PREVENTION OF ACCIDENTS & INJURIES IN CHILDREN AND THEIR PRIMARY TREATMENT.

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ACCIDENTS DON’T JUST HAPPEN

THEY ARE CAUSED

& THUS

CAN BE PREVENTED
- In developed countries, accidents are the principle cause of death in children.
- A permanently disabled child is a burden on the society for > 50-60 yrs.
- Social responsibility just as that of preventing or controlling communicable diseases.
- Children form a large percentage of population.
Preventive measures to be introduced at:

– Personal level ➔ parental guidance.
– Groups (medical & social associations):
  • Health Education programmes
  • Through media publicity.
  • Ushering appropriate legislation.
General Prevention of Accidents:

» Use Common Sense and Be Alert To Possible Mishaps.
Prevention of Road Accidents:

- (>50% of road accident deaths are kids)
  - Teaching Road Crossing Discipline.
  - Assuring Safe Cycling of Children.
  - Prevention of Indiscriminate Use of Motorised Vehicles.
  - Promote child friendly driving laws.
Prevention Of Burn Accidents In Children

Do Not Allow Children:

• Near Fires,
• Near Hot Utensils.
• Near Hot Water Buckets Etc.
- **Drowning Accidents:**
  - Supervise Children in Pools, Ponds & Beaches.
  - Do Not Permit Infants near Buckets of Water.

- **Electrical Accidents:**
  - Assure that All Plug Points In The House Are Blocked And Are Out Of Reach Of Toddlers.
Prevention of Accidents Due To Sharp Objects

- Toys Should Not Have Sharp Edges / Pointed Corners.
- Do not Permit Children to Handle Knives, Scissors Etc.
Prevention Of Miscellaneous Accidents

- Ensure safe clothing for children.
- Supervise Infants in Baby Walkers.
- Sleeping Children Should Be Well Protected From Falling Off Cots.
- Avoid Balloons and Plastic Bags.
- Sp. Care during Holi, Diwali & Kite flying.
- **Eye Injuries:**
  - Avoid Toys With Loose Missiles eg Bow & Arrow / Toy pistols.
  - Avoid Kajal.

- **Ear Injuries:**
  - Do Not Put Pins etc Into Ear .
  - Most Ear Buds Are Not For Children (They Are Often Harmful In Adults Also).
Prevention Of Limb / Hand / Finger Injuries

- Caution while shutting doors at home & in cars.
- **Do Not** Let Children Peep Out Of Vehicles.
  - Keep Car Windows Shut Or Half Shut.
  - School Buses May Preferably Have Grills.
Prevention Of Poisonings In Children

– Medicines, Attractive Tablets & Capsules To Be Kept Away From Infants.
– Kerosene, Washing Soda & Other Poisonous Items Should Be Inaccessible to kids.
Prevention Of Injuries In Children

- **Foreign Bodies: (Respiratory/ G.I. Tract)**
  - Pins, Coins, Toys With Small Loose Parts,
  - Stapler Pins From Bags Containing Foodstuffs
  - Other Small F.B.s: Pencaps, Whistles, Stones, Etc.

Peanuts And Other Hard Nuts Should Not Be Given To Children Below 2 Yrs.
Management of the Injured Child:

- Blunt injuries > common than sharp injuries.
- Vulnerable Organs:
  - *Head* (>75% of blunt injuries).
  - Urinary bladder, Liver, Spleen, Kidneys.
Primary Care Of Injuries

In every case always consult a doctor for assessment of injuries and need for tetanus vaccination and other medical care.
Injuries - - - And Their Primary Treatment.

A] Burn Injuries:
- **Neutralise The Thermal Agent At The Earliest**
  - Pour Clean Cold Water On Burnt Area.
  - Antiseptic Creams Locally.
  - Urgent Medical Help.
- In Electrical Burns:
  – Switch Off Electrical Supply
  – Cardio-Respiratory Resuscitation If Reqd.
Injuries - - - And Their Primary Treatment

B] Cuts And Bruises:

Stop Bleeding, Prevent Infection & Minimise Pain.

- Cover The Wound With A Clean Cloth / Cotton & Exert Steady, Continuous Pressure For 4-5 Mins.
- Minimil Movement of Part.
- Tourniquets May Do More Harm Than Good.
- Elevation Of Part If Possible.
Injuries - - - And Their Primary Treatment

C] In Suspected Bone Injuries:

- Cuts To Be Treated as Above.
- Splint Part – Use Wooden Rulers or Blunt Pieces Of Stiff Plastics Etc and bandage.
Injuries - - - And Their Primary Treatment

Identify major injuries by:

- Obvious limb deformities with bleeding and cuts.
- Injuries on head & Unconsciousness even if transient.
- Suspected spine injuries:-- pain in the spine,
  • Reduced movement of 1 / more limbs.
- ? internal bleeding : Blunt abd/ chest injury.
  • Severe Pallor with
  • Cold and moist extremities.
- Breathlessness after injury.
Primary Treatment In Major Injuries.

- ASSURE:
- BREATHING (if necessary mouth – mouth resuscitation).
- Ask for urgent medical help.
- Stabilise neck and head with a collar.

Prevention of accidents & Injuries in children

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Primary Treatment In Major Injuries.

- CARDIAC THUMP IF NECESSARY.
- Minimal bending of body.
- Transport preferably on flat wooden board or stretcher.
- Unconscious patient in lateral with head down posn
- Preferably transfer to centre with 24 hour casualty/emergency facilities.
THANK YOU