

CHAPTER 17
MAKING A CASE
FOR: INJURY
PREVENTION

KATIE ATTOLINO
PCH 201 WELLNESS
SECTION 02

INTRODUCTION

Katie Attolino

Social Work major

Some of my favorite things:
music, Vermont, the beach,
a good book, yoga

Would love to travel to
every state in the US, and
then to as many countries
as I can

Secret Talent – can quote
the entire *School of Rock*
movie

BACKGROUND

- I chose this topic, Taking Preventative Measures to Avoid Injuries, because one of my coworkers who I often drive to work got injured on his motorized scooter, on the one day I didn't drive him. He wasn't wearing a helmet and his face got very injured, causing him to be out of work for a few weeks.. Luckily he didn't break any bones. It could have been much worse!
- This is an important Wellness issue because over 214,000 Americans die every year from injuries, and many more are left either temporarily or permanently disabled as a result of being injured. \$671 billion dollars are spent on medical care and the rehabilitation of injured people every single year.

BACKGROUND CONTINUED..

Injuries are defined as “predictable outcomes that can be controlled or prevented”

Unintentional injuries = those from motor vehicle crashes, falls, and fires. Unintentional injuries are more common than one would think, as they are the #1 cause of death in Americans between the ages of 1-45.

Unintentional injuries make up more “years of potential life lost” than anything else that causes death.



<https://www.unh.edu/healthyunh/blog/healthcare-consumerism/2018/03/public-health-week-2018-injury-and-violence-prevention>

LEADING CAUSES OF DEATH FROM SPECIFIC UNINTENTIONAL INJURIES

- 1) Poisoning
- 2) Motor vehicle traffic
- 3) Fall
- 4) Suffocation

PROS

*Preventing injuries is beneficial because:

- "It's much easier to prevent an injury than it is to treat one"
- By: being careful while exercising, wearing a brace if you need to while participating in a sport, wearing a seat belt while in the car, not texting while driving, driving safely, wearing a helmet while riding any type of bike, not using alcohol/drugs during recreational activities, receiving public education, never operating a vehicle in an enclosed space, having your furnace inspected every year, installing handrails and nonslip surfaces in the shower, keeping walking areas clear, being prepared to handle fire-related situations, keeping small items out of the reach of small children, and learning the Heimlich maneuver, you can prevent a potentially fatal or life-altering injury
- Injury prevention "helps to keep you healthy and safe"!

CONS

*Injury prevention can be bothersome...

- Wearing a bike helmet is "uncomfortable, annoying, too hot, and unnecessary"
- Wearing a brace while playing a sport (to prevent any further injuries) is "aesthetically unappealing"
- In terms of making sure one's home is safe, injury-preventable and "baby-proofed", elements such as distractions, the challenges associated with single-parenting, and maternal fatigue can all act as barriers
- You can do everything you're supposed to in terms of injury prevention and still fall victim to an unintentional injury, because not all injuries can be prevented

YOUR CONCLUSIONS ON THE ISSUE

- Injuries are more common than one would think, and for this reason we should do all in our power to prevent them.
- Although no one enjoys wearing a bike helmet or a seatbelt, these are things that we must do to potentially save our lives – no one likes enduring a traumatic brain injury either!
- Just as the old saying goes, “you would rather be safe than sorry” and this is definitely applicable to injury prevention strategies.

TWEET SCREENSHOTS



PRO REFERENCES

- List Web sites and URLs for sources used
- [https://player-ui.mheducation.com/#/epub/sn_3ee2#epubcfi\(%2F6%2F386%5Bdata-uuid-228aeec9ac074ba8943e50e309d11698%5D!%2F4%2F2%5Bdata-uuid-8e66577998dc4ddaa8c0214773f11087%5D%2F8%5Bdata-uuid-439f6fc837774527adc954cc59bd5206%5D\)](https://player-ui.mheducation.com/#/epub/sn_3ee2#epubcfi(%2F6%2F386%5Bdata-uuid-228aeec9ac074ba8943e50e309d11698%5D!%2F4%2F2%5Bdata-uuid-8e66577998dc4ddaa8c0214773f11087%5D%2F8%5Bdata-uuid-439f6fc837774527adc954cc59bd5206%5D))
- <https://www.afcurgentcare.com/centennial/about/blog/2019/june/why-is-injury-prevention-important-/>
- <https://www.coastalorthopedics.com/blog/why-injury-prevention-is-important#:~:text=Injury%20prevention%20should%20be%20an,preparation%20can%20hurt%20your%20body.>

CON REFERENCES

- List Web sites and URLs for sources used
- <https://pubmed.ncbi.nlm.nih.gov/11433083/>
- <https://www.athletico.com/2019/02/11/pros-and-cons-of-wearing-a-brace-during-sports/>
- <https://www.ncbi.nlm.nih.gov/books/NBK447048/>
- <https://ohsonline.com/Articles/2005/04/All-Injuries-Cannot-Be-Prevented.aspx#:~:text=Can%20all%20injuries%20really%20be,into%20hard%20or%20sharp%20things.>