

# Be Trauma Aware

# Take Action

An Programme for Students and Teachers



# About the Programme

Trauma typically stems from life-threatening situations such as accidents, necessitating urgent medical attention. Delayed or inappropriate treatment heightens the risk of complications or even death. Severe traumatic injuries can also result in enduring physical and psychological scars, demanding prolonged treatment and recovery.

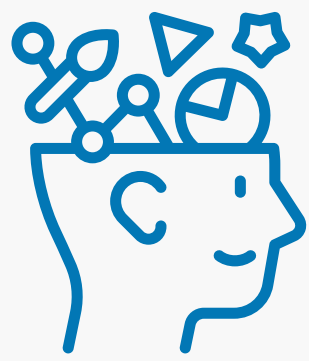
Trauma affects people of all ages. The World Health Organization reports that injuries claim approximately 4.4 million lives globally each year, comprising nearly 8% of all fatalities. In Singapore, drowning ranks as the primary cause of child fatalities, followed by falls and vehicular accidents, which also cause significant harm (KKH Child Injury Surveillance Report, 2022).

Early prevention of trauma is achievable through timely education. By imparting crucial knowledge and skills, we can decrease the occurrence of trauma within our community.

---

The **"Be Trauma-Aware, Take Action"** programme seeks to partner with schools in Singapore to promote awareness of injury prevention and management. By utilizing scenario-based learning and insights from trauma specialists, the programme aims to enhance the school curriculum and empower students and individuals in the community to take proactive steps to minimize the occurrence of injuries.

The programme revolves around three main strategies:



## VALUE-ADDED LEARNING

Gaining insights into trauma injuries and their management beyond classroom curriculum.



## HANDS-ON EXPERIENCE

Exploring opportunities to utilize first aid abilities in trauma situations.



## INTERACTIVE THINK TANK

Facilitating group dialogues concerning strategies for preventing and educating about trauma.



# Topics for Students

## 1) TRAUMA IN SINGAPORE

(15 minutes)

According to the Ministry of Health, trauma ranks as the sixth leading cause of death, following cancer, ischemic heart disease, pneumonia, cerebrovascular disease, and hypertensive diseases. Trauma can occur suddenly when we lower our guard on safety measures.

### Learning Objectives:

- Understand trauma and the impact on the individual, family and society.
- Identify the common types and mechanisms of traumatic injuries in school, home and outdoors.
- Recognise our role as community responders and how we help the patient in the trauma chain of survival.



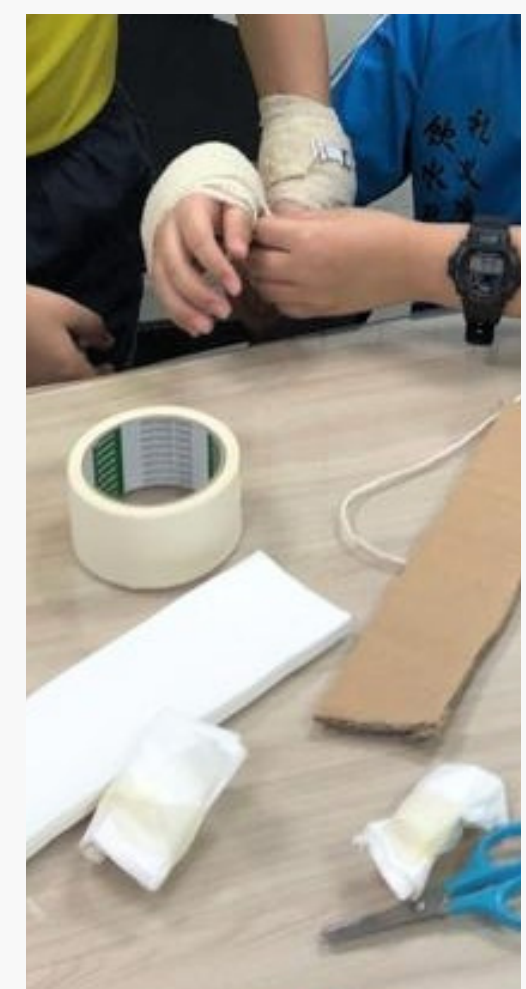
## 2) INJURY MANAGEMENT TIPS

(15 minutes)

After experiencing a traumatic accident, promptly evaluating and identifying the nature of injuries, and making timely and suitable decisions regarding treatment, are crucial steps to prevent subsequent complications and fatalities.

