



Department
of Health

American College of Surgeons (ACS) Injury Prevention Standards

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State Advisory Committee / Injury Prevention and Education Sub-committee

Injury Prevention & Outreach Program

Vision

Working with key stakeholders and coalitions to have Nassau County be one of the safest communities in the nation.

Mission

Provide Evidenced Based Safety Programs in the community in efforts to decrease preventable injuries through objective research.

Research

Utilizing Data Mapping from the registry to perform evidenced based safety programs at peoples homes where they occur as opposed to in libraries and senior centers.



**Criteria to meet the Requirements of American College of Surgeons (ACS)
verification for a Level 1 Trauma Center Injury Prevention Program specific goals**

2.12 Injury Prevention Program – Type II

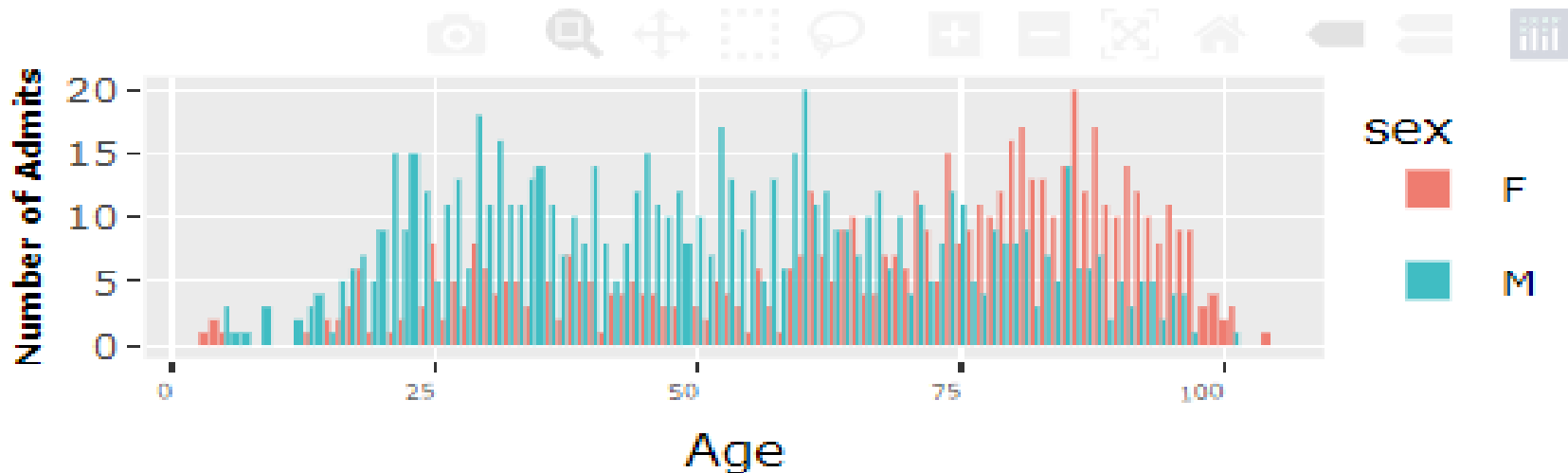
Definition and Requirements

- 1. All trauma centers must have an injury prevention program**
- 2. Prioritizes injury prevention work based on trends identified in the trauma registry and local epidemiological data**
- 3. Implements at least two activities over the course of the verification cycle with specific objectives and deliverables that address separate major causes of injury in the community**
- 4. Demonstrates evidence of partnerships with community organizations to support their injury prevention efforts**

