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Needle time

Prescribing an EpiPen? It is important that both the patient and family understand how to use the device before it is needed. The manufacturer has developed a how-to video, available from www.epipen.com, that includes information on when to use the EpiPen and the importance of accessing medical help.

Free heeling

Running shoes with wheels are becoming increasingly popular with children, but are the shoes safe? A group of researchers from Ireland decided to study the safety of roller shoes. They prospectively recorded data on all roller-shoe injuries referred to the trauma and orthopedic surgery department in an academic children's hospital during the school summer holiday. During the 10-week period studied, 67 children suffered orthopedic injuries, mostly involving upper limbs. Injuries included distal radial fractures, supracondylar fractures, elbow dislocations, and hand fractures. One fifth of injuries occurred when children were using the shoes for the first time. Most injuries occurred outside. The researchers recommended that children be closely supervised when learning to use roller shoes and that protective gear be used at all times.

Source: Vioreanu M, Sheehan E, Glynn A, Casidy N, Stephens M, McCormack D. Heelys and street gliders injuries: a new type of pediatric injury. *Pediatrics* 2007;119:e1294-8. Available from: www.pediatrics.org/cgi/doi/10.1542/peds.2006-2882. Accessed 2007 August 20.

Bad mood

The Best Start program (Ontario's maternal, newborn, and early child development resource centre) has a series of useful resources on postpartum depression for physicians, patients, and families. The resources, which include a self-administered screening test and a physician desk reference covering risk factors, treatment options, and resources, are available on-line from www.lifewithnewbaby.ca.

What older women want

In 2005, a Canadian study looked at older women's unmet health needs and concerns (*Can Med Assoc J* 2005;173:153-9). The researchers found that urinary incontinence, memory loss, and exercise topped the list for the 5000 women studied. In response to these findings, the researchers, along with the Canadian

Women's Health Network and the Centre de recherche de l'Institut universitaire de gériatrie de Montréal, have developed a new website, www.wowhealth.ca. The website contains practical information for both patients and health practitioners on the top 3 concerns. The emphasis is on screening and prevention.

Jump to conclusions

Trampolining was first introduced in 1936, but it did not become popular for recreational use until the 1950s. Over the past 50 years, there has been a growing body of medical literature documenting injuries resulting from the use of trampolines. Over time, spotters, safety enclosures, and other safety measures were introduced to address the risk of injury. Do these measures reduce the risk? Are trampolines at home or on the playground safe?

The Canadian Paediatric Society and the Canadian Academy of Sport Medicine have recently developed a joint statement on the use of trampolines at home and on playgrounds. This statement is based on an extensive review of the literature between 1966 and 2006 and on Canadian injury data provided by the Public Health Agency of Canada.

Canadian data show that the prevalence of trampoline injuries appears to be rising. Most injuries and hospital admissions occurred in the 5- to 14-year-old age group. Most injuries were fractures of the upper extremities that occurred as a result of falls on the trampoline mat, rather than falls off the trampoline. Injuries tended to occur when there was inadequate parental supervision or multiple users on the trampoline at the same time.

The statement cautions that the use of a trampoline is a high-risk activity with the potential for serious injury. The report includes the following recommendations:

- Trampolines should not be used for recreational purposes at home by children and adolescents.
- Health care professionals should warn parents of the dangers of trampolines. Enclosures and adequate supervision are no guarantee against injury.
- Trampolines should not be regarded as play equipment and should not be part of outdoor playgrounds.
- Physicians should advocate for legislation to require warning of trampoline dangers to be put on product labels.

The position statement is available on-line from www.cps.ca/english/statements/IP/IP07-01.htm.