

Injury Prevention: Community Outreach

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Objectives

- Improve knowledge about injury prevention programs provided through hospitals
- Review steps in starting a hospital-based injury prevention program.
- Improve awareness of readily available injury prevention resources and injury prevention professional organizations.

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Disclosures

- I have no disclosures

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Injury Prevention Programs

- Motor Vehicle (Child passenger, teen driver safety, distracted driving, impaired driving, seat belts, ATVs)
- Falls Prevention
- Violence Intervention
- Drowning Prevention
- Poison Prevention
- Pedestrian and Bike Safety
- Fire/Burn Safety
- Home Safety
- Safe Sleep
- Heat stroke prevention
- Overdose prevention

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Steps for Developing an Injury Prevention Program

1. Gather and analyze data
2. Select the target injury and population
3. Determine evidence-based strategies
4. Develop an implementation plan
 - Set goals: SMART (specific, measurable, achievable, relevant and time-based)
 - Set objectives: How you are going to accomplish your goal

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SMART

S	Specific	Make your goal specific and narrow for more effective planning	
M	Measurable	Make sure your goal and progress are measurable	
A	Achievable	Make sure you can reasonably accomplish your goal within a certain time frame	
R	Relevant	Your goal should align with your values and long-term objectives	
T	Time-based	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	

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Steps Continued

5. Identify partners
6. Develop action plan
7. Train agencies/individuals
8. Implement program
9. Monitor and support
10. Evaluate
11. Quality Improvement Tools
 - Plan, Do, Study, Act (PDSA)

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Injury Prevention Resources

- Nebraska Injury Prevention Program
 - Motor Vehicle Safety
 - Child Passenger Safety, Teen Driver Safety, Seat Belts,
 - Distracted Driving, Graduated Driver Licensing
 - Childhood Injury Prevention
 - Safe Kids Nebraska
 - Eight local Safe Kids programs
 - Drug Overdose Prevention
 - Narcan
 - Concussion/Traumatic Brain Injury Prevention
 - Brain Injury Association of Nebraska



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Injury Prevention Resources

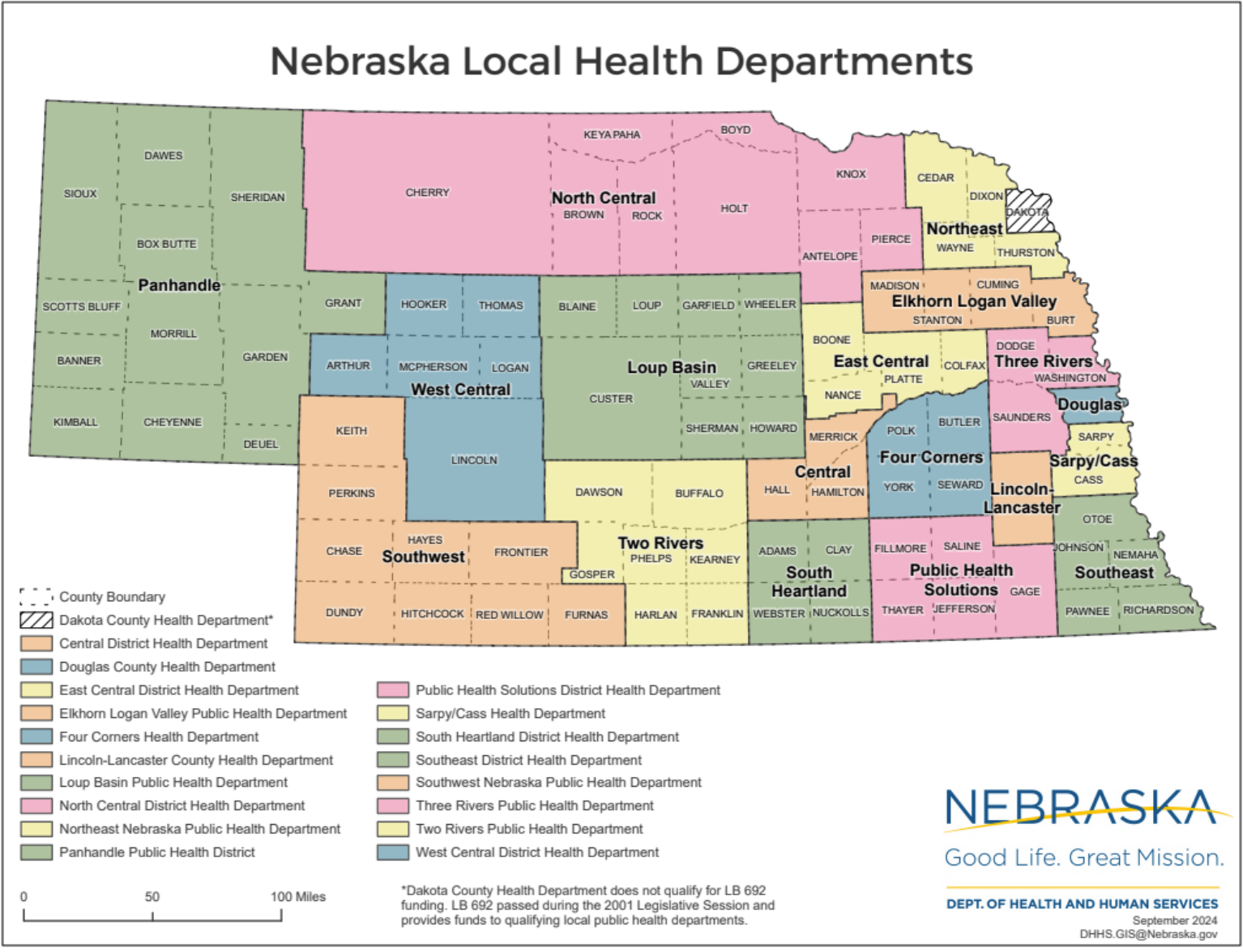
- Nebraska Community Collective:
<https://www.necommunitycollective.org/>
- Safe States Alliance
 - National non-profit and professional injury prevention association
- Nebraska Highway Safety Office
- UNMC Central States Center for Agricultural Safety and Health
- Nebraska Poison Center
- Local Health Departments



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Local Health Departments



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Prevention in Action

STOP THE BLEED TRAINING DAY MAY 8TH, 2024

Join NCC as we host seven trainings across the state to equip everyone with lifesaving stop-the-bleed skills.

Omaha: 10 am-2 pm

Omaha Public Library
1401 Jones

Hastings: 10 am-2 pm
Mary Lanning Conference
Center Room 5

Lincoln: 9am & 2pm
Lincoln City Campus
Union, Regency Rm.

Grand Island: 10 am - 2 pm

CHI Health St. Francis Lobby

North Platte: 7 am - 9 am

North Platte Rec. Center

Norfolk: 10 am -2 pm
Faith Regional Hospital

Kearney: 5 pm -6 pm
Kearney Public Library Niobrara
Room

For Event Updates Visit:
nccommunitycollective.org



or follow us on Instagram
@ncc_safety-focused



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<https://dhhs.ne.gov/Pages/Injury-Prevention.aspx>



Nebraska
Department of Health
and Human Services



Nebraska DHHS



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