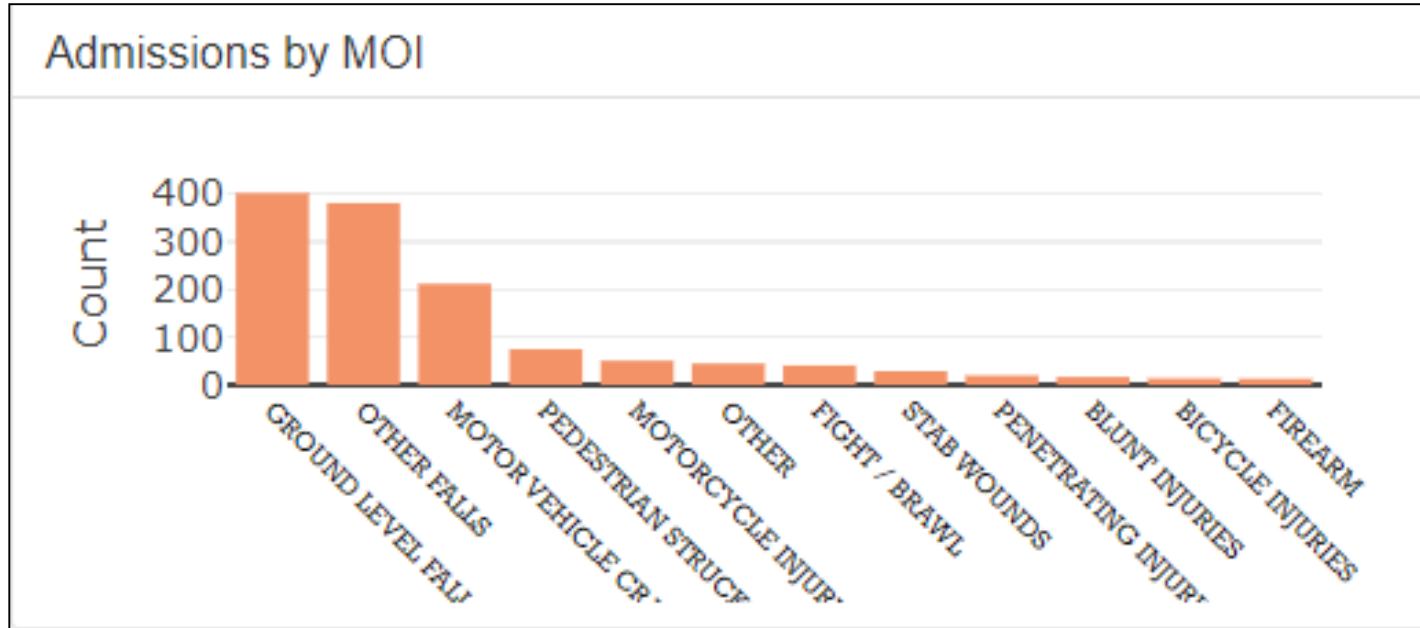
(In level I trauma centers, the injury prevention professional must be someone other than the Trauma Program Manager or the Performance Improvement Personnel)

Data Analysis Results

Trauma Admissions Age Distribution by sex



Data Analysis Results



2.12 Injury Prevention Program

OTAGO

- The [Otago Exercise Program](#) (OEP) consists of 17 strength and balance exercises and a walking program, performed three times a week by the older adult in the home, outpatient, or community setting. Exercises can be done individually or in a group setting. Studies demonstrate that OEP participants experience a 35 - 40% reduction in falls. The program is most effective for frail older adults.

Compliance

- ✓ Perform pre and post Stopping Elderly Accidents, Deaths & Injuries (STEADI)
- ✓ Provides Objective Results as opposed to a pre-post survey
- ✓ Every participant who completed 5 of the 8 classes have increased their strength, balance and walking speed!



Effects of Otago Program on Balance, Strength and Speed



Otago Exercise Program
Reducing Falls by 40%



Information Session: Monday, March 13 at 2 pm
Workshop Series: Wednesday, March 15 to May 3 at 1 pm
Free

