

Injury Surveillance: What Gets Measured, Gets Managed

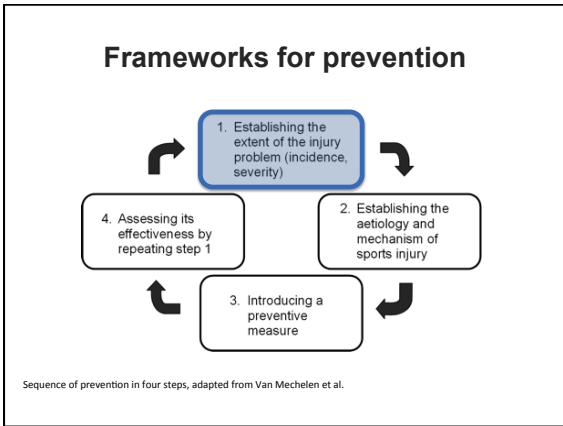
Canadian Sport for Life Summit
Gatineau, QC | January 2017

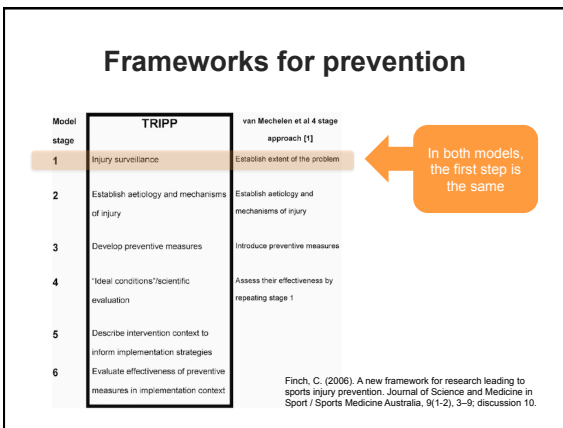


Is it *even* possible to prevent sport injuries?

“The aetiology, risk factors and exact mechanisms of injuries need to be identified before initiating a measure or programme for preventing sports injuries, and measurement of the outcome (injury) must include a standardised definition of the injury and its severity, as well as a systematic method of collecting the information.”

Parkkari J, Kujala UM, Kannus P. (2001). Is it possible to prevent sports injuries? Review of controlled clinical trials and recommendations for future work. Sports Med. 31(14):985-95.







Reliable injury data

Reliable injury data + Injury prevention policies + Funding policies = Sport Safety

- Standardized data collection
- Web-enabled
- Accessible
- Multi-lingual
- Secure and compliant with PHIPA, PIPEDA

Injury prevention policies

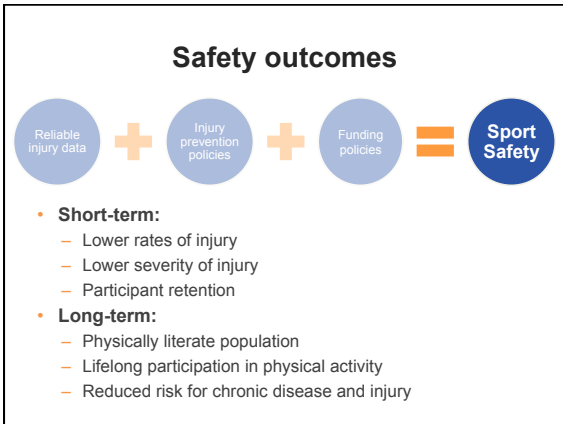
Reliable injury data + Injury prevention policies + Funding policies = Sport Safety

- Comprehensive policies
- Moving away from micro-policy approach
- Alignment with international best-practices

Funding & governance policies linked to safety practices

Reliable injury data + Injury prevention policies + Funding policies = Sport Safety

- **Measure and reward organizational safety efforts:**
 - Recorded injuries (type/severity/location)
 - Policy implementation
 - Education efforts
 - Evaluation of changes over period of time (+/-)
 - Capacity building (investing in safety)



**Sport safety
starts with
injury
surveillance**

- Play Safe Injury Tracker**
1. **Free** for organizations to use
 2. Adopts internationally recognized methodology
 3. Built on a robust web-enabled platform using cloud technology
 4. Collected data is stored on secure servers in Canada in **compliance** with all privacy legislation
 5. Data collected by an organization is owned **wholly** by the organization

Try it now!



https://playsafe.fluidsurveys.com/s/_demo/

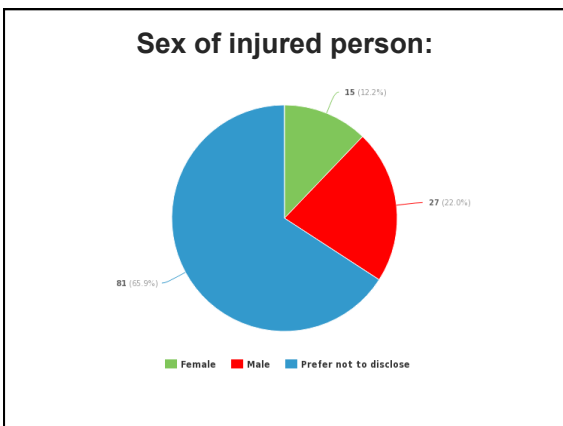
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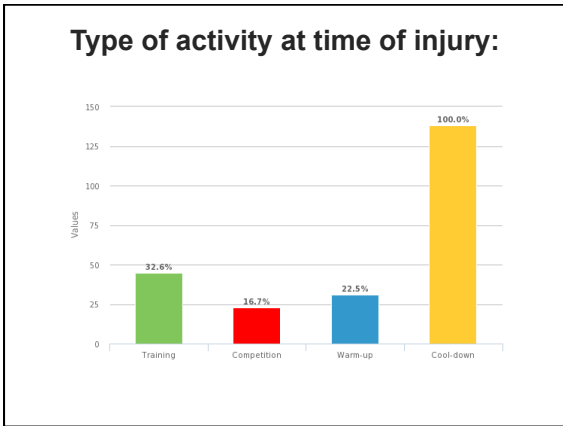
Reports:

