adjusted benchmarking to provide each

hospital with accurate national comparisons. TQIP also provides education and training to help trauma center staff improve the quality of your data and accurately interpret benchmark reports. Trauma centers can network and share information about best practices with other trauma professionals in various ways such as at the TQIP annual meeting and in regular web conferences.

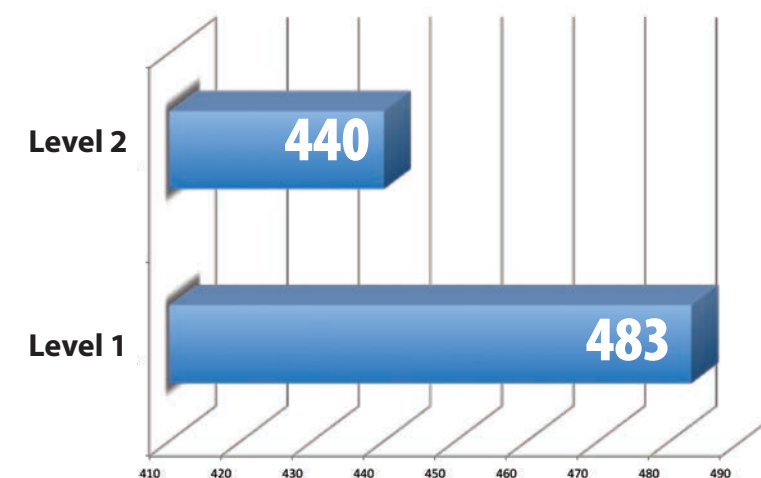
By participating in TQIP, Upstate University Trauma Center has been able to benchmark in a more substantial way with other trauma programs throughout the United States. As a result, Upstate University Trauma Center has learned that patients cared for have experienced a lower rate of death and fewer complications than other centers that participate through TQIP. This indicates that the attention to the care of patients at Upstate University Trauma Center with complex injuries is producing better outcomes.

In 2018, the Upstate University Trauma Center continued to improve upon geriatric specialty trauma care, by modifying Level 1 trauma criteria. Upstate University Trauma Center also developed tools to identify medically complex geriatric trauma patients who require early intervention to help reduce their length of stay and decline in physical function.

In 2018, the Upstate University Trauma Center admitted a total of 2,411 adult trauma patients. The injuries these trauma patients experienced included assaults, ATV accidents, bike injuries, falls, gunshot wounds, motorcycle accidents, motor vehicle accidents, pedestrian accidents, snowmobiles accidents, sports related injuries, and stabbings.

Adult Trauma Admissions for 2018: **2,411** (adult is defined as a patient ages 15 and older)

### Adult Trauma Activations



### Trauma Codes And Criteria

The pediatric and adult trauma teams each have specific trauma code activation criteria which are initiated by emergency room doctors and nurses as well as by emergency first responders from the scene. The criteria and code activations help the team prepare for the level of care a patient will need upon arrival.

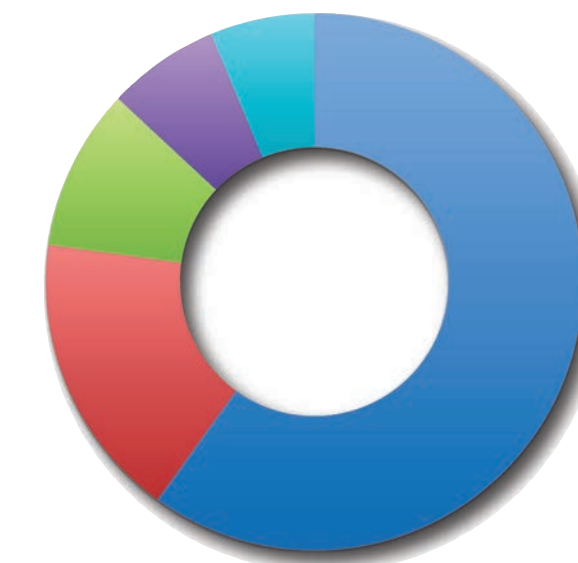
**Level I:** A Level I Trauma is the highest level activation, mobilizing

the most resources. This level of activation is initiated for the most critically injured patient.

**Level II:** A Level II Trauma is activated for patients who are stable but sustained or have the potential to have sustained severe injuries.

In both situations, the team is ready, and the full system prepares including the ICU, diagnostic areas, Operating Room and procedural areas, for whatever immediate care the patient needs.