### Learning Objectives:

- Understand injury patterns in Singapore.
- Obtain first aid tips and advice from trauma experts and apply it to various scenarios.
- Gain confidence and be empowered to be a trauma community responder.



## 3) BUSTING MYTHS- TRUE OR FALSE?

(5 minutes)

Misguided beliefs and prevalent misconceptions, often passed down through generations, can lead us astray in understanding injuries and pursuing treatment. It's vital to distinguish between fact and fiction to make informed decisions for promptly addressing injuries.

### Learning Objectives:

- Debunk commonly held myths in our society and what are the recommended approaches to traumatic injuries.



#### 4) TRAUMA THINK TANK

(20 minutes- 15 minutes discussion + 5 minutes presentation)

Safety and injury prevention are frequently neglected or underestimated. By brainstorming and tailoring strategies to specific safety themes, we can effectively engage and educate fellow students and young individuals in our community.

A) Road Safety, B) Water Safety, C) Fire Safety

Students are divided into 2 to 3 groups to brainstorm ideas and present.



## Sample Schedule

#### 60 Minutes Programme:

Time	Duration	Activity
08:00 - 08:05	5 min	Introduction
08:05 - 08:25	20 min	Trauma in Singapore
08:25 - 08:40	15 min	Injury Management Tips
08:40 - 08:45	5 min	Busting Myths- True or False
08:45 - 08:50	5 min	Quiz
08:50 - 09:00	10 min	Q&A

#### 75 Minutes Programme:

Time	Duration	Activity
08:00 - 08:05	5 min	Introduction
08:05 - 08:25	20 min	Trauma in Singapore
08:25 - 08:40	15 min	Injury Management Tips
08:40 - 08:45	5 min	Busting Myths- True or False
08:45 - 09:05	20 min	Trauma Think Tank
09:05 - 09:15	10 min	Q&A

# Topics for Teachers & Staff

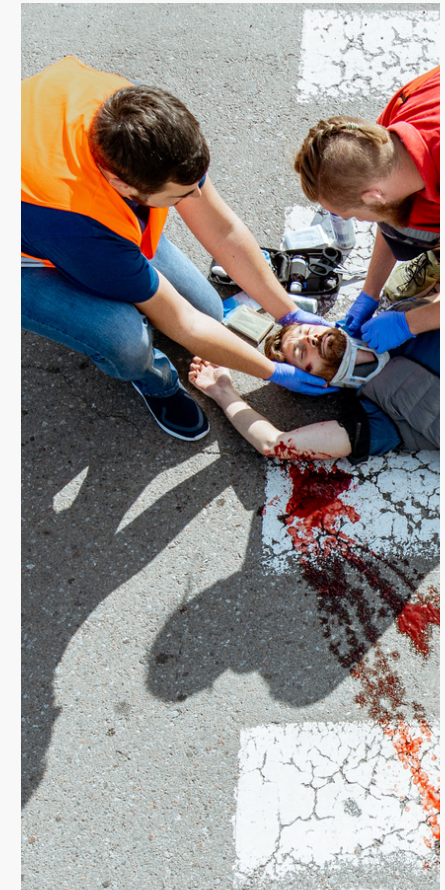
## 1) TRAUMA IN SINGAPORE

(20 minutes)

Understanding injury mechanisms enables us to recognize the resulting patterns of injury. This knowledge facilitates prompt diagnoses and enables us to prioritize appropriate management strategies.

### Learning Objectives:

- Identify the types and mechanisms of traumatic injuries in Singapore.
- Understand the trauma chain of survival.
- As a crisis/ emergency team leader, learn what to do to provide timely and appropriate aid to the patient.



## 2) RIGHT-SITING PATIENT TO TRAUMA CENTRE

(10 minutes)

Not all hospitals or nearest hospitals have trauma centres that can manage severe major trauma injuries. Timely and appropriate response and decision-making can influence the life and death of the patient.

### Learning Objectives:

- Recognize the role of a trauma centre and how a regional trauma system supports the journey of a patient in Singapore.
- Recognize the importance of right-siting a patient for emergency treatment.



