



CHILD SAFETY LINK

Here for you since 2002.

CHILD SAFETY LINK/
ATLANTIC CANADA POISON CENTRE

CSL SPEAKER SERIES

POISONING PREVENTION
MYTH BUSTERS

OCTOBER 19, 2022



BEFORE WE BEGIN

01

RECORDING

Please be aware that this webinar will be recorded and will be provided to you.

02

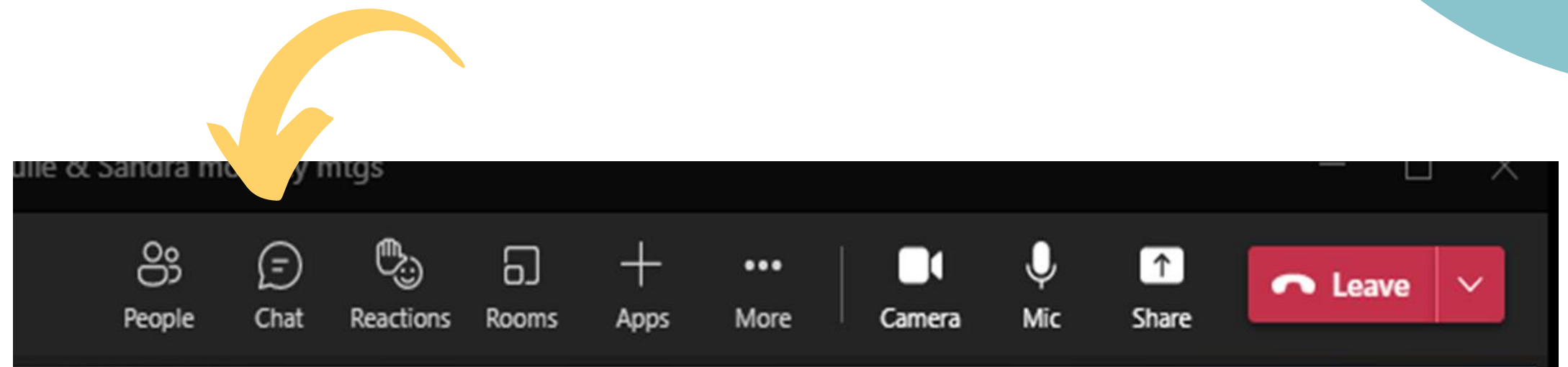
MICS & CAMERAS

Please ensure that your mic is muted and your camera is off during the presentation.

03

QUESTIONS

Please use the chat function to ask questions or make comments during the presentation. We can also take questions after the presentations.



LAND ACKNOWLEDGEMENT

ACKNOWLEDGEMENT OF MI'KMAW TERRITORY

We would like to begin by acknowledging that we are in Mi'kma'ki, the traditional and unceded territory of the Mi'kmaq people.

We are all Treaty people who benefit greatly from the shared resources of this land covered by the treaties of Peace and Friendship.



ABOUT CHILD SAFETY LINK



AT HOME

Our home safety work includes poisoning prevention and falls prevention.



ON THE ROAD

Our road safety work includes child passenger safety and pedestrian safety.



AT PLAY

Our safety at play work includes concussion prevention and ATV safety.



AT SCHOOL

Our safety at school work will address all of our topic areas in the school context.

ABOUT CHILD SAFETY LINK

20

NOVEMBER 2022 MARKS
OUR 20TH BIRTHDAY

SPEAKER SERIES

We decided to celebrate our 20th birthday by hosting a webinar series focused on children's injury prevention. Through these webinars, we aim to highlight the importance of injury prevention and promote IP resources.



