

Hong Kong Reference Framework for Preventive Care for Children in Primary Care Settings

Module on Childhood Injury Prevention

Counsel parents on the following evidence-based strategies to prevent childhood injury

Injury Prevention (Chapter 3)	Age (Years)					
	0 year	1 year	2 years	3 years	4 years	5 years
Falls	<input checked="" type="checkbox"/> Install window guards and fences or wire meshes around balconies.					
	<input checked="" type="checkbox"/> Never leave a baby alone on a diaper changing mat, adult bed or sofa. <input checked="" type="checkbox"/> Avoid infant walker.		<input checked="" type="checkbox"/> Always supervise children in playgrounds.			
	<input checked="" type="checkbox"/> Raise and lock side rails when leaving a baby in a cot.		<input checked="" type="checkbox"/> Play on equipment <1 m height.	<input checked="" type="checkbox"/> Play on equipment <1.5 m height. <input checked="" type="checkbox"/> Avoid using bunk beds.		
Burns	<input checked="" type="checkbox"/> Preset water heater temperature to < 50 ° C. <input checked="" type="checkbox"/> Separate cooking area from living area.			<input checked="" type="checkbox"/> Keep children out of reach of hot objects and away from kitchen. <input checked="" type="checkbox"/> Avoid smoking.		
	<input checked="" type="checkbox"/> Put cold water before hot water and test temperature before placing a child into a tub. <input checked="" type="checkbox"/> Test temperature of food before feeding.			<input checked="" type="checkbox"/> Do not place teapots near the edge of table.		
	<input checked="" type="checkbox"/> Avoid heating milk or food in microwave.		<input checked="" type="checkbox"/> Keep electrical cords, matches and lighters out of reach.			
Choking and suffocation	<input checked="" type="checkbox"/> Keep plastic bags away from children. <input checked="" type="checkbox"/> Avoid using foldable furniture.			<input checked="" type="checkbox"/> Avoid using curtain cords, or tied them properly.		
	<input checked="" type="checkbox"/> Avoid hard and small foods such as nuts. <input checked="" type="checkbox"/> Ensure toys are free from small parts that could be swallowed.					
Drowning	<input checked="" type="checkbox"/> Never leave bathing unattended. <input checked="" type="checkbox"/> Vigilant adult supervision during swimming.			<input checked="" type="checkbox"/> Wear personal flotation devices around water.		
Poisoning	<input checked="" type="checkbox"/> Keep poisoning agents in their original container and out of reach of children. <input checked="" type="checkbox"/> Use child-resistant locks on cupboards containing cleansing products and other household chemicals. <input checked="" type="checkbox"/> Dispose out-of-date or unwanted medications, chemicals and batteries properly. <input checked="" type="checkbox"/> Follow the instructions strictly when giving medications to children.					
Traffic accident	<input checked="" type="checkbox"/> Never leave children unattended in the car. <input checked="" type="checkbox"/> Age-appropriate child restraints should be used.					
				<input checked="" type="checkbox"/> Do not let a child cross the street alone. <input checked="" type="checkbox"/> Supervise children closely in places where there are cars.		
Others	Sleep safety: <input checked="" type="checkbox"/> Maintain a smoke free environment. <input checked="" type="checkbox"/> Sleep the infant in their own sleeping cot with a firm surface. <input checked="" type="checkbox"/> Sleep the infant on the back. <input checked="" type="checkbox"/> Keep the head and face uncovered. <input checked="" type="checkbox"/> Do not use pillows, soft toys, pacifier cords and loose bedding.		Finger pinching: <input checked="" type="checkbox"/> Beware of children when opening or closing doors. <input checked="" type="checkbox"/> Fix the doors in place or use finger pinch guard. <input checked="" type="checkbox"/> Have safety locks fitted to cupboards and drawers.			

(Please turn over to continue)



Counsel parents/ adolescents on the following evidence-based strategies to prevent injury

Injury Prevention (Chapter 3)	Age (Years)	
	6-12 years	13-18 years
Falls	<input checked="" type="checkbox"/> Install window guards.	
Burns	<input checked="" type="checkbox"/> Preset water heater temperature to < 50° C. <input checked="" type="checkbox"/> Avoid smoking.	<input checked="" type="checkbox"/> Provide fire safety skills training.
	<input checked="" type="checkbox"/> Do not let children play with fire or fireworks.	
Drowning	<input checked="" type="checkbox"/> Wear personal flotation devices in any boating activity. <input checked="" type="checkbox"/> Provide water safety skills training.	
	<input checked="" type="checkbox"/> Never allow children to swim alone.	<input checked="" type="checkbox"/> Avoid swimming in locations without lifeguard. <input checked="" type="checkbox"/> Avoid consumption of alcohol and other drug during aquatic recreation activities.
Traffic accident	<input checked="" type="checkbox"/> A booster seat should be used until the seat belt fits correctly.	<input checked="" type="checkbox"/> Encourage seat belt use.
Poisoning	<input checked="" type="checkbox"/> Dispose out-of-date or unwanted medications, chemicals and batteries properly. <input checked="" type="checkbox"/> Follow the instructions strictly when giving medications to children.	
Cycling and sports accident	<input checked="" type="checkbox"/> Provide training on cycling safety skills. <input checked="" type="checkbox"/> Use helmet or appropriate safety equipment for the particular sports.	

Non Accidental Injury (NAI) (Chapter 4)

Suspect for possible NAI when encountering children with injuries if the following features are present:

History:

- ▶ No accountable explanation for a significant injury.
- ▶ Denial of trauma in a child with obvious injury.
- ▶ An important detail of the explanation changes in a substantive way.
- ▶ The provided explanation is not compatible with the pattern, age or severity of injury and is inconsistent with the child's physical and developmental capacities.
- ▶ Delay in seeking medical care for significant injury.
- ▶ Different witnesses offer significantly different explanations for the injury.
- ▶ Young infants present with non-specific symptoms of possible head trauma, e.g. unexplained vomiting, lethargy, irritability, apnoea or seizures.

Physical examination:

- ▶ Any injury to non-ambulatory infant, e.g. bruises, mouth injuries, fractures, intracranial or abdominal injury.
- ▶ Multiple fractures or organ systems injuries.
- ▶ Injuries or fractures in different stages of healing.
- ▶ Patterned injuries, e.g. clear imprint of a hot instrument.
- ▶ Evidence of child neglect, e.g. malnutrition, neglected wound care.
- ▶ Injuries away from bony prominences or unusual locations, e.g. torso, ears, face, neck or upper arms.
- ▶ Fractures of uncommon sites which are highly specific for NAI include classic metaphyseal, ribs, sternal, scapular and spinous process.

If NAI is suspected

- Stabilize the child's injuries.
- Assess the child's immediate safety.
- Document clinical findings.
- Refer to A&E if hospitalization is necessary.
- Report to Police if criminal offence is suspected.
- Inform social worker for further action.
- Provide family support.
- Monitor child's well-being.