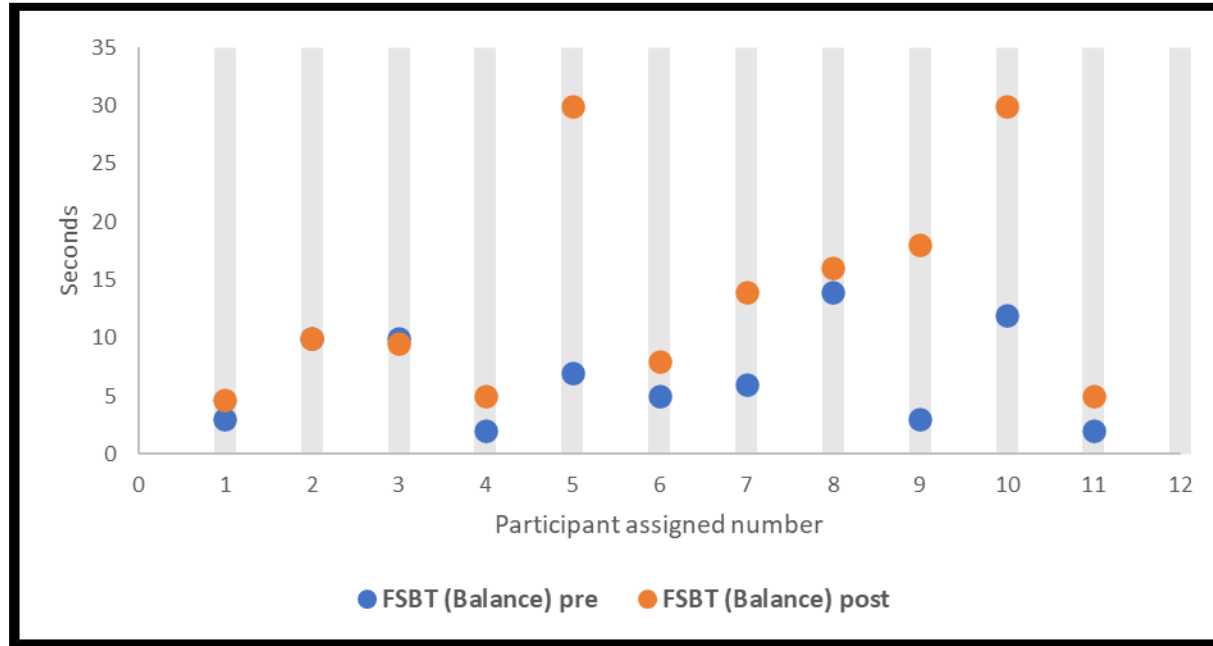
The Otago Exercise Program (OEP) is an evidence-based falls prevention program that can decrease falls by up to 40%. This 8-week workshop guides you through seventeen exercises to help improve strength, balance and overall mobility. Classes are open to the community and offered in-person at the JCC-Oceanside in collaboration with Stony Brook Southampton Hospital and Nassau University Medical Center.

To register or for more information, please contact: Jackie Ruiz, Director of Wellness & Membership, JCC-Oceanside, (516) 634-4019 or jruiz@friedbergjcc.org.