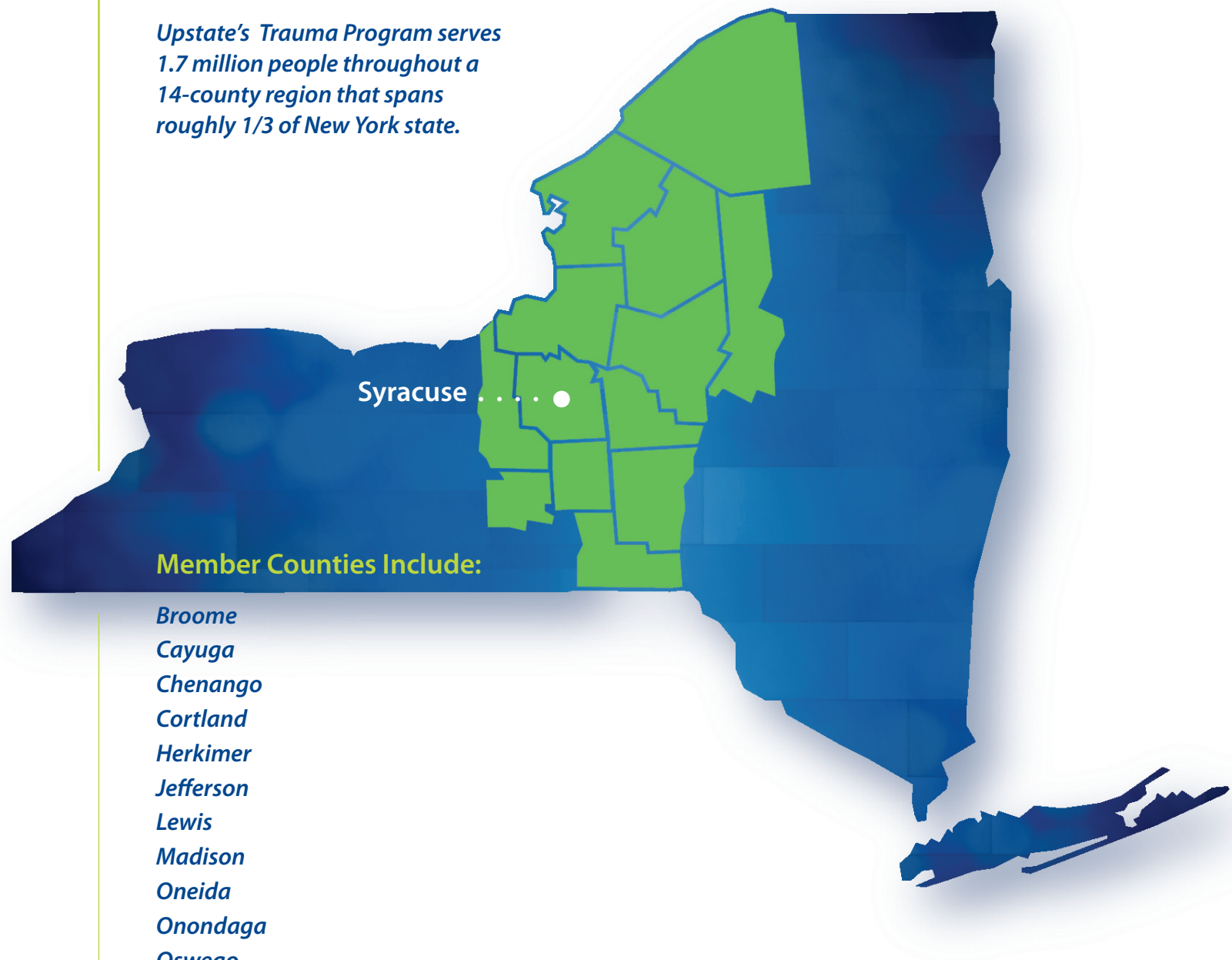
### Top Five Adult Injuries



- Falls
- MVC (Motor vehicle crash)
- Assault
- Stabbing
- Motorcycle

# SERVING CNY

Upstate's Trauma Program serves 1.7 million people throughout a 14-county region that spans roughly 1/3 of New York state.



Syracuse

### Member Counties Include:

- Broome
- Cayuga
- Chenango
- Cortland
- Herkimer
- Jefferson
- Lewis
- Madison
- Oneida
- Onondaga
- Oswego
- St. Lawrence
- Tioga
- Tomkins



Adult Transfers to Upstate in 2018:

**1,399**

(Any trauma patient that came from a referring hospital as opposed to directly from the field)

