

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's Health and Wellness program where we feature news and information to help you live a healthier life. I'm Katie Johnson, your host, and Sarah Brunn is back as my guest for a second week in a row as we talk about National Trauma Awareness Month. Sarah's our emergency medicine and rehab director in the emergency department at Lake Region Healthcare, welcome back Sarah.

Sarah Brunn: Thanks for having me back.

Katie Johnson: Thanks for coming back, last week we talked specifically about Lake Region Healthcare's trauma designation, about our staff, how they're trained for trauma and touched just a little bit on the National Trauma Awareness Month theme of Safety At Any Speed. This week, we want to talk specifically about that campaign and some of the resources and tips that are available to our listeners and our community as we head into the summer. Summer, summer sports bring with them some risks and like you said, we're all about prevention and how we can help people stay out of those trauma situations in the emergency room. So what are some of the things we should be considering as ... now that Memorial Day's behind us and summer is officially in full swing?

Sarah Brunn: Yeah, let's start with all the fun equipment that we get to use in the summer. With jet skis, it's a great activity, it's something that's really fun to do on the lakes. The biggest tip I would say is wear your life jacket, that's what's going to keep you afloat if something happens to you. It's also important to know what your own swimming limitations are. So if you're not a really strong swimmer, you need to be conscious of that and be with other people that maybe are stronger or not go so far out on the jet ski that you couldn't make your way back if you had to. You also want to attach the engine cut off lanyard to your wrist or your life jacket so that if you fall off your jet ski, that the jet ski will stop moving, otherwise you have a really high risk of that jet ski running over you because it can ... Generally it will run in a circle and so it can go over your body and then you can have pretty serious cuts from that jet ski, so you want to make sure that the engine dies if you fall off of it.

Katie Johnson: Absolutely and jet skis, like you said, are such a fun thing, being on the water is such a fun thing, but things can happen really quickly with the weather as well.

Sarah Brunn: Absolutely. You want to make sure that you're not going so far out and that you're aware of what's going on, that you can get back to shore if you need to.

Katie Johnson: Great tips for on the water. There are also lots of motorized events that happen off of the water that can get us into trouble in the summer. Next on your list?

Sarah Brunn: Next is golf carts and I know we think about golf carts as being pretty benign, they don't go that fast, they're pretty stable, but there are some risks with golf carts. Probably the biggest risk with a golf cart is falling off, or being thrown from it. Especially little kids, I think, because we think they are safe and so slow

that we have kids on the golf cart with us, so you want to make sure that your kids are actually in the golf cart and sitting down and not hanging off the sides or hanging off the back. You have to remember that there aren't any seat belts or enclosures to protect you, so be careful when you're on inclines especially because your golf cart can tip over and then there's nothing to protect you if it rolls down. Again, just make sure that everyone in the cart is sitting down while it's moving.

Katie Johnson: Lots of people use golf carts kind of like an ATV, they're not just for the golf course any more, so those I would guess transition kind of into the ATV theme too.

Sarah Brunn: Yeah, absolutely. ATVs we get even a little bit more nervous because they go really fast. So probably the biggest tip is to remember to wear the right equipment when you're on an ATV, just because if you roll, there's not protection for you. So you want to wear long sleeves and long pants when you're in an ATV, to protect your skin, and then a helmet with eye protection and boots and gloves. It sounds like a lot and we think this is just to go from here to there and it might be quick, but you're really at risk if your ATV falls over.

Sarah Brunn: Another thing is to remember to supervise riders under 16. Those riders, riding an ATV requires judgment and reflexes and those things aren't always well developed in kids. The law actually says that under 16, you have to be supervised, so you want to make sure that you're watching those kids and giving them that same level of protection. Kids, I would say, wear a chest protector for those kids, if their ATV rolls and it lands on top of their chest, I've seen some pretty significant injuries from that and a chest protector can help with that.

Katie Johnson: Similar to ATVs but maybe even go faster and a little bit more individual, is the danger of dirt biking.

