

Kingston and Richmond Child Death Overview Panel Newsletter – December 2016

Welcome

This Child Death Overview Panel (CDOP) newsletter features information about both our work and related initiatives, including local, regional and national learning. On the second page you'll find some information that you may wish to print and display to help reduce the risk of accidents in under 5 year-olds.

Local Learning in focus: Asthma

According to Healthy London, Asthma is the most common long term medical condition among children in the UK, affecting roughly 10% of all children. More than 240,000 children and young people in London have asthma which equates to around three children in every classroom.

Asthma can have a major impact on a child's life; they may have to take time off school which can affect their learning while time in hospital can be distressing. It may also reduce their ability to exercise.

Asthma can also be deadly. Approximately, 25 to 30 children and young people die from asthma each year in the UK, including approximately 12 children and young people in London.



Deaths can occur in children with previously mild asthma as well as in severe chronic asthma, so it is important that all affected children and their carers are educated, supported and monitored by health professionals and schools to achieve optimal asthma control and treatment of acute attacks to minimise this risk.

The London Asthma Toolkit produced by the Healthy London Partnership, aims to support healthcare professionals, schools, parents, carers, children and young people in London. The following link provides a wide range of tailored resources, information and advice, to support children and young people with asthma, and those caring for them personally and professionally:

<https://www.healthylondon.org/children-and-young-people/london-asthma-toolkit>

Local and national learning has highlighted the importance of a coordinated multi-agency approach, and the need for children to have their needs well understood and reviewed regularly, and for their asthma management to be consistently supported by health professionals, parents & carers, and schools. Please visit the toolkit for information and advice and to see what action you can take.

National learning in focus: Reducing unintentional injuries in and around the home among children under five years

Accidents in the home are a leading cause of preventable death and acquired disability. Rates of hospital admissions in 0-4 year olds in Kingston and Richmond were above the national average in the most recent data collected in 2014-15. The local CDOP has sadly reviewed a number of deaths resulting from tragic accidents since 2008 and wishes to highlight the risks and promote the role of awareness-raising in reducing these risks.

Public Health England published a strategy that focuses on accident prevention in under 5 year olds, on 5 leading causes: Falls, Burns and scalds, Drowning, Poisoning, Choking, suffocation & strangulation.

<https://www.gov.uk/government/publications/reducing-unintentional-injuries-among-children-and-young-people>

Nationally and locally, child death reviews have highlighted new and emerging risks to children. On page 2 we share some risks to be aware of and resources for seeking further information and advice, including some simple preventive measures that can be printed and placed in your work place for families and professionals to read. All the organisations featured have a wealth of information to assist both professionals and the public. Professionals may also like to consider visiting <http://www.makingthelink.net/> and signing up for the newsletter to ensure you receive helpful regular updates regarding child safety.

Top tips for accident prevention in under 5s

Burns and scalds

Did you know hair straighteners now account for one in ten burn injuries to children?

Here's some advice from the Children's Burns Trust <http://www.cbtrust.org.uk/>

- ❖ Keep electric kettles, hot drinks, irons, hair straighteners and wires out of reach
- ❖ Always run cold water for the bath first before adding hot
- ❖ Keep saucepans at the back of the stove NOT near the front - turn handles to the back
- ❖ Keep secure fire guard screens in front of open fires, heaters & radiators
- ❖ Don't allow children near barbecues, garden chemicals or fireworks



Drowning

Did you know children can drown in as little as 5cm of water?

The Royal Society for the Prevention of Accidents <http://www.rospa.com/> advises as follows:

- ❖ Never leave young children or babies in the bath unsupervised by an adult, even for a moment
- ❖ Never leave uncovered bowls or buckets of water around the home
- ❖ Paddling pools should be emptied and stored away when not in use
- ❖ Garden ponds should be filled in while children are small or securely fenced off. Take special care when visiting other people's gardens



Choking, suffocation and strangulation

Did you know there have been 18 child deaths by strangulation from looped blind cords since 2010?

The Child Accident Prevention Trust <http://www.capt.org.uk/> advises:

- ❖ Ensure babies sleep in a safe setting (see <https://www.lullabytrust.org.uk/safer-sleep>)
- ❖ Tie up blind or curtain cords so there's no hanging loop.
- ❖ Do not prop feed babies with bottles
- ❖ Keep nappy sacks out of reach of babies
- ❖ Cut up big or unusually shaped food and supervise whilst eating
- ❖ Make sure small objects and other choking hazards are out of reach of babies and toddlers

Falls

Did you know falls lead to the most accident-related admissions for the under-fives? Nearly 20,000 each year in England.

The Child Accident Prevention Trust <http://www.capt.org.uk/> advises:

- ❖ Clear toys and clutter away to avoid tripping
- ❖ Use a 5 point safety harness in highchairs and prams
- ❖ Use safety gates
- ❖ Move things that children can climb on out of their cot and away from windows and balconies
- ❖ Secure windows and balconies appropriately
- ❖ Change nappies on the floor to avoid injuries from rolling off furniture
- ❖ Ensure that the risk to children of things falling on them is reduced, by appropriately securing furniture

Poisoning

Did you know medicines are the cause of over 70% of poisoning admissions?

The NHS <http://www.nhs.uk/> advises:

- ❖ Make sure all medicines, cleaning products, chemicals and potentially harmful cosmetics, such as nail varnish, are locked away out of the sight and out of reach of children
- ❖ When encouraging children to take medicine (when they're sick), don't refer to tablets as sweets
- ❖ Whenever possible, buy medicines that come in child-resistant containers
- ❖ Small batteries, such as those used for television remote controls, can be easily swallowed and may cause death, so keep them out of the reach of children