MEET THE PRESENTERS

LAURIE MOSHER

Registered Nurse

Certified Specialist in Poison Information

Laurie is a graduate of Nursing and Health Education from Dalhousie University and has worked at IWK Health for 25 years, 21 years at the Atlantic Poison Centre (formerly the IWK Regional Poison Center). She works directly on the Poison telephone line and has a clear understanding of why unintentional poisonings happen. Laurie was a member of the CSL Advisory Council 8 years and has collaborated with CSL on Poison Prevention Week and has advocated for public health policies aimed to prevent poisoning for almost 20 years



MEET THE PRESENTERS

SANDRA NEWTON

Manager, Child Safety Link

Sandra Newton is the Manager of Child Safety Link and has been in this position since 2002. Within those years she taught Health Promotion Policy and Injury Prevention courses at Dalhousie University. She holds a Master of Science in Health Promotion (Purdue University, Indiana) and a Social Marketing Graduate Certificate (University of South Florida). She has worked in the field of Health Promotion and Injury Prevention for more than 25 years.



LEARNING OBJECTIVES:

1

To define the meaning of a poison.

2

To identify three ways to prevent a child from being poisoned in the home.

3

To recall the Poison Centre phone number for their province.

WHAT IS A POISON?



A poison is something that can make you sick if you swallow it, taste it, smell it, get it on your skin, or get it in your eye.

It can be a drug or a non-drug substance.

ATLANTIC CANADA POISON CENTRE- MANDATE

The Atlantic Canada Poison Centre (ACPC) strives to ensure that optimal individualized care is provided in the event of a real or potential poisoning.

“The poison team” provides telephone advice to both the public and Health care professionals:

Poison Specialists are nurses and pharmacists
Medical Consultants and toxicology support



TOP 10 THREATS TO CHILDREN IN CANADA REPORT

Threat #1: Unintentional and Preventable Injuries

Unintentional injuries are the leading cause of death for children and youth in Canada.

Poisoning

- During the pandemic, poisonings have increased for children of all age groups.
- In 2018, unintentional poisonings accounted for 12,312 visits to the emergency department in children aged 0-14.
- From pre-pandemic (2018/2019) to the beginning of the pandemic (2020) there was a 127.8% increase in unintentional poisoning.

Children First Canada. Raising Canada 2022 - Top 10 Threats to Childhood in Canada



