

Injury Prevention Special Kids Edition

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Injury Prevention

- Keeping a person safe from harm
- A big deal?
 - Result in a range from minor injuries to disability to death
 - Injuries are the leading cause of death for people ages 1-44 in the US. (CDC 2020)
- Prevention works
 - Considerations:
 - Ages and stages
 - Risk factors
 - Environment
 - Available resources



Special Kids

- All children are vulnerable
- Additional factors (predisposing factors)
 - Behavioral Challenges
 - Sensory issues, resistance to authority
 - ADHD - impulsive, hyperactive, inattentive
 - Self-injurious behavior
 - Cognitive Challenges
 - Situational awareness and recognizing danger
 - Physical Challenges
 - Mobility, tone, coordination, decreased bone density
 - Vision and hearing impairments
 - Neurological Challenges
 - Sensory issues, communication deficits, fixation with objects or narrow interests
 - Environmental Factors
 - Environment is not adapted to the needs of individuals with disabilities



Special Kids

- Additional Vulnerability
 - Limited communication skills
 - Exposure to multiple caregivers
 - Limited capacity for self-defense
 - Sociocultural attitudes of peers
 - Not being treated in an age-appropriate manner
- Put them together and...
 - Increased risk for injury in every age and stage
 - Prolonged exposure to risk areas
 - Increase in financial cost for devices and interventions
 - Increased worry and stress



Safety is a life skill

- Safety skills are life skills and life-long skills, start early and practice often
- Practice across multiple settings
- Create a safety network
- You know your child best



Safety Planning Cycle*

1. Understand
 - Each safety topic - why is it important for you child, what does he/she need, what makes him/her safe or unsafe in a particular situation?
2. Prepare
 - What does your child need to practice this safety skill? Which resources, people, or skills does he need to be safe in this situation?
3. Practice
 - Pick most important topics to start, break into small steps and incorporate into daily life
4. Share
 - Safety is an issue for everyone that could potentially be part of solutions that keep your child safe
5. Update
 - If your plan is not working, revise and update. Safety needs evolve and your plan will too.

*This approach was developed by the organization for Autism Research (OAR) and is outlined in their publication "Life Journey Through Autism: A Guide to Safety" https://researchautism.org/wp-content/uploads/2016/03/A_Guide_to_Safety.pdf



Safety in the Home – Layers of Protection

- First layer of protection:
 - Supervision
- Second layer of protection:
 - Home Safety Devices
 - GPS tracker
- Third layer of protection:
 - Signs and Symbols - help create predictability and set physical boundaries
 - Put pictures or labels on kitchen cabinets, rooms, or appliances
- Fourth layer of protection:
 - Teaching the skill
 - Behavior Skills Training
 - Social Story



Safety in the Home – Layers of Protection

- Fifth layer of protection
 - Educating others and taking the precautions in additional environments - Generalization
 - Family members and friends homes; additional care providers, therapists, schools, etc.
- Sixth layer of protection
 - Emergency Preparedness
 - Alert first responders about your child
 - Emergency numbers on the Fridge



Hazards— Here, There and Everywhere

SAFE KIDS WORLDWIDE™

Home Safety

— Facts & Tips —

The infographic is shaped like a house and divided into five rooms, each with a question mark and exclamation point icon:

- Bedroom:** Shows a bed, nightstands, and lamps.
- Child's Room:** Shows a crib and a rocking chair.
- Bathroom:** Shows a toilet and a bathtub.
- Kitchen:** Shows a refrigerator, stove, table, and chairs.
- Living Room:** Shows stairs, a bookshelf, a TV, a side table, and a sofa.

Did you know? Each year, 2,200 children die from an injury in the home. And 3.5 million children go to the emergency department for the kinds of injuries that commonly happen in homes.



Water Safety

- Drowning is the leading cause of injury-related death for people with Autism (National Autism Society)
- Children with Autism or cognitive delays seem to be more drawn to water.
- Never leave your child unattended around water. Children can drown in as little as one inch of water.
- Help children to learn the dangers of water and the rules for being around water.



Preventing Burns

- Don't carry a child while cooking on the stove. It's better to put your child in a high chair where you can still see them.
- Use the burners in the back of the stove, if possible, so children cannot reach what is on them. Turn handles back so they are not hanging out over the edge of the stove.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm.
- Unplug and safety store these items after use.
- Set the thermostat on your hot water heater to below 120 F.



