



www.PdLN.net

EDAP News

The Choking Game

By Kim Davidson, RN

What is the "choking game"? It is an activity that older children and adolescents do to produce a sense of euphoria or "high". They achieve this by intentionally strangulating each other or themselves, therefore cutting off circulation to the brain, causing a sense of lightheadedness from the lack of oxygen to the brain, until they pass out. There are many variations of the "game" including choking each other, hyperventilating and then compressing the chest, or using a ligature (belt, towel,

rope, etc.). The game goes by many different names such as: blackout, fainting game, space monkey, and airplaning.

According to the CDC, from 1995-2007, there have been 82 probable deaths from the choking game among youths between the ages 6-19. Many feel that deaths are significantly underreported because they are falsely attributed to suicide. Almost all deaths occurred when the child played the game alone and no one was there to release the liga-

ture, resulting in death.

Some other potential non-fatal consequences, which you may see in your emergency department, include:

- Coma or stroke
- Seizures and disorientation due to anoxia
- Concussions and broken bones from falls
- Retinal hemorrhages

In 2008, Oregon Public Health found that 6% of Oregon's 8th graders have participated in the choking game. (see page 2)

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Special points of interest:

- ☺ The Choking Game
- ☺ Quarterly QI update
- ☺ EMS corner
- ☺ A Seemingly Innocent Menace
- ☺

EMS Corner by Karen Rodgers, RN, LAC-DHS-EMS



On Sunday, September 12, 2010, the EMS Agency hosted an EDAP Pediatric Expo booth at the Los Angeles County "Day at the Fair" on the Pomona fairgrounds. The Emergency Department's were well represented by Queen of the Valley Medical Center, Encino Hospital Medical Center, Glendale Adventist Medical Center, Methodist Hospital, Pomona Valley

Hospital Medical Center and Torrance Memorial Medical Center.

The PdLN's were interactive with the community by handing out educational pediatric literature, providing the EDAP brochure with the listing of each designated EDAP and distributing fun goodies (i.e. bandaids, hand gel, stickers, etc.)

A special "thank you" and

appreciation to the PdLNs and family members that made the expo a success; Barb Van Eck, James Webb, David & Karen Simpson, Elizabeth Spencer, Suzette Otlewis, Sandy Rowe, Laurie Sepke, Betsy Osborne, and the Rodgers family.

Karen Rodgers, RN, MICN
LAC EMS Agency
Pediatric and SART Programs Coordinator

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Quarterly Article Summary edited by Laura Garcia, RN

Epidemiology and Prevention of Sports-Related Eye Injuries

Pam Pieper, PhD, ARNP, PNP-BC,
Journal of Emergency Nursing
2010;36:356-61

Approximately 90% of sports-related eye injuries are preventable, thus it is important as emergency nurses to share sport appropriate eye protection information with athletes and parents of athletes.

A ruptured globe occurs when blunt force hits the globe and intraocular pressure spikes. The liquid has no where to go within the eye wall, thus a rupture occurs at the weakest point within the wall.

Baseball is the leading sports-related cause of eye injuries in people 5-14 years old. 46% involved contact with the ball. Basketball injuries were often minor and caused by the opponents elbows or fingers, especially during rebounds (31%) or performing offensive maneuvers (27%). Soccer injuries are more likely caused by impact with the ball and are more severe than other sports. In a controlled study, it was shown that a soccer ball pressed against the orbit 2-3 times longer than a lacrosse, tennis or racquetball and created a suction effect which may be the cause of retinal injuries in soccer players. Fishing ranked second to baseball in sports-related eye injuries. 44% were open

globe injuries.

Visual acuity of 20/40 or better, after 6 months, occurred in 57% of closed globe injuries and 11% of open globe injuries, showing how potentially disastrous these injuries can be.

Encourage your patients to find eyewear approved for the sport they are playing that is comfortable and fits snugly. Also, let people know that removing a fish hook may cause more damage to the eye and should not be attempted. The sense of impaired vision caused by protective eyewear will resolve over time.

[Www.aao.org](http://www.aao.org)

[Www.preventblindness.org](http://www.preventblindness.org)

The Choking Game

A similar study in Texas and Canada found that 40% of kids surveyed thought there was no risk involved in this behavior. Most deaths have involved adolescents that were "good kids", (good grades, no drug history, not suicidal, well-liked) What are the warning signs to watch for?

