The objectives of illness and injury prevention are to:

- Decrease the incidence of preventable illness and injury
- Preserve life and function
- Prevent people from ever requiring costly medical care

Injury

- Epidemiology
- Incidence
- Morbidity/mortality
**Terminology**

- Injury
- Injury risk
- Injury surveillance
- Primary injury prevention
- Secondary and tertiary prevention
- “Teachable Moment”
- Years of productive life

**EMS Providers**

- Often reflect composition of community
- May be the most medically educated individual in a rural setting
- High-profile role models
- Often considered the champion of the health care consumer

**EMS Providers**

- Welcomed in homes, schools, and other environments
- Often considered authorities on injury and prevention
- Often first to identify situations that pose a risk for illness or injury
  - Unsanitary conditions
  - Unsafe home environments
Essential Leadership Activities

• Protection of individual EMS providers from injury
• Provide education to EMS providers
• Support and promote collection and use of injury data
• Obtain support and resources for primary injury prevention activities
• Empower individual EMS providers to conduct primary injury prevention activities

Personal Injury Prevention

• Wellness
• Safe driving
• Scene safety precautions
• Using proper lifting and moving techniques
• Recognition of health hazards and high-profile crime areas
• Practice on-scene survival techniques
• Use on-scene survival resources

Essential Provider Activities

• EMS provider also needs to be knowledgeable about:
  • Illnesses and injuries common to various age groups
  • Recreational activities, work places, and other facilities in the community
**Patient Care Considerations**

- Recognize signs/ symptoms of suspected abuse
  - Recognition of abusive situations
  - Goal is to resolve conflict (in a nonjudgmental way) without violence

**Exposure to Danger**

- Be alert for potentially dangerous situations
- Examples:
  - Safety hazards in the home
  - Inadequate housing conditions
  - Inadequate food and clothing
  - Absence of protective devices (e.g., smoke detectors)
  - Hazardous materials (e.g., lead base paint, dangerous chemicals)
  - Communicable disease (and potential for transmission)
  - Signs of abuse and/or neglect

**Recognize Need for Outside Resources**

- Municipal
- Community
- Religious
**Documentation**

- Record primary care
- Record primary injury data
  - Scene conditions
  - Mechanism of injury
  - Use of protective devices
  - Absence of protective devices
  - Risks overcome
  - Other as noted by the EMS agency

---

**On-Scene Education**

- Recognize/sense possible recurrence
- Effective communications
  - Recognizing the teachable moment
  - Non-judgmental
  - Objective
  - Sense of timing
  - Consideration of ethnic, religious and social diversity
- Inform individuals how they can prevent recurrence
- Inform individuals on use of protective devices

---

**Resource Identification**

- Devices
- Child protective services
- Sexual abuse
- Spousal abuse
- Elder abuse
- Food, shelter, clothing
- Employment
- Counseling
- Alternative health care
  - Free clinic
- Alternative means of transportation
- After-care services
- Rehabilitation
- Grief support
- Immunization programs
- Vector control
- Disabled
- Day care
- Alternative modes of education
- Work-study programs
- Mental health resources and counseling
Community Health Assessment

- Identify a target for community health education by performing a community health assessment

  - Evaluate:
    - Population demographics
    - Mortality statistics
    - Crime and fire information
    - Community resource allocation
    - Hospital data (e.g., ED visits, length of stay)
    - Senior citizen needs
    - Education standards
    - Recreational facilities
    - Environmental conditions
    - Other factors

- Following the assessment:
  - Carefully choose the target for community health education
  - Employ an appropriate intervention
**Community Health Assessment**

- Identifying goals for community education requires an understanding that illness or injury is related to:
  - Extent of exposure to an agent
  - Strength of the agent
  - Susceptibility of the individual (host)
  - Biological, social, and physical environment

**Community Health Intervention**

- Health prevention activities can be classified as primary, secondary, and tertiary
  - Primary prevention activities prevent problems before they occur
  - Secondary prevention activities find problems and intervene early
  - Tertiary prevention activities correct and prevent further deterioration of a disease or problem

**Health Prevention Activities**

- Primary prevention activities
  - Seatbelt education
  - Legislation to require helmets while bicycling
- Secondary prevention activities
  - Blood pressure screenings
- Tertiary prevention activities
  - Providing EMS services in a community
**Community Education Methods**

- **Verbal**
  - Lectures
  - Informal discussions
  - Informal teaching on an EMS call
  - Audiotapes
  - Radio programs

- **Written/Static Visual**
  - Bulletin boards/exhibits
  - Flyers/pamphlets/posters
  - Models
  - Slides/photographs

- **Dynamic Visual**
  - Videotapes
  - Television
  - Internet resources