Pan-Canadian Poison Centres 2020 Annual Report

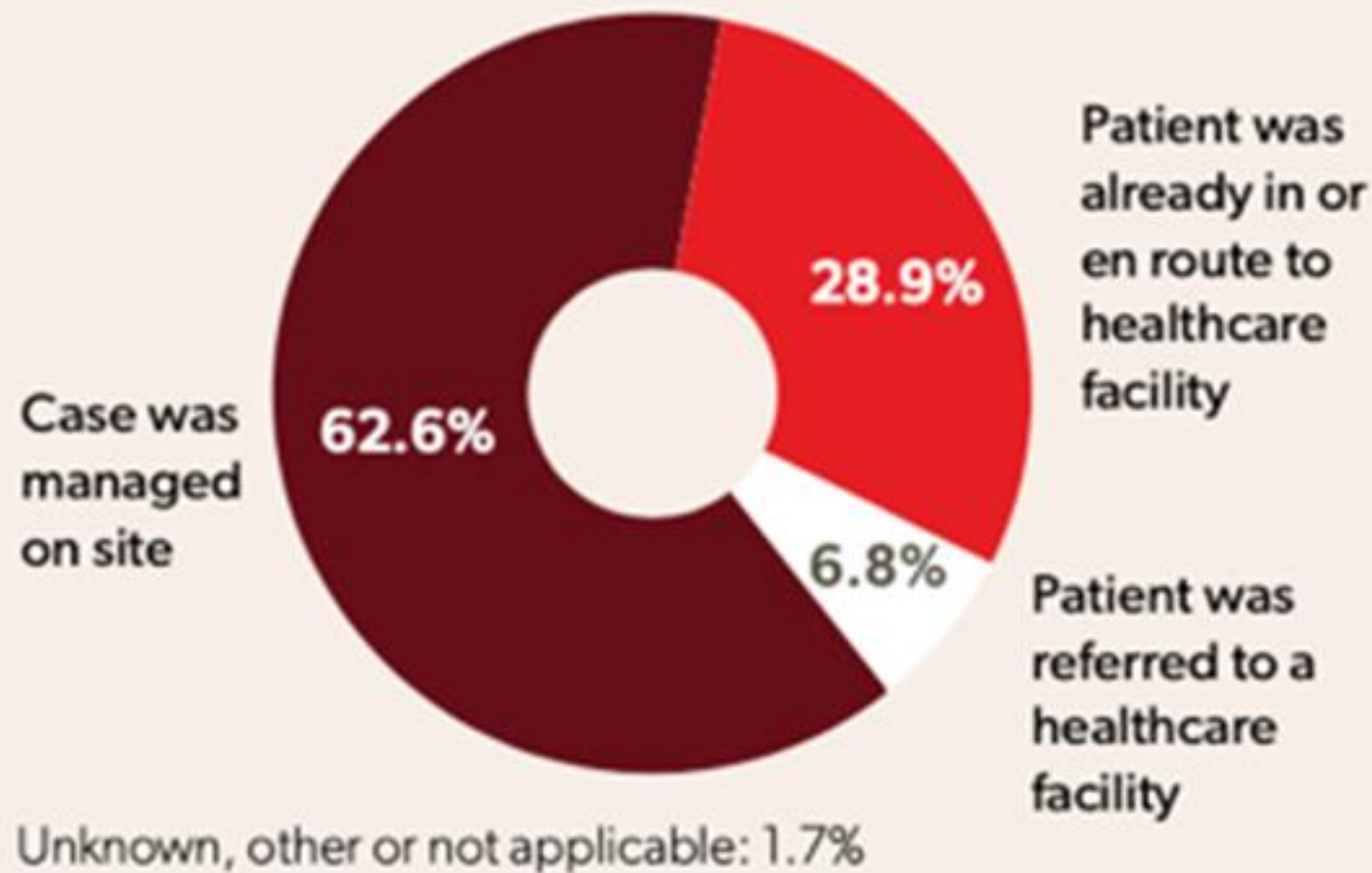


In 2020, Canada's poison centres managed 215,589 cases.

More than 1/3 of the exposure cases managed – 64,527 exposure cases – involved a child aged 5 or under.

Most common substances: medications for pain relief (analgesics) and household cleaning substances.

Exposure cases by patient flow, 2020



In 2020 more than 60% of poisoning exposure cases were managed at home without requiring medical attention at a hospital, clinic or doctor's office.



Cost of Injury in Atlantic Canada



Data on injury across Atlantic Canada from 2018.

This includes the cost from a societal perspective, including costs to the healthcare system, productivity, and the people behind the numbers: individuals, families, and communities.

Direct Costs: Costs to the healthcare system (e.g. medical supplies, diagnostic imaging, and drugs, rehabilitation; ambulance transportation, emergency care costs)

Indirect Costs: The losses to societal productivity, the value (cost) of time lost from work due to morbidity, disability, and premature mortality.

<https://costofinjury.ca/ap/en/the-human-cost-of-injury-atlantic>

UNINTENTIONAL INJURIES: TOP COSTS BY CAUSE

CHILDREN 0-14: ATLANTIC

1



Falls: **\$52M**
354 hospitalizations
19366 ED visits

3



Fires/Burns: **\$7.72M**
5 deaths
31 hospitalizations
879 ED visits

2



Transport: **\$11.88M**
108 hospitalizations
2,628 ED visits

4



Unintentional Poisonings: **\$2.12M**
51 hospitalizations
816 ED visits

Select a region

Atlantic Canada

Select a measure

Cases

Select an age group

Children (0-14)