- Discussion of the game (videos, photos on their phone or computer)

- Frequent, severe headaches
- Bruising or linear marks on neck
- Bloodshot eyes, petechiae on face
- Disorientation after being alone
- Curiosity about asphyxiation or seizures
- Ropes, scarves, belts, shoelaces tied to doorknobs, bedposts

(cont from page 1)

If you see suspicious symptoms or non-fatal consequences in your emergency department, encourage discussion, get social workers involved and help the parents educate about the dangers of the choking game.

For more information :

Cdc.gov/features/chokinggame

Www.ChokingGame.net

Pediatric Education

2-day EDAP Courses

None scheduled for this quarter.



Pediatric Disaster Course

November 4, 2010

7:30-4:00

The California Endowment
Center

Www.chladisastercenter.org



PALS

November is American Diabetes Month

Diabetes is one of the most common chronic diseases in children and adolescents. According to the CDC, about 151,000 people below the age of 20 have diabetes in the US. When diabetes strikes during childhood, it is routinely assumed to be type I, however, in the past 2 decades, type II diabetes has been reported among US children with increasing frequency. Studies in Europe showed an increase in frequency of type I diabetes.

- Each year more than 13,000 young people are diagnosed with type I diabetes
- The epidemics of obesity and low level physical activity among young people, and exposure to diabetes in utero, may be major contributors to

the increase in type II diabetes in childhood.

- Those affected by type II diabetes belong to all ethnic groups, but is more commonly seen in non-white groups, with the highest incidence in American Indian youths.

Who should be tested for type II diabetes?

10-19 years old

Strong family history of type II diabetes

Obese (BMI > 85%)

Insulin resistance or signs of insulin resistance (hypertension, dyslipidemia, polycystic ovarian syndrome, or acanthosis nigricans-dark,

shiny patches on the back of neck, between the fingers or in body folds)

Can type II diabetes be prevented in children?

We can encourage lifestyle interventions such as weight management and increasing physical activity in children at risk for developing type II diabetes. Teaching parents to increase a child's intake of fruits and vegetables and decrease the amount of sugar and fat in their diet. Early testing and follow up for children at risk is recommended.

www.childrenwithdiabetes.com

Hannon, T.S., Rao, G., Arslanian, S., Childhood Obesity and Type 2 diabetes mellitus, *Pediatrics*;116:473-480, 2005.

Safety Tip by Suzette Otlewis, RN

A Seemingly Innocent Menace

Pedo Bear started out as an internet meme associated with a popular image board in Japan. This bear is known for his lecherous nature and his interest in prepubescent girls. This cute little bear can appear non-threatening but is exactly the opposite with a sinister, dark side.



The term Pedo-bear has come to mean that someone is acting inappropriately toward a child. This bear has been found to be associated with pe-

dophiles and web sites used by pedophiles. This image is used as a way for pedophiles and sexually-preferential predators to identify each other. It may also be used as a means of identifying locations on the internet. Sites with the PedoBear Seal of Approval may indicate a site which is used to prey on young children.



Be aware when around sites where characters are present that the presence of PedoBear is not necessarily innocent. They may present at family

friendly events with bags of candy giving out free to children. This is one way in which the pedophile can have contact with children and even have pictures taken with them. It may seem innocent, but please be aware of this menace when you are out in public. When someone says "you're being very pedobear" your awareness should be heightened.

From

DOJ SAFE Sex Offender Task Force

Kids Perspective

An acquaintance of mine who is a physician told this story about her then four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it. Be still, my heart, thought my friend, my daughter wants to follow in my footsteps!

Then the child spoke into the instrument: "Welcome to McDonald's. May I take your order?"

Submitted by Qiltmeister from www.butlerwebs.com/jokes/kids.htm



Emergency Department Approved for Pediatrics (EDAP) is a designation assigned by LA County EMS agency and is represented by the "Blue Bear" symbol. An EDAP is a licensed basic emergency department that is approved by the County of Los Angeles to receive pediatric patients from the 9-1-1 system. These emergency departments provide care to pediatric patients by meeting specific requirements for professional staff, quality improvement, education, support services, equipment, supplies, medications, and established policies, procedures, and protocols.

The Pediatric Liaison Nurses is a nonprofit organization committed to the promotion of quality health care for the pediatric patient. Through communication, education and representation, PdLN is committed to:

- Maintaining a network for dissemination of information and data to EDAPs
- developing a positive working relationship with state and local EMS agencies on issues that affect the health care of pediatric patients
- promoting the health and welfare of children and their families through educational programs for the community and health care providers.

Quarterly EDAP QI Summary