### Our CNY Trauma System

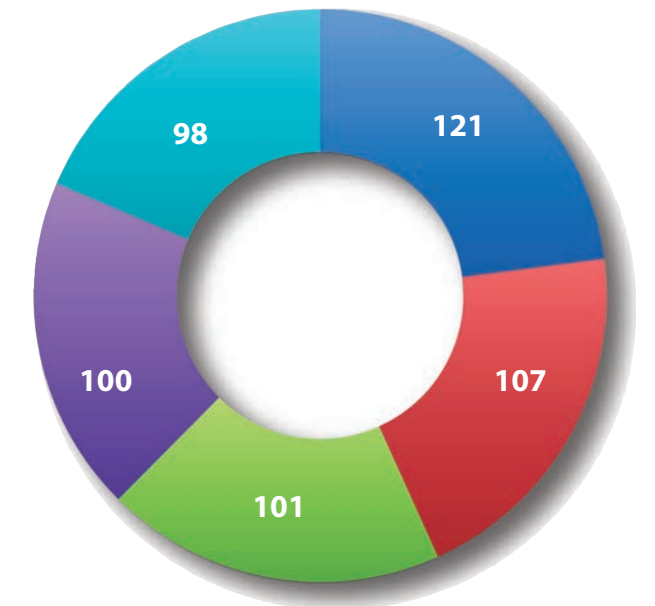
Upstate University Hospital's Level I Trauma Center has the privilege of serving as the lead trauma center of our 14 county region. Our regional trauma system is overseen by our Regional Trauma Advisory Committee (RTAC). Representatives are invited from all hospitals and EMS agencies in our region interested in participating. The committee meets quarterly to discuss various topics. Educational opportunities are shared, new projects, injury prevention, best practices, trauma system news as well as barriers to delivering optimal trauma care in our region are discussed. The committee works collaboratively on projects to improve issues in our system and outcomes for the trauma patients we serve. Together, the committee works to ensure that the right patients get the right care at the right place.

In 2018, the CNY RTAC had presentations on balloon occlusion of the aorta (REBOA), Trauma Quality Improvement, and Burn Care. We focused on obtaining data from the state DOH to ensure the trauma patients are receiving the appropriate level of care. We also developed report cards to provide feedback to our referral hospitals and EMS agencies.

The RTAC is part of the larger New York State Trauma system and reports into the State Trauma Advisory Committee (STAC). Two representatives from each of the 8 RTACs travel to Albany 3 times per year to represent their respective region. The STAC advises the Department of Health and the Commissioner regarding trauma and disaster care in the state. A strong, organized trauma system is essential to ensure all people have access to optimal trauma care.

### Top Five Adult Transferring Facilities

- St. Elizabeth/Utica
- Oneida Healthcare
- Auburn
- Samaritan/Watertown
- Cortland





# OUTREACH AND EDUCATION

We use outreach and education to promote optimal trauma care by the hospitals and EMS agencies within our trauma region.

As members of the Central New York Regional EMS Medical Advisory Committee (CNY REMAC), we provide input into the EMS protocols as they pertain to trauma.

Formal EMS educational efforts include lecturing in paramedic programs and at regional EMS conferences.

The Upstate Trauma Center taught the Stop the Bleed Instructor Course at the New York State EMS Conference (Vital Signs) held in October.

Education to hospitals includes on-site training, including Upstate's Trauma Resuscitation Course and the national Rural Trauma Team Development Course (RTTDC). Additionally, the Advanced Trauma Life Support (ATLS) Courses held at Upstate and Fort Drum provide trauma education to doctors and advanced practice providers.

In an effort to bring additional trauma education to the nurses in our region, we have begun the journey to become a training site for the national program, Advanced Trauma Care for Nurses (ATCN).

We are excited about offering ATCN to our region as it permits our physicians and nurses to train together.

The ATCN course is held simultaneously with an ATLS course. Nurses and physicians attend lectures together and then split into separate skills stations.

Ten of our nurses attended the provider class in October, three of which have attended the instructor course for the program.

Instructor development is our next step in our plans to hold future classes at Upstate.

## Injury Prevention Programs

The Injury Prevention Programs at the Upstate Trauma Center are dedicated to making our Central New York Region a safer and injury-free community. The work of the programs are driven by the injuries we see most at the trauma center; motor vehicle crashes, falls, head injuries and injuries related to street violence.

During the month of May, Trauma Centers across the country, participate in "Trauma Awareness Month". Upstate University Hospital's Level 1 Pediatric and Adult Trauma Center held a festival highlighting the programs available for outreach and injury prevention initiatives.

## On display:

The Inflatable Brain is used for outreach, education and injury prevention initiatives related to traumatic brain injury (TBI).

The Distracted Driving Simulator- attendees of the festival were able to use the simulator to

measure their own decision making skills behind the wheel.

## Programs highlighted:

**Pediatric Injury Prevention Program with SafeKids** - The Golisano Children's Hospital, in partnership with SafeKids, is fortunate to have its own injury prevention programming for our region.

**Falls Prevention** - attendees were able to get information about our Falls Prevention Coalition. Falls are the #1 Trauma in our region, accounting for about 1/2 of all the traumas we see.

**Violence Education Prevention Outreach Program (VEPOP)** - This program is available to any individual who has been a victim of street violence. The programs' mission is to work with intentionally injured youth/adults and their families in both the hospital and community setting to offer support needed to break the cycle of violence and reduce recidivism.

# COMMUNICATION



## Trauma Center Road Sign Project:

In and around the city of Syracuse, you may now notice new TRAUMA CENTER road signs under the familiar hospital "H" signs denoting a nearby hospital.

