



Injuries in the Home Environment in Times of Covid 19

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Editorial

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Editorial

Unintentional injuries (miscalled Accidents) occur mostly within the home environment (approx. between 45 to 60% depending on the environment studied), but at these times when children do not leave their homes, it is advisable keep in mind some vital considerations.

The kitchen, the laundry room, the bathroom, the living room, the bedrooms, the terrace, the garage and the garden with its sinks are the areas where these injuries develop and pose different risks.

Today more than ever, it is appropriate to know where these events occur to develop preventive actions in each specific place that is why the hospital record of injuries is made by scope of occurrence and not by injured body segment. In this way, knowing where children are injured, we can work proposing preventive actions.

• **Remember:** The kitchen is the environment where the injuries of patients registered in the guard of the Children's Hospital occur most frequently and where contusions, cuts and burns are the most commonly treated injuries on call.

The most vulnerable group is that of 2 to 6 years (age range), where falling from their own height is the most frequent injury mechanism. Free falls (from a height of more than 1.5 meters) sometimes cause serious incidents, since windows, balconies, terraces and stairs can be a real death trap if there are no protection systems (doors, nets, etc.).

Although injuries can occur at any age, why are there injuries that are more frequent at certain ages?

The reasons are several and among them we list the psychophysical characteristics of the child, the skills that he is acquiring and the changes in the behavior of the development and the environment (or environment) that surrounds the child. Spaces not adapted to make your stay safe may include rooms with uneven levels, slippery floors,

furniture structures that contain glass; improperly fixed televisions, slippery carpets, curtains and cords that create hazardous situations.

Terraced houses and buildings (condos) have developed in recent years a veritable epidemic of serious injuries from falls from a height. Whenever a young child falls into the void, its diffusion provokes deep sadness, amazement and fear in a large part of society (but there are no actions -proactive-motorized by individuals and-or consortia to avoid them). It is also fair to say that there are no legislative regulations that indicate or advise the inhabitants of these homes how to protect the little ones.

This Emergency Department for years has been observing this true scourge called "CAIDA" and has carried out several research works that were published in Scientific Journals.

In addition to medical publications, in the last 5 years 2 research projects have been carried out - within the framework of the "Arturo Oñativia" Scholarships - to deal with the same topic and demonstrating the concern that we are aware of a statistic that seems to have no ceiling .

Let's Look at Some Statistics Regarding Trauma Patients

1. The Children's Hospital registers approx. 7,000 annual trauma visits (most do not require hospitalization)
2. Of the total annual surgeries performed by the Ricardo Gutiérrez Hospital, 14% correspond to traumatic pathology

Although many of the injuries observed are due to the reckless behavior of those who cannot and do not know how to protect themselves, it should be emphasized that the safety of children depends on adults.

General Considerations in an Emergency

Consider some tips for treating injured children. These will help to carry out the maneuvers, transmit security and reduce complications. Always try to explain what you are going to do. Children are very scared by such circumstance that is why it is recommended to gain their trust by showing security and serenity in the face of any type of traumatic event. Speak slowly and emphasize that you will soon be relieved by trying to match your expression with your message. One of the most important aspects to reduce pain and anxiety is physical contact and companionship. Don't be afraid to caress, hug and affectionately touch the person you

are caring for. Ask for help if necessary, never leave the victim alone and eventually accompany the child on their transfer to the hospital.

Remember: The Child Trust You and You Can Help Him

Helpful Tips for Initial Assistance

Initial care of minor injuries should be able to be resolved in most cases by parents and / or trained caregivers.

It is important to know that no more than two people should be helping the injured child.