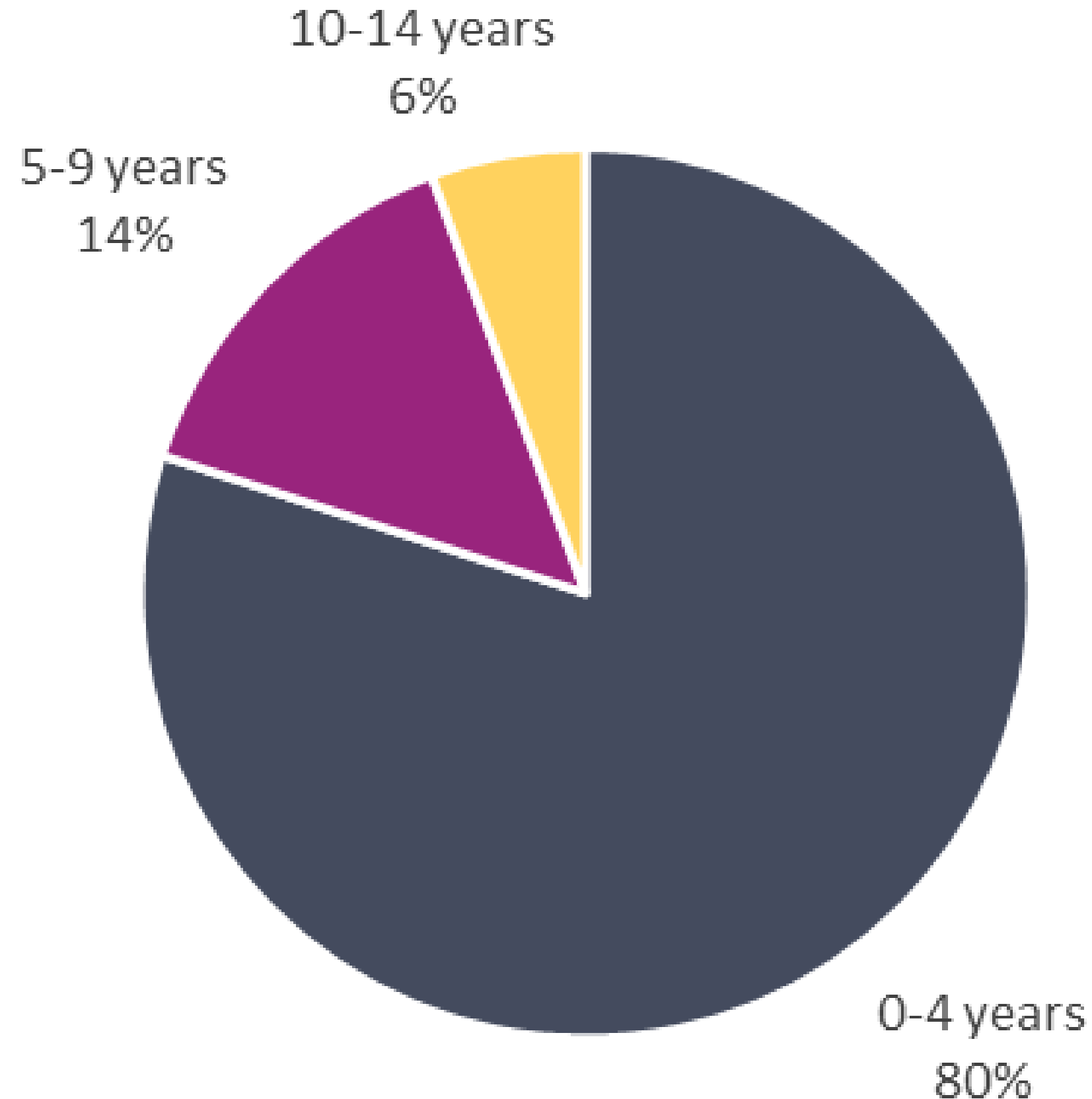
Select a sex

Both Sexes

Cases by Cause of Injury and Injury Outcome, Children (0-14), Both Sexes, Atlantic Canada, 2018