As a person seeking emergency room care for an injury, Syracuse has 5 hospitals as options for treatment - but only one, Upstate, is a designated Trauma Center.

Upstate University Hospital is certified as a Level 1 Pediatric and Adult Trauma Center by the American College of Surgeons. Upstate has met certain criterion that covers all types of emergencies. They have surgeons, nurses, and staff available 24 hours a day, 7 days a week.

The TRAUMA CENTER signs were placed to notify the public of where to find the nearest trauma center. The time it takes to get to the trauma center after injury, and the availability of resources at the hospital, are significant predictors of how well patients recover. For the sickest or most severely injured trauma patients, there is a 25% decrease in mortality at a Level 1 Trauma Center compared to a non-trauma center.

Upstate is proud to serve 14 counties and a population of 1.7 million as the ONLY Level 1 Adult and Pediatric Trauma Center in Central New York.



## Telemedicine

Time to definitive treatment is critical to the survival of trauma patients. Critically injured trauma patients have a 25% lower death rate when they are treated at a level I trauma center such as Upstate.

Their best chance of survival occurs when they arrive at the trauma center within one-hour from the time of injury.

This requires community hospitals to transfer critical patients without delay.

This can be challenging in our CNY Trauma Region which covers one-third of the state and serves 1.7 million people.

Inclement weather can delay critical transfers by preventing air ambulances from flying and limiting the availability of ground ambulances.

Delays also occur when the EMS system is busy and ambulance services must prioritize emergency calls over transfers.

Telemedicine helps our community hospitals treat critical trauma patients awaiting transfer.

Our Trauma Surgeons are able to see the patient and communicate directly with them while discussing their care with the doctors at the community hospital.

We are able to guide patient care prior to their arrival at our trauma center.

We see 1,500 trauma transfers per year and nearly forty-percent are discharged home after being seen by our trauma team and other specialists.

Telemedicine is useful for less severely injured patients, and can allow them to remain in their community and avoid transfer after being "seen" by our trauma surgeons.

When you see one of our trauma surgeon's video-conferencing from their phone, they just may be consulting on a trauma patient via telemedicine.

# STOP THE BLEED

## How we started and where we are today

Stop the Bleed training is designed to teach individuals the skills necessary to control life-threatening hemorrhage-from car crashes, and home and work place injuries, to mass shootings. It has been determined, through research and review of mass casualty incidents like Sandy Hook Elementary that lives can be saved if immediate responders (bystanders) have the necessary skills to perform hemorrhage control. Stop the Bleed training is a one-hour course, including a lecture and hands-on training.

Upstate Trauma Center began teaching Stop the Bleed in 2017. Our initial roll out of the program allowed Upstate to train our nursing leadership, physicians and others as instructors. We were then able to train staff at the Upstate Campus and get out into the community as well. Upstate Trauma Center's reach into the community includes large scale venues like the Syracuse University's dome security

staff, to smaller classes through Healthlink at Oasis.

The trauma center participated in the Onondaga County School Safety Task Force Committee, whose recommendations included Stop the Bleed Training for all School Districts. The sub-committee for Student/Teacher Training "focused on trainings and communication strategies that would best help prepare students, faculty, staff and other stake holders for an emergency situation. This program teaches the basics of bleeding control through the use of pressure techniques, use of dressings, or the application of a tourniquet. In emergency situations, these skills have been proven to save lives by buying precious time until medical professionals can arrive on scene to administer first aid."

To date, Upstate Trauma Center has held 102 classes and trained 2002 people!



The Upstate Trauma Center Stop the Bleed program started in 2017 and has:

held **102** classes  
and trained **2002** people!

### Highlighting Our Progress in 2018

The Stop the Bleed® program has made enormous strides since its inception and continues to be the premier education and outreach program in bleeding control. The data show a marked increase in statistics from December 2017 to December 2018. This trend indicates the significant impact of the program over the past 12 months. Thanks to YOU, our instructors, for your continued hard work in spreading Stop the Bleed worldwide!

**Class Statistics as of December 31, 2018**

- 35,116 classes entered
- 547,798 attendees trained
- 39,941 registered instructors in 89 countries, including all 50 states

**States with the Highest Number of Instructors**

- Texas (3,082)
- New York (2,319)
- California (2,068)
- Pennsylvania (1,939)
- Ohio (1,863)
- Florida (1,451)
- Georgia (1,372)
- North Carolina (1,204)
- South Carolina (1,171)
- Michigan (1,084)

The professional profile of instructors has remained unchanged, with nurses and paramedics/EMTs representing almost 75 percent of the total instructors.

## Moving Forward in 2019

The program has had a great start in our Trauma Region!

Agencies conducting trainings include hospitals, EMS agencies, fire departments, schools, day care centers, clubs and county governments.

Our focus in 2019 is to support the development of community-based education programs through conducting instructor training programs.

