



Fetal, Infant, Child, Maternal Mortality and Prevention Newsletter

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FICMMR News

Thank you for those who attended the MCHBG/FICMMR trainings in March. We had a great turn out and the feedback we received was great! Blair and I are excited to start planning for the 2015 training. For those of you who were unable to attend the training there was some discussion on FICMMR and an update on Maternal Mortality.

The FICMMR Program did add a few new items to the MCHBG Task Orders for July 1, 2014 – June 30, 2015. Here is what you should be aware of:

- ◆ The lead local FICMMR coordinator must notify the department of any change in membership by submitting a new team membership list that includes, name, occupation, and phone number of each member within 30 days of the change.
- ◆ Send the lead local FICMMR coordinator to annual FICMMR Training.
- ◆ Implement and evaluate one FICMMR prevention activity by June 30, 2015.
- ◆ The lead local FICMMR coordinator must attend quarterly FICMMR conference calls. If unable to attend you must notify the state FICMMR coordinator within 48 hours prior to the call or have a replacement.
- ◆ The lead local FICMMR coordinator must ensure that all maternal deaths occurring in the 2013 calendar year will be completed on the Montana Maternal Mortality Case Review Reporting Form and submitted to the department by December 31, 2014.

In order to help complete the FICMMR task orders on time, I will be posting reminders for due dates on the [FICMMR website](#) and in the FICMMR Reminders section of the newsletter. If you have any questions please feel free to give me a call. Stay safe and warm during the rest of our wintery months. See you in March!

—Lori Rowe
FICMMR Program Coordinator



Save the Date for FICMMR Training in June!

The Fetal, Infant, Child, and Maternal Mortality Program is going to be headed your way in June! The program has decided to hold a one day free training this year instead of a spring conference due to budget constraints.

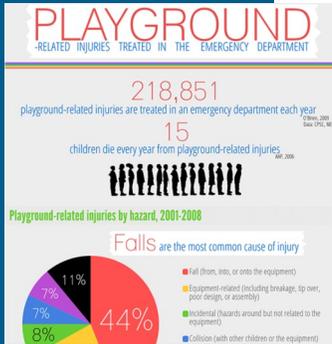
Lori Rowe and guest speaker Theresa Covington from the National Child Death Review and Prevention Center, will be traveling to Miles City, Billings, Great Falls, and Missoula. Trainings will run from 10:00 a.m. to 3:00 p.m. and a working lunch will be provided.

This year the FICMMR Program will not be able to cover traveling expenses, but you may use your allotted MCHBG funds for travel costs.

If you are interested in attending one of the trainings, attendees must register by **May 23, 2014**. I would appreciate it if everyone would complete the registration form prior to the deadline, to help us out with planning. Student nurses may not register for this training.

Click on the link to register: <https://www.surveymonkey.com/s/MMMT5BQ>

Playground-Related Injuries



Click here to download
“Playground-Related
Injuries Treated in the
Emergency Department”
Infographic

In January 2014, the Children’s Safety Network released a new infographic on playground related injuries treated in the emergency department. This infographic breaks down playground related injuries by hazard, diagnosis, equipment, age and sex.

There are over 218, 000 playground related injuries that end up in the emergency room each year. Fifteen of those children die from their injuries. According to the American Academy of Pediatrics (AAP), most of the playground injuries occur at school or public playgrounds.

The most common injury that occurs are falls. Fall make up 44% of playground injuries, followed by equipment related injuries at 23%.

For more information on playground safety [click here](#).

AAP Playground Safety Tips:

- Platforms higher than 30 inches above the ground intended for use by school aged children should have guardrails or barriers to prevent falls.
- Rungs, stairs, and steps should be evenly spaced.
- Slides should have a platform with rails at the top for children to hold. There should be a guardrail, hood, or other device at the top of the slide that requires the child to sit when going down.
- Swings should be clear of other equipment. Make sure there is a distance in front of and behind swing that is twice the height of the suspending bar.
- Swing seats should be made of soft materials such as rubber, plastic, or canvas.
- Swings should not be close together. There should be at least 24 inches between swings and no more than 2 seat swing or 1 tire swing in the same section of the structure.
- Look for safer surfaces such as wood chips, mulch, shredded rubber, and sand. Make sure these surfaces are at least 9 inches deep and maintained.
- Children need to be watch by an adult at all times while they are playing, even though a playground is considered safe.

Putting A Baby To Sleep Safely

How many parents, grandparents, babysitters, or childcare providers in the community know about Safe Sleep practices? Do you know the important facts about a safe sleep environment for infants?

Listed are a few simple rules to keep babies sleeping safely.

- ◆ Never place bumper pads, pillows, or thick quilts in a baby’s sleep environment. This will prevent suffocation.
- ◆ Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress.
- ◆ Never place a crib near a window with blind, curtain rods, or baby monitor cords. Babies can easily strangle themselves on the cords.