Sleep

- ABC's of Safe Sleep - birth to 1 year
 - Suffocation
 - Skull fractures



Fall Prevention

- Caregivers may assume children with limited mobility are not at risk for falling and do not take proper precautions
- Limited awareness of danger



TV and Furniture Tip-Overs

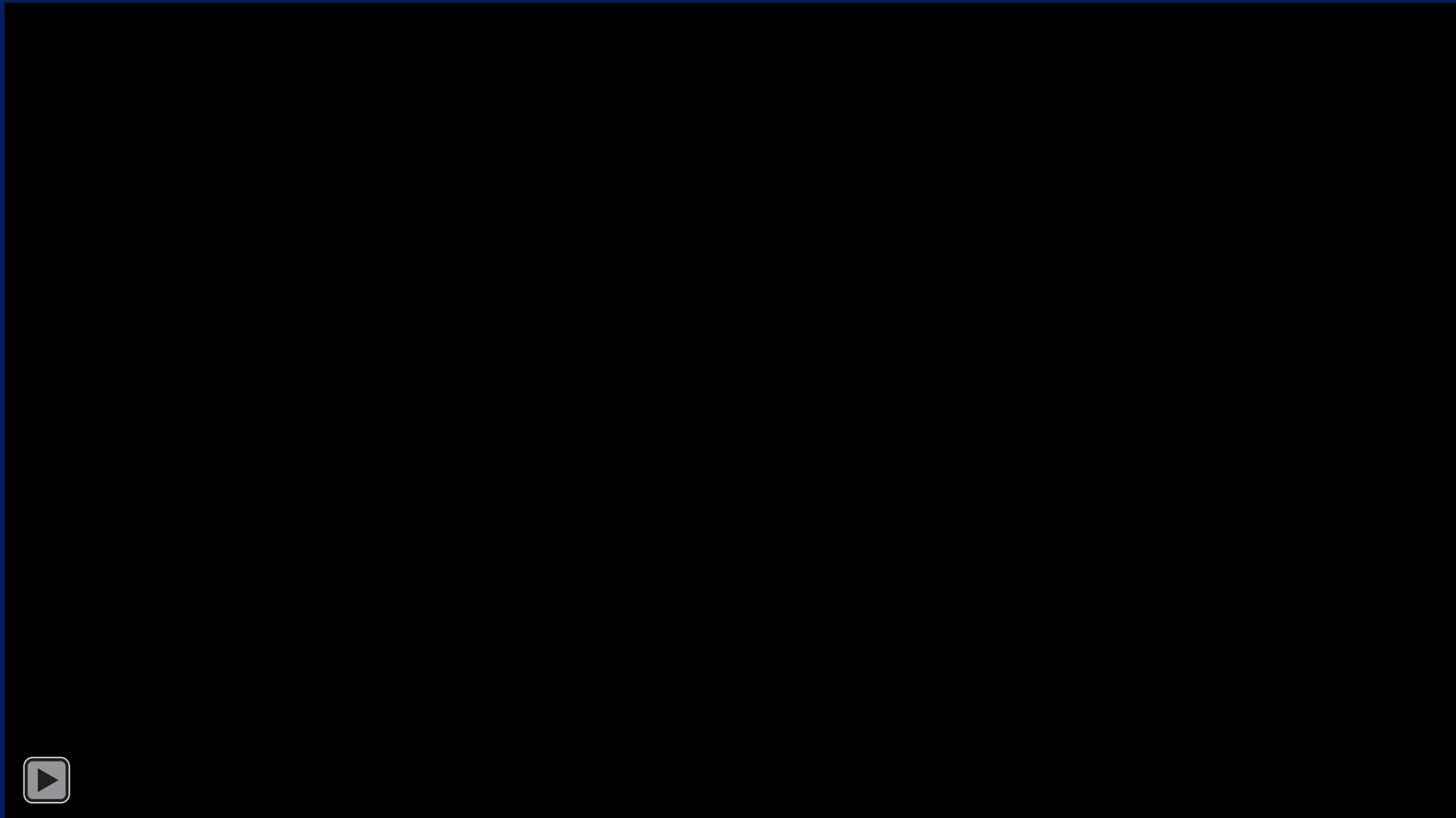


Medicine Safety and Poisoning Prevention

- Up and Away
- Avoid taking any medications in front of your child.
- Keep the poison control center number on your phone 1-800-222-1222.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Keep small magnets away from children. Cover Band-Aids with clothing
- Do not allow the child to play with latex balloons.



Today Might be the Day...



Home Inspection Challenge



Fire Prevention

- Individuals with a physical or cognitive disability have a two- to six-times higher risk of dying in a house fire compared with the risk of the general population.
- Have a plan, share with others in home, practice.
- Smoke alarms can often times be frightening and confusing for some people.