### School example:

- School nurses attended a Stop the Bleed Class followed by an Instructor Course conducted by Upstate
- The school contacted the fire department and ambulance service for their school district soliciting instructors
- The regional Stop the Bleed Listserv was used to request additional instructors
- Upstate loaned training equipment to the school
- 100 faculty members were trained in two-hours

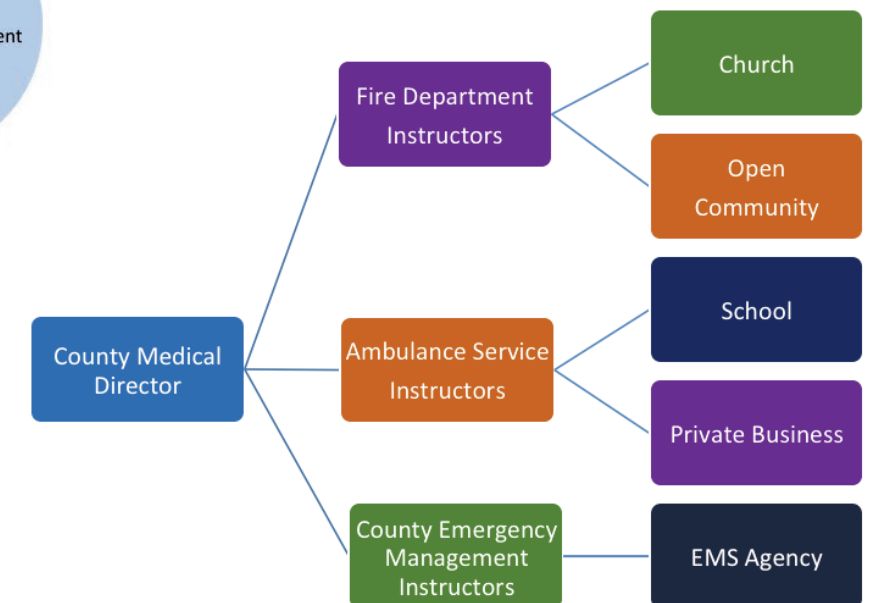
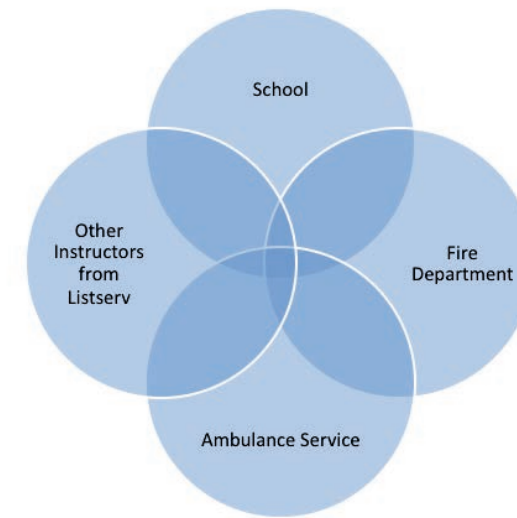
### Hospital example:

- Physicians from a hospital in our trauma region attended a Stop the Bleed Class followed by an Instructor Course conducted by Upstate
- Outside hospital purchased Stop the Bleed Training Equipment
- Outside hospital conducted Stop the Bleed training at schools in their community

### County EMS example:

- County EMS Medical Director attended a Stop the Bleed Class followed by an Instructor Course conducted by Upstate
- County EMS Medical Director borrowed training equipment from Upstate and conducted the Instructor Course for EMS agencies in that county.
- Upstate obtained grant money to place a training kit in that county
- County agencies are offering Stop the Bleed training to their communities

The movement to community based education has broadened the areas in which Stop the Bleed training is being offered and has permitted more people to become trained in bleeding control than could be accomplished by Upstate alone.



# SENIOR CARE



## Geriatrics

The geriatric population in the United States has been steadily climbing for the last 20 years. People are living longer and are healthier than their counterparts a generation ago - resulting in a rapid increase in both the number and percentage of people 65 and over.

Upstate Trauma Center developed best practice guidelines and protocols to care for this population. Although each geriatric trauma patient presents differently, a systematic team approach leads to better outcomes.

Upstate Trauma Center screens patients over the age of 65 to identify delirium and frailty in the geriatric patient, both of which are

predictors of how well the patient recovers after injury. If a patient screens positive, our ACE (Acute Care for the Elderly) team becomes involved in the management of the patient, along with geriatric pharmacy and nursing. A team approach of specialized geriatricians, social workers, pharmacists and nurses caring for the elderly has been shown to improve trauma care by managing complex medical diagnoses, managing medication changes/challenges, and improving pain management with the goal of decreasing the length of stay, reducing discharges to long-term care and restoring elderly patients quality of life.