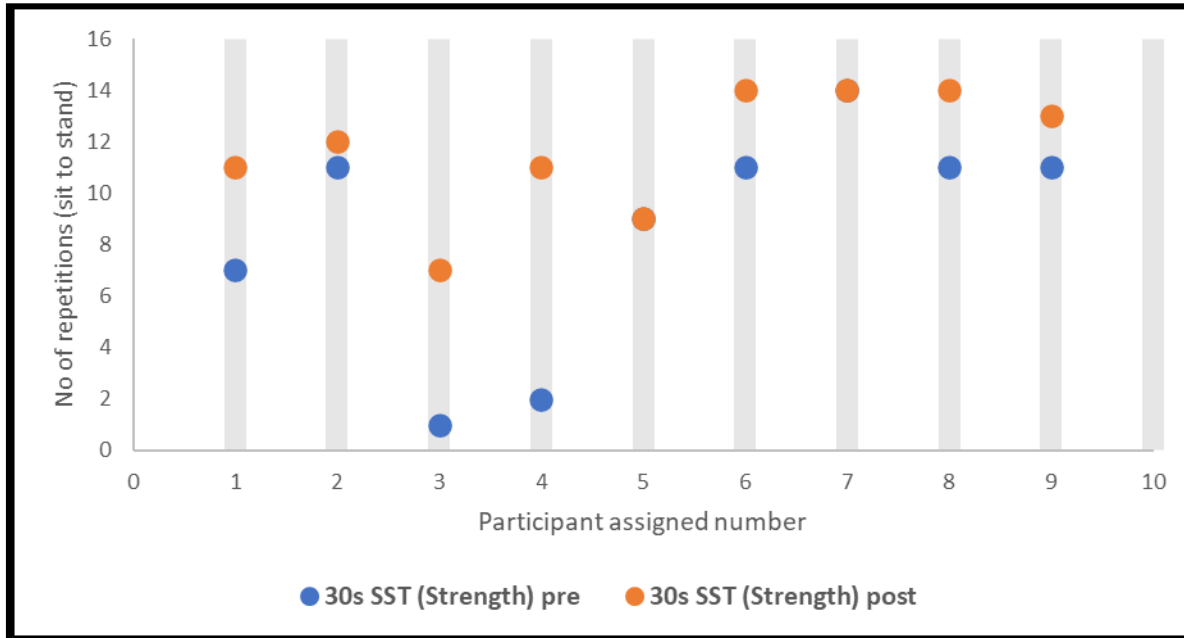



- Pre and Post test results measuring improvement in performance (STEADI)
 - ✓ Four-stage Balance test (FSBT)
 - ✓ 30 seconds sit-to-stand test (30s-SST)
 - ✓ Timed Up and Go test (TUG)

FSBT (Balance) test Pre and Post results

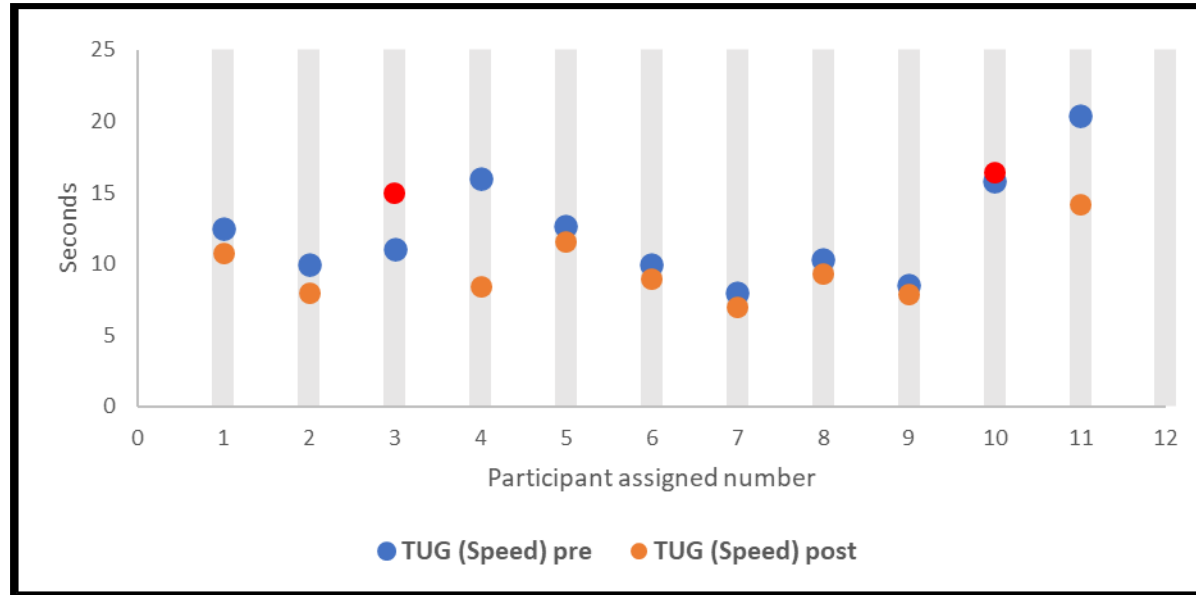


30s SST (Strength) test Pre and Post results



TUG (Speed) test

Pre and Post results



Thank you
Questions?