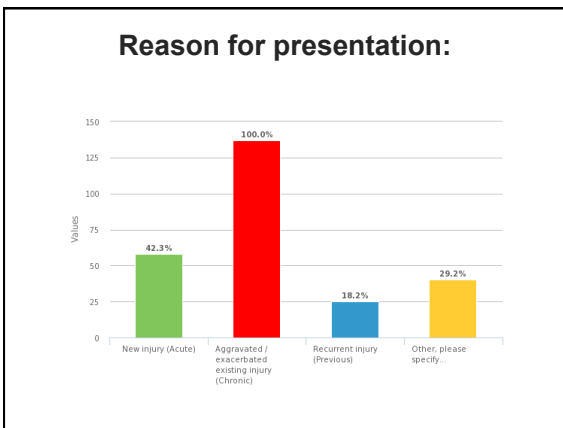
- View real-time reports
- Access individual reports
- Access raw data, download to Excel or statistics packages



<https://playsafe.fluidsurveys.com/share/461212b4a09e6002c0c3/>







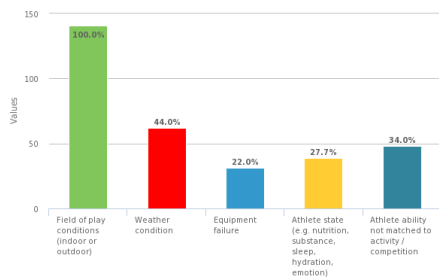
Type of injury:

Response	Chart	Percentage	Count
Abrasion / graze / blister		30.2%	42
Amputation		36.0%	50
Bruise / contusion		49.6%	69
Concussion		33.1%	46
Cut / open wound / laceration		56.8%	79
Crush injury		33.8%	47
Dental injury / broken tooth		30.9%	43
Dislocation / subluxation		41.7%	58
Fracture (including suspected)		44.6%	62
Muscle cramps or spasm		50.0%	82
Nerve injury / spinal cord injury		100.0%	139
Overuse injury to muscle or tendon		46.0%	64
Sprain (e.g. ligament tear)		27.3%	38
Strain (e.g. muscle tear)		54.7%	76
Swelling / inflammation		51.1%	71
Total Responses			139

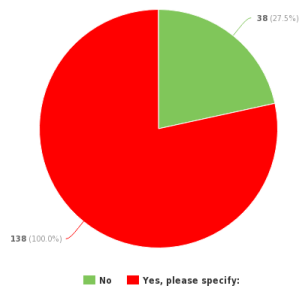
Cause of injury:

Response	Chart	Percentage	Count
Overuse (gradual)		100.0%	142
Overuse (sudden onset)		16.2%	23
Non-contact trauma (e.g. pivot)		28.2%	40
Recurrence of a previous injury		12.0%	17
Contact: with another athlete		26.1%	37
Contact: moving object (e.g. ball or racquet)		38.0%	54
Contact: stagnant object (e.g. pole)		32.4%	46
Violation of rules (e.g. obstruction, pushing)		19.7%	28
Total Responses			142

Contributing to cause of injury:



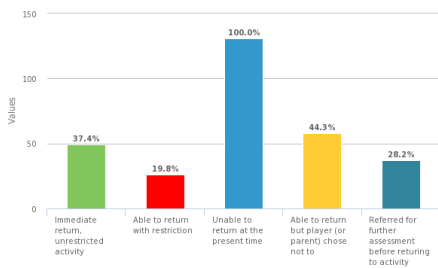
Was protective equipment worn on the injured body part?



Initial treatment provided:

Response	Chart	Percentage	Count
None given (not required)		26.8%	37
RICER (Rest, Ice, Compression, Elevation, Referral)		33.3%	46
Sling / splint		100.0%	138
Dressing / bandage		17.4%	24
Crutches		42.0%	58
CPR		46.4%	64
Stretch / exercises		20.3%	28
Taping only		22.5%	31
None given - referred elsewhere		38.4%	53
Total Responses			138

Immediate advice given:



Thank you

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Play Safe - Objectives

- Connect** • Provide a platform for organizations to collaborate.
- Capacity** • Develop and sustain this community with research, education and resources.
- Change** • Shift the injury paradigm from “accidental” to preventable.

Play Safe - Key Assumptions

- One size does not fit all** • Organizations vary based on human, financial and cultural factors.
- Participant-centred efforts** • Participation occurs concurrently in different “spheres” yet the participant remains constant
- It's better to prevent first** • Preventing the first injury is more manageable and cost-effective than RTP and RTADL.