## Vial for Life

The Vial for Life program is for individuals to have their complete medical information available to first responders in the event of an emergency. Individuals fill out a medical history form, including current medications, and place it in a medicine vial that is kept in the refrigerator. A Vial for Life decal is placed on the front of the home and a magnet is placed on the refrigerator to alert first responders. This vital medical information can speak for the patient when they are unable to, due to injury or illness. The information can be used by medical professionals to better care for them. The program also includes

information on falls prevention, home safety and includes a night light for individuals to place in their home to prevent falls.

Upstate Trauma Center gave away over 500 Vials at the New York State Fair in 2018. Upstate currently disperses the Vial for Life at our Senior Emergency Department (GEM Care) at the Community Campus and through Upstate Oasis.

The Trauma Department would like all patients admitted to the hospital, who are considered FRAIL, to receive the Vial for Life prior to discharge.



My Note

Type:  Service:  Date of Service: 11/27/2017 10:17 AM

Cosign Required

Rich text editor toolbar: Bold, Italic, Underline, Text Color, Background Color, Bulleted List, Numbered List, Link, Unlink, Undo, Redo, Print, Refresh, Save, Insert SmartText, etc.

Trauma FRAIL Scale Assessment			
Patient	TrainingTwo Orders	Date	11/27/2017
DOB		MRN	
Patient is 43 y.o. White or Caucasian male.			
FRAIL SCALE		A response of "YES" to any of the below indicates a <b>positive</b> FRAIL Score. If <b>positive</b> , please contact Geriatrics for <b>ACE Consult</b> .	
Question	Score		
Fatigue	{Frail Scale Fatigue:304525208}		
Resistance (inability to walk up flight of stairs)	{Frail Scale Resistance:304525209}		
Ambulation (inability to walk length of football field)	{Frail Scale Ambulation:304525210}		
Illness (5 or more)	{Frail Scale Illness:304525211}		
Loss of weight (5% or more body weight)	{Frail Scale Loss of Weight:304525212}		
Geriatrics Contacted for ACE Consult? {ACE Contacted:23183}			
Plan: ***			
Signature: <input type="text" value=""/>			
Date: November 27, 2017 10:17 AM			

Buttons:



# TEEN PROGRAMS



## Let's Not Meet Like This/Impact Teens Program

Motor vehicle crashes are the leading cause of death/injury for teenagers in the United States.

And the majority of these crashes are preventable.

Upstate's Trauma Center works with school districts and driver's education classes across the region to provide Let's Not Meet By Accidents to teens. The program uses personal stories to teach young people the dangers of distracted, reckless and impaired driving. LNMBA explains what happens when patients arrive at trauma centers - and discuss the consequences of a car crash involving fatalities and serious injury.

The program takes students through a real story of five teenagers involved in a car crash - and gives them firsthand accounts as to how this accident affected their life.

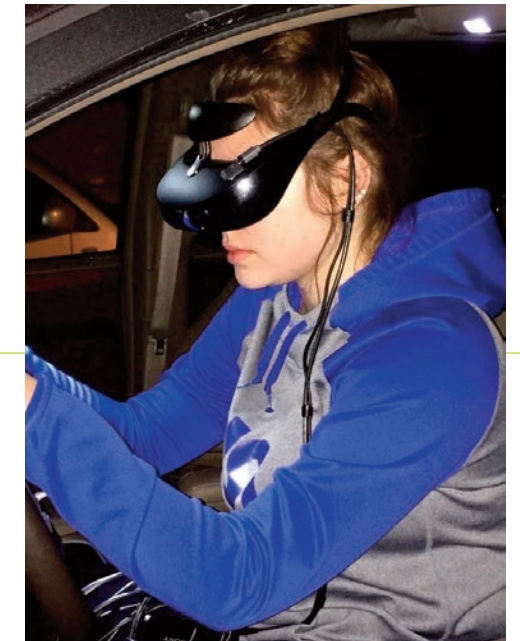
The class listens to a radio report from the scene of a two car motor

vehicle crash. They are then taken through the story of what happened as it unfolded. They learn of all the injuries encountered, who died at the scene, and finally; the long term consequences.

This program encourages teens to make good decisions and provides them with information and tools to share the message with their peers.

Upstate Trauma teaches to over 1000 students a year. The program is offered on a monthly basis at the hospital and can teach up to 150 students at a time. Trauma team members also teach this program at high schools. During the summer months, the program is taught off-site for driver's education classes throughout our region.

If you interested in this program, please contact the Trauma Center at 315-464-4773.



## DISTRACTED DRIVING SIMULATOR

With the continued support of the Upstate Foundation, the Trauma Center was able to purchase a distracted driving simulator as part of its continued mission to keep CNY safe.

The distracted driving simulator uses a real car to demonstrate consequences of decisions made behind the wheel. The trauma center is able to bring the simulator to schools and have it available for the entire day. Students who have their driving permit or driver's license are able to sit in the car and go through multiple scenarios. While one student is "driving", other students can see the scenario on a large monitor which allows for a group discussion about choices and driving habits. This tool gives teens a "real life" opportunity to see what can happen when they drive distracted, reckless or impaired.

Please contact the trauma center at 315-464-4773 if you are interested in having the distracted driving simulator for your school/event.

# TRAINING PROGRAM



## Rural Trauma Team Development Course© (RTTDC)

The Central New York Trauma Region comprises one-third of the state and includes many rural and isolated areas.

Care of trauma patients in rural areas presents unique challenges and accounts for 60% of the nation's trauma deaths.

Delays in getting critically injured patients to the trauma center is a contributing factor.

The RTTDC course was developed by the American College of Surgeons to address problems related to the rural environment.

This one-day course is designed for doctors, advanced practice providers, nurses, technicians, administrative support and EMS providers.

You can learn more about the course by visiting the American College of Surgeons website at: <https://www.facs.org/quality-programs/trauma/education/rttdc>

Hospitals in the CNY Trauma Region can request a course by emailing [trauma@upstate.edu](mailto:trauma@upstate.edu)



### RTTDC Course Objectives:

- Organize a rural trauma team with defined roles and responsibilities for the members
- Prepare a rural facility for the appropriate care of the injured patient
- Identify local resources and limitations
- Assess and resuscitate a trauma patient
- Initiate the transfer process early
- Establish a performance improvement process
- Encourage effective communication
- Define the relationship between the rural trauma facility and the regional trauma system

# PEDIATRIC TRAUMA



Pediatric trauma is life-threatening injury to children and it's the number one killer of children in America, more than all other causes combined. These injuries require hospitalization, and usually emergency surgery.



### Important facts about pediatric trauma:

- 9,523 children die from traumatic injuries every year – that's one child every hour
- 175,149 injured children were hospitalized in 2011
- Nonfatal hospitalized injuries result in annual cost of over \$24 billion
- Federal Research dollars spent:
  - \$17 on Cancer
  - \$7 on Diabetes
  - \$4 on Heart Disease
  - \$0.18 on Childhood Injury

### Pediatric Trauma Admissions for 2018:

**614** (pediatric is defined as patient ages 14 years or younger)

Childress institute. (n.d.). what is pediatric trauma? retrieved from <https://saveinjuredkids.org/blog/what-is-pediatric-trauma/>

# PEDIATRIC TRAUMA



Children are not just small adults. As the region's only Level I Pediatric Trauma Center, Upstate Golisano Children's Hospital has all the resources available to care for these young patients, including trauma surgeons and specialists. The geographic region spans from the Canadian border to Pennsylvania, and includes 14 counties with 28 hospitals. Upstate is the only pediatric hospital in this region, and one of only eight Level I pediatric trauma centers in New York State.

Childhood is a time for exploring the world and learning boundaries. Unsurprisingly, children have a predictable pattern of injuries. Pediatric traumatic injuries seen at Upstate are most often from:

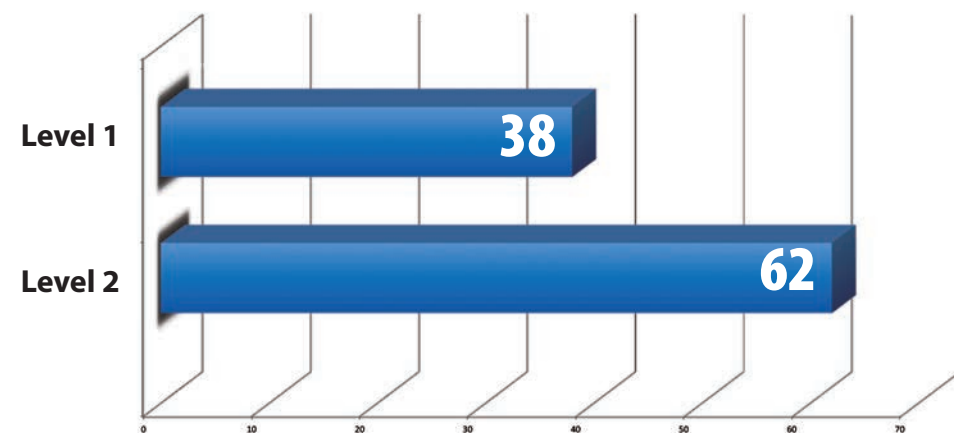
- falls
- intentional injuries/abuse
- being struck by a vehicle
- accidents involving a motorized vehicle
- crashing on a bicycle
- sports-related injuries

When children do get injured, specialty expertise is required for optimal care. The staff at Upstate have pediatric

training and can provide the care required not only for the patient, but for the family as well. Simple things such as speaking to children on their level can make a difference in the care received. There are dedicated professionals called Child Life Specialists who can teach things on the child's developmental level as well as help distract the child during difficult procedures. There are also other important resources specific

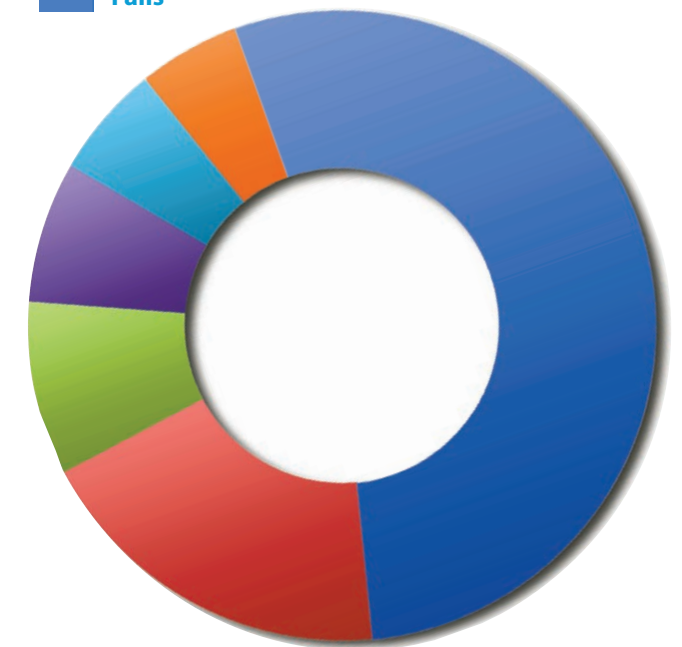
to a pediatric trauma center, such as pediatric radiologists. These specialized radiologists can distinguish abnormal findings from those that are normal for age, and can spot subtle changes that may be missed by those less accustomed to looking at radiology images of children. For these reasons and many more, it is crucial that the most severely injured children are cared for at a Level I pediatric trauma center.

## Pediatric Trauma Activations:



Of the 614 pediatric trauma patients admitted to Upstate Golisano Children's Hospital in 2018, the top mechanisms for injury were:

- Motor vehicle collision
- Bicycle
- Pedestrian
- Sports-related
- Child Abuse
- Falls



## Top Five Transferring Facilities for Pediatric Trauma Patients

- Samaritan/Watertown
- Upstate University Hospital Community Campus/Syracuse
- St. Joseph's/Syracuse
- Oneida Healthcare
- Oswego Hospital



# PEDIATRIC TRAUMA



The Upstate New York Safe Kids Coalition is committed to identifying the most prevalent causes of unintentional injury for the children of the community through advocacy, education, and the use of proven injury prevention strategies, and to stimulate changes in adult and child behavior and the environment in order to reduce the incidence of these injuries.



Upstate NY Safe Kids collaborates with the Upstate Pediatric Trauma Department to reach the mission goal to keep kids safe. Pediatric Trauma and Safe Kids Upstate NY are of the shared belief that unintentional injuries are predictable and preventable. Pediatric Trauma and Safe Kids can provide accurate and on-going injury prevention information to the community. In collaboration they provide community programs, outreach, and events while providing support and reinforcement to the programs of injury prevention partners in the



communities that are served. In 2018, the goal was to provide outreach and programs that specifically address the communities' injuries so that there is a decreased risk for the most precious future, the children.

The number one preventable injury that children experience is from a fall. The most serious traumatic injuries from a fall are to the brain. This past year Upstate Pediatric Trauma Program and Upstate NY Safe Kids Program received a grant through the Upstate Foundation to purchase a Mega Brain. The



Mega Brain has been a fun and interactive way to engage the community with the brain, its functions, and why it is so important to wear that bike helmet! The Mega Brain has made its way to the 2018 Safe Kids Day at the Syracuse Chiefs, the Great NYS Fair, and on campus at Upstate for Trauma Awareness Day. Adults and children alike have been able to tour the brain, play a fact filled game at the end of the tour, and learn about brain health. The motto is "We can cast a leg but we can't cast a brain," stressing the importance of using protective head gear during sports and activities in which a fall could occur.

While most of the country is seeing a decrease in pedestrian injuries and death, those in the Upstate region are on the rise. Spot the Tot is a fun, interactive exercise that educates the parents/adults about safe driving practices, and also informs the child about vehicle safety. Spot the Tot gives children and adults a

visual and interactive way to be more aware of their surroundings, especially in a busy parking lot.

Dog bites are another common cause of preventable, non-intentional injuries to children in the region. Through partnership with Helping Hounds Inc., Pet Partnership, and community schools, Upstate NY Safe Kids has brought a dog bite curriculum to more than 1000 children in the region. "I Speak Doggie" is a fun, interactive curriculum that is provided in a classroom for children from preschool age to first grade. This fun and engaging instruction teaches children how to safely interact with a dog so they can minimize any risk of a non-intentional dog bite. Children are able to practice their new "I speak doggie skills" with a live pet therapy dog and receive a certificate at the end of the class.