- ◆ Babies should sleep alone in a bassinet or crib. If you feed your baby in bed, return he/she to the crib or bassinet.
- ◆ Always place the baby on their back to sleep even when he/she can roll over.
- ◆ Make sure the crib has a firm mattress with a tightly fitted sheet.
- ◆ Avoid using blankets to keep the baby’s face uncovered for easy breathing. Instead use a sleeper.
- ◆ Don’t overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
- ◆ Don’t allow anyone to smoke around the baby.

If the bullet points are too much to remember then try this simple phrase:

Babies should sleep...

Alone, on their Backs, in a Crib!

Safe Sleep for babies is as simple as “ABC.”

For more information on Safe Sleep visit the following websites:

- www.preventchildinjury.org
- www.childrensafetynetwork.org
- www.nichd.nih.gov
- www.aap.org

“Babies should
sleep... Alone, on
their Backs, in a
Crib!”



Pondera County Kicks Off “Red Thumb”

On Friday March 21, 2014 Pondera County marked its first Red Thumb Reminder Day. Why? Because sending or receiving a text takes a driver’s eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind. The Red Thumb Reminder Day consisted of the community, including schools, businesses and health providers painting their thumbnails red or wearing a red thumb band so obvious that each time they opened a car door or placed hands on a steering wheel, the color reminded them not to text and drive.

“We feel that traffic safety is a public health issue. Calling awareness to a behavior that creates a crash risk 23 times that of a non-distracted driver not only fit our selected performance measure but is a message every driver needs to embrace.” This statement by Cynthia Grubb RN, MCH Coordinator for Pondera County reflects a strong history by the department in prevention work surrounding this topic. When Pondera County Commissioner Janice Hoppes posted a video on Facebook which can be viewed at stopthetextstothewrecks.org, it seemed like an innovative way to get the community involved.



Grubb outlines the process. “We bought fingernail polish and 1000 thumb bands that said W8 2 TXT, called our local paper, asked nine, 2nd grade girls to come to the high school with us to paint thumbnails, and enlisted the Montana Behavioral Institute students from the Junior High to canvas the Conrad Community with the message and declared a Red Thumb Reminder Day. Groups were then challenged to place pictures of their Red Thumbs on Facebook and tag the Pondera County Health Department. We drew a group winner and they were awarded lattes.” Of the 1000 bands we have about 45 left and still quite a bit of nail polish, but it was very well received. We talked to well over a hundred kids at our high school, their teachers, law enforcement, elected officials, business owners including a farm implement dealer that required all their employees to paint their thumb nails. And one of the best things was that it was younger kids who helped carry the message. It just worked.”

One unexpected outcome, a neighboring town within the county has requested to do their own day using their school color instead of Red. Coming in May, Purple Thumb Reminder Day. For questions or more information, email Cynthia at ponchd@3rivers.net.





Quick FICMMR Reminders!

- ◆ Register for FICMMR June Training by May 23, 2014.
- ◆ **TASK ORDERS:** FICMMR Operational Plans or County to County Agreements are due by August 15th! Please email or fax them to Lori Rowe. Lowe@mt.gov or fax 444-2750.
- ◆ Next FICMMR Call is scheduled for September 10th at 9 am.
- ◆ Be on the look out in May for the FICMMR Quarterly Report on Drowning.
- ◆ Contact Lori at 444-3394 or lrowe@mt.gov if you need password reset in the CDR.
- ◆ Remember that you must have 5 team members at the FICMMR Review meetings, or cases will be considered incomplete.
- ◆ If you receive a missing information letter, make the corrections and return them to the FICMMR Program. Do not enter your corrections into the CDR.
- ◆ Remember, if there is a change in the FICMMR Team Membership, update the Operational Plan and submit it to the FICMMR Program. Make sure you have all new members sign a confidentiality statement!
- ◆ Does your FICMMR Team need more copies of the CDR questionnaire or CDR Program Manuals for Child Death Review? The FICMMR Program has lots on hand. Submit your request to Lowe@mt.gov

Falls from Shopping Carts Cause Serious Head Injuries to Children

According to the Consumer Product Safety Commission (CPSC) thousands of children are treated in hospital emergency rooms for falls from shopping carts.

This is one of the leading causes of head injuries in young children and most often occur when children stand up in the child seat or the cart basket. Many of these injuries result in the restraint system not being used, the child has unbuckled themselves or wiggled out of the restraint, or the restraint is missing from the cart. Children have also fallen from the shopping cart seat when an infant seat, infant carrier, or car seat is placed in the cart seat.

For more information on shopping cart safety, visit www.cpsc.gov.

Tips to prevent falls from shopping carts:

- Use seatbelts to restrain your child in the cart seat.
- If you notice a seat restraint is missing from a cart, report it to a store manager to be replaced.
- Stay with your child at all times.
- Don't allow your child to ride in the cart basket.
- Don't allow your child to ride or climb on the sides or front of the cart.
- Don't place a personal infant carrier or car seat in the cart seat or basket.
- Don't allow a child to push the cart with another child in it.