Cause of Injury	Deaths	Hospitaliza..	ED Visits	Disability
Fire/Burns	5	31	879	5
Violence	0	12	179	0
Unintentional Poisoning	0	51	816	12
Undetermined Intent/Other	0	8	116	0
Transport Incidents	0	108	2,628	25
Suicide/Self-Harm	0	75	290	17
Struck by/against Sports Equipment	0	6	1,695	5
Other unintentional Injuries*	0	195	20,767	38
Falls	0	354	19,366	98
Drowning	0	5	30	0
Total	11	845	46,767	205

CALLS TO ATLANTIC POISON CENTRE: 2021



0-4 (2220 calls): Cleaning substances, analgesics

5-9 (399 calls): Foreign bodies, toys, miscellaneous (e.g. glow sticks, button batteries)

10-14 (156 calls): Stimulants, cannabis, ADHD (double dose)

MYTH:

My child can't get into
childproof containers.

REALITY:

There is no such thing as "childproof."
The Poison Centre has seen
1 year old children
open these containers.

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IWK REGIONAL
POISON
CENTRE



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CASE STUDY 2021

Call from mother of 13-month-old female (16 lbs)

10 minutes earlier the child grabbed the bottle of infant Tylenol, opened, and drank an unknown amount.

The poison specialist determined that this was a potentially toxic amount ingested and the child was referred to a Health care center.

The Poison specialist provided advise to the HCP, bloodwork determined that it was not a toxic level and child was sent home.





MYTH:

Cannabis is not a
poison.



REALITY:

A poison is **anything** that can make you sick
if you eat, drink, inhale or touch it.

This includes cannabis products.

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MYTH:

Kids can tell the difference between cannabis edibles & real candy/food.

REALITY:



Kids AND adults can be fooled by cannabis lookalikes.

CAN YOU TELL THE DIFFERENCE?



CASE STUDY



10 year old child was brought into the emergency department after parent found child very sleepy, their eyes were red and child was acting “stoned”.

Child went into the cupboard and ate a package of Mary Janes Fuzzy Peach Candies.



Package contained 5 x 70mg THC candies.

Child was monitored in hospital for 24 hours until symptoms resolved.

Parents stated, “package was hidden in the cupboard up high”.
Purchased on-line.

MYTH:

Keeping cannabis out of reach is enough to keep my kids safe.

REALITY:

Out of reach is not enough.

All cannabis products should be stored in **labelled** packaging, in **locked** cupboards, boxes or bags.

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CASE STUDY



Adult Caregiver and 3 children shared a package of cannabis gummies not knowing they were cannabis.

Package contained 500 mg, 5 x 100 mg gummies.
“Stoner Patch Dummies”

All symptomatic, including caregiver
Children ages between 5-14 yrs.

5 yr old hospitalized, ++ drowsy x 22 hours before
back to their normal behavior.

WAYS TO PREVENT POISONINGS IN THE HOME



Children 5 and younger are more at risk for poisonings because they like to explore the world by putting things in their mouths.

WAYS TO PREVENT/REDUCE POISONINGS IN THE HOME



Store it

Lock it

Label it

KEY PREVENTION STRATEGIES



Keep medication, cleaning products and other toxins in their **original**, child-resistant, labelled packaging.



Do not rely on “child proof” or “child resistant” packaging alone.



Store medication, cleaning products, and other toxins in **locked**, high, or other places that young children will not be able to reach.

KEY PREVENTION STRATEGIES



Keep your handbag (and those of your guests) **up high and out of reach of young children.**



If you use alcohol or cannabis products of any kind, keep them **locked up.**

If you know or even suspect that your child has eaten or drank a poison, call for advice immediately.