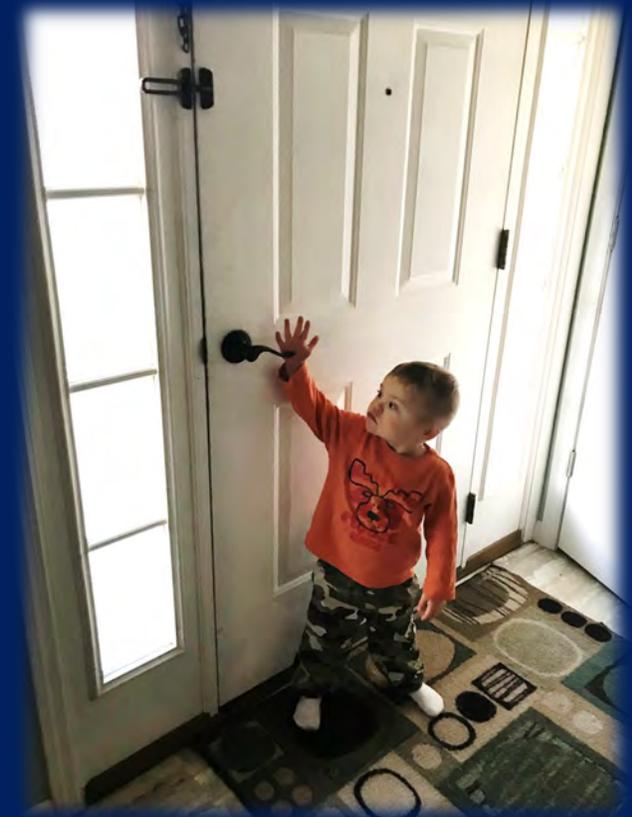
Other Safety Considerations in the Home



Wandering

- Understand why it is happening
- Mark entryways and exits visually with Yellow tape or large stop signs to help set boundaries of safety
- Secure your home
- Consider a tracking device
- Consider an ID Bracelet
- Teach your child to swim
- Alert your neighbors
- Alert first responders

Additional tips can be found at autismriskmanagement.com
Big Red Box - <http://awaare.nationalautismassociation.org/>



Travel Safety

- Safe Sleep
- Medication Safety
- Flight child passenger safety options



Child Passenger Safety

- Motor vehicle crashes are a leading cause of death for children



Kheelz Emergency Contact/Medical ID Card	
 My Name is: _____ Remove Card to Access Emergency Information	Name: _____
	Address: _____
	City: _____ St: _____ Zip: _____
	Hair Color: _____ Eye Color: _____
	DOB: ___/___/___ Blood Type: _____ Contact Lens: Y N
	Medical Conditions: _____
	Allergies: _____
	Medications: _____
	Contact Name: _____ Relationship: _____
	Phone 1: _____ Phone 2: _____

Front of Kheelz ICE Card

PULL HERE	Contact Name: _____ Relationship: _____
	Phone 1: _____ Phone 2: _____
	Contact Name: _____ Relationship: _____
	Phone 1: _____ Phone 2: _____
	Contact Name: _____ Relationship: _____
	Phone 1: _____ Phone 2: _____

Back of Kheelz ICE Card



Protecting the “Houdini’s”

- Assisting families with children that can “escape” their car seat
 - Shannon DePatto, CPSTI/Special Needs Instructor
 - Pediatric Trauma Prevention Coordinator, Penn State Children’s Hospital
 - Jena Miller, OTR/L, CPST/Special Needs Certified
 - Outpatient Pediatric OT, Penn State Children’s Hospital



Protecting the “Houdini’s”

- Is the child in the correct car seat?
 - 5 point harness, booster seat, seat belt only
 - Even though the child may be the appropriate height/weight to use a booster seat, these children should be encouraged to stay in a 5 point harness car seat for as long as possible. Parents may need to consider going back to using this type of seat.
 - Not every child is going to need a special needs seat
- Are caregivers securing the child into the seat correctly?
 - Are the harness straps and chest clip in the correct position?
 - Is the harness tightened appropriately?



Protecting the “Houdini’s”

Consider how the child is getting out of the seat:

- unclipping chest clip or crotch buckle, unclipping seat belt, pushing seat belt forward and climbing out of seat

Behavioral Modification Strategies:

- Use LATCH instead of seat belt if the child is using a 5 point harness
- Use a cloth to cover harness and crotch buckles as a visual distraction
- Go to a salvage yard or dealership to see if they have a seat buckle the child can play/fidget with
- Use toys, fidgets, movies, music, etc. as a distraction
- Put a jacket on backwards
- Use immediate and long term reinforcements. For example, have a small reward (candy, crackers) every few minutes he stays buckled. Use a sticker chart to earn a larger reward (ice cream, cars, Ipad time).
- If able, have another passenger ride in the back seat with the child to re-direct behaviors
- Use social stories





STOP Houdini with the Button-Down Shirt Trick



Houdini

Pushes chest clip down, slides arms out of straps & risks ejection in crash



1. Buckle snug with shirt unbuttoned



THE CAR SEAT LADY

2. Button shirt over snug straps

Note: Most kids can't undo small buttons until age 4-5



Protecting the “Houdini’s”

When to consider a special needs seat

If a child...

- Has outgrown use of a conventional seat due to height/weight restrictions
- Is continuing to get out of their conventional seat despite use of behavioral modification strategies

This can be a lengthy process:

- Outpatient occupational therapy evaluation for special needs car seat
 - Needs a referral from physician
 - Interviews family
 - Assesses positional needs, functional levels, sensory processing needs and the child's ability to self-regulate
 - Assesses current car seat and provides recommendations
 - Therapist writes a letter of medical necessity for insurance
 - Vendor delivers car seat and family returns for therapist to provide education on installation and fitting of child into car seat



Self-Care

- The Basics
 - Nutrition, Sleep, Exercise, “me” time
- Get Support
 - Family, Friends, Groups
- Home Health Aides
- Respite Care
- Employer Benefits
- Accepting Limits
- Getting Out and About



Thank you

- For resource list and more information contact:

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