Sarah Brunn: Mm-hmm (affirmative), yeah, dirt bikes. We think about motocross and maybe the danger of that because you're going up and down jumps and you're going really fast, but actually, most dirt bike injuries are recreation related, so people that are out just having fun. About 70% of those are in patients that are 16 and under, so that's a really high risk age group. Again, I would say wear a helmet, wear a helmet, wear a helmet. That's your biggest tip there, but also, be especially careful when you're driving on rough and rocky terrain, wear the appropriate clothing, so gloves and boots. You want to make sure that all your skin is protected when you're on that dirt bike.

Katie Johnson: All of these activities are so fun, and summer is such a short season and we want to pack as much fun into it as we can, but what I really hear as a theme is just taking a little bit of time before you go out on your activity to think about what you need to have on to be prepared.

Sarah Brunn: Absolutely.

Katie Johnson: The whole idea is to prevent trauma, but when trauma does happen, as we talked about last week, the emergency department here is a community resource, highly trained. What do you feel, as someone who is involved in treating these traumas, that a trauma patient's survival relies on?

Sarah Brunn: Really, the survival of a trauma patient relies on the strength of the trauma program. It starts at the scene of the accident when EMS begins treating the patient. So if you call 911 and an ambulance shows up, those paramedics and EMTs are very highly trained in taking care of you on the scene. We live in a world that largely wants to be self-sufficient, but having trauma is not a time to be self-sufficient. You don't want to tough it out and you don't want to bypass an ambulance. They can initiate lifesaving measures and monitor you while you get to the hospital and if the injuries are significant enough, first responders might launch a helicopter team to the scene of the accident, or to meet you at the hospital, so it just helps get the ball rolling in terms of your care if you call an ambulance.

Sarah Brunn: Really, the goal is always to get you to the right care. So if you need care at Lake Region Healthcare, that's great, we're here to serve you. You might need care at a larger facility that has more services than we can provide and again, our job is to facilitate getting you to the right place.

Katie Johnson: And you're right, the emergency responders are the ones who can get the wheels in motion to get you to the right place the quickest and this is a great time to give a shout out to those really dedicated people in our communities too.

Sarah Brunn: Absolutely. We have amazing emergency services in our community.

Katie Johnson: What about if you're a bystander to a trauma situation? What can bystanders do to help the survivor of a trauma occurrence?

Sarah Brunn: Again, I would say number one, call 911. Get those people in place. That call to dispatch doesn't just mobilize the ambulance crew but it also mobilizes our internal hospital trauma response so we hear all of those medical calls out, so we ensure that we have the right people and equipment in place when you arrive in our ambulance bay. In terms of taking care of the person that you're with, we want to go back to the basics of care, so you want to make sure that that person's airway is open, can they talk to you? That's probably your biggest rule. If not, you want to make sure that their mouth and nose is cleared out. Are they breathing? If not, then you want to start intervening with that, so mouth to mouth is something that you might have to do. Then circulation, make sure that that person has a pulse. So those are really your ABCs. With trauma, we add in a D, and that D is disability. We say that because we want to make sure that you keep that person as still as possible, so make sure that their neck isn't moving

around or that they're not moving their whole body around because that will prevent, if they do have some type of spinal cord injury, prevent serious damage.

Katie Johnson: Okay, so say those again, I didn't catch it until you were on about C that you were going A, B, C, D.

Sarah Brunn: Yeah, so A, B, C, D. Airway, Breathing, Circulation and Disability.

Katie Johnson: Great tips. Anything else that you would like our listeners to know about National Trauma Awareness Month as we encourage people to think about Safety At Any Speed before they head into summer activity?

Sarah Brunn: Overall, again, our goal as a trauma program is not just to treat injuries but to prevent them. So we want to make sure that you have fun but also that you stay safe while you're doing it.

Katie Johnson: Great tips for summer safety, whether you're on the golf cart, on the water on a jet ski, dirt biking, ATV-ing, from Sarah Brunn our emergency medicine and rehab director. Again, they're here for you if that trauma situation does happen but more than anything, we want to prevent that from happening and help our community all have a safe and fun summer. So, thanks for sharing those tips with us Sarah.

Sarah Brunn: Thanks so much for having me.

Katie Johnson: Sarah Brunn, emergency medicine and rehab director, talking with me this morning about National Trauma Awareness Month and Safety At Any Speed. Sarah and Katie both remind you there is so much to do here, stay healthy for it. Have a great day.