In NB: Call 811 or 911



1-800-565-8161
NOVA SCOTIA & PEI

1-844-POISON-X
NEWFOUNDLAND & LABRADOR

Formerly the IWK Regional Poison Centre

Poisoning Information for the Public & Health Care Professionals. **Free and Confidential. Call 24/7**

LINKS OF INTEREST



<https://childsafetylink.ca/poison-prevention>

IT'S IN YOUR HANDS... WHAT IS YOUR PLAN?

Preventing Poisonings in Your Home



What can you include in YOUR home poison prevention plan?

Here are a few things you can do to prevent unintentional poisonings in your home:

- ✓ Keep the Poison Centre's phone number somewhere visible and as a contact on your phone (see contact below).
- ✓ Use a lock box to store all medications and cannabis products when possible.
- ✓ Use child locks on cupboard/cabinet doors where poisons may be stored.
- ✓ Keep all products in original packaging with child-resistant tops.
- ✓ Ensure caps on medication bottles are replaced correctly after each use.
- ✓ Do not take medications or cannabis edibles in front of children.
- ✓ Keep bags that visitors may bring into your home out of reach.



How can you help educate your child about poisons?

- ✓ Teach younger children why they must always ASK before touching, smelling, or tasting a product they find.
- ✓ Talk to older children about what they can do to help with poison prevention, especially if there are young children in the home.



If you suspect that your child has accessed a poison, contact the IWK Regional Poison Centre immediately at 1-800-565-8161 in NS and PEI. In NB, call 911.

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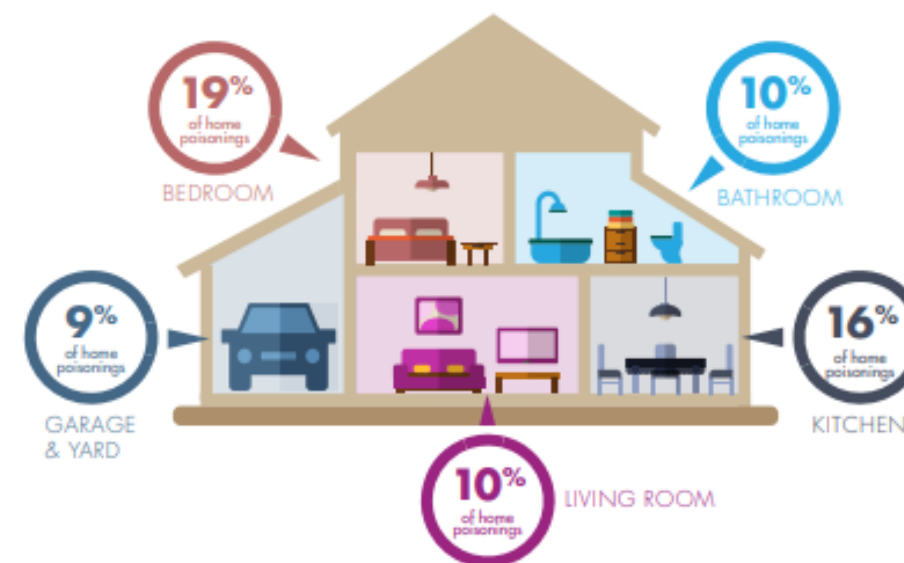
A program of the
IWK Health Centre



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HOME SAFE HOME

POISON DANGERS IN THE HOME



PERCENTAGE OF HOME POISONINGS BY AGE:

9%	24%	46%	3%	19%
0-12 mos	1 year	2-4 years	5-9 years	10-14 years

Medications

63% Most medication poisonings happen in the living room and bedroom.

Cleaning Supplies

16% Children most commonly swallow cleaning supplies in the bathroom, kitchen and garage.

Plants

7% Plant poisonings can happen in any room of the house or outside in the yard.

Based on Emergency Department visits captured by the Canadian Hospitals Injury Reporting and Prevention Program at the IWK Health Centre, 2007-2011.

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03/2014

Poison Prevention Checklist



Children can be injured
by ALL the products on this checklist.
Which ones are in YOUR home?



CLEANING SUBSTANCES

- ☐ Laundry pods
- ☐ All-purpose cleaner
- ☐ Dishwasher tabs
- ☐ Disinfectants
- ☐ Bleach
- ☐ Drain openers
- ☐ Toilet bowl cleaners
- ☐ Oven cleaners



MEDICATIONS

- ☐ Ibuprofen
- ☐ Acetaminophen
- ☐ Iron pills
- ☐ Prescription medications
- ☐ Cough medicine
- ☐ Melatonin/sleeping pills
- ☐ Vitamins



CANNABIS

- ☐ Edibles
- ☐ All cannabis products



COSMETICS/PERSONAL CARE PRODUCTS

- ☐ Hand sanitizer
- ☐ Toothpaste
- ☐ Sunscreen
- ☐ Medicated cream
- ☐ Soap
- ☐ Mouthwash
- ☐ Nail polish and remover
- ☐ Perfume
- ☐ Hydrogen peroxide
- ☐ Bug repellants
- ☐ Mothballs
- ☐ Essential oils



FOREIGN BODIES/TOYS

- ☐ Glow sticks
- ☐ Silica gel
- ☐ Coins
- ☐ Batteries/Button batteries
- ☐ Balloons
- ☐ Magnets



Keep all poisons out of sight and reach of children,
and locked when possible.



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LINKS OF INTEREST



<https://atlanticcanadapoisoncentre.ca/>

**Pan-Canadian
Poison Centres
2020 Annual Report**



Canadian
Association for
Poison
Centres and
Clinical
Toxicology

Association
canadienne pour
centres
antipoison et
toxicologie
clinique

https://infopoison.ca/wp-content/uploads/2022/09/Poison-Centre-Annual-Report-2020-EN_Final.pdf

**Evidence Summary
on the Prevention of
Poisoning in Canada**

PARACHUTE
AND
INJURY PREVENTION CENTRE,
UNIVERSITY OF ALBERTA
JULY 25, 2020



<https://parachute.ca/en/professional-resource/poison-prevention-collection/data-reports-and-research/>

CONCLUSION: REFLECT ON LEARNING OBJECTIVES

1

To define the meaning of a poison

2

To identify three ways to prevent a child from being poisoned in the home

3

To recall the Poison Centre phone number for their province.

LEARNING OBJECTIVES:

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To define the meaning of a poison: **A poison is something that can make you sick if you swallow it, taste it, smell it, get it on your skin, or get it in your eye. It can be a drug or a non-drug substance.**

2

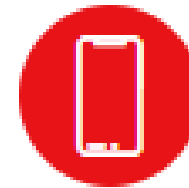
To identify three ways to prevent a child from being poisoned in the home: **Store it (high); Lock it (high and away) and Label it (Cannabis edibles)**

3

To recall the Poison Centre phone number for their province:



1-844-764-7669
(within NL only)

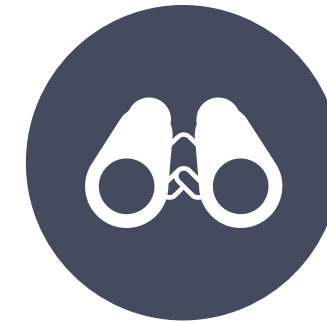


1-800-565-8161
(within NS and PEI only)

In NB: Call 811 or 911



THANK YOU FOR ATTENDING!



FIND THIS PRESENTATION

A copy of the presentation will be on our website



ATTEND FUTURE WEBINARS

Our next webinar: **Evaluation 101: What you need to know** with Dorian Watts, Canadian Evaluation Society, NS Chapter



COMMUNITY OF PRACTICE

Join our community of practice to connect with other IP professionals.

FIND & CONTACT US



childsafetylink@iwk.nshealth.ca



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1-866-288-1388



@childsafetylink

A link to a summary of our services: <https://childsafetylink.ca/about-us/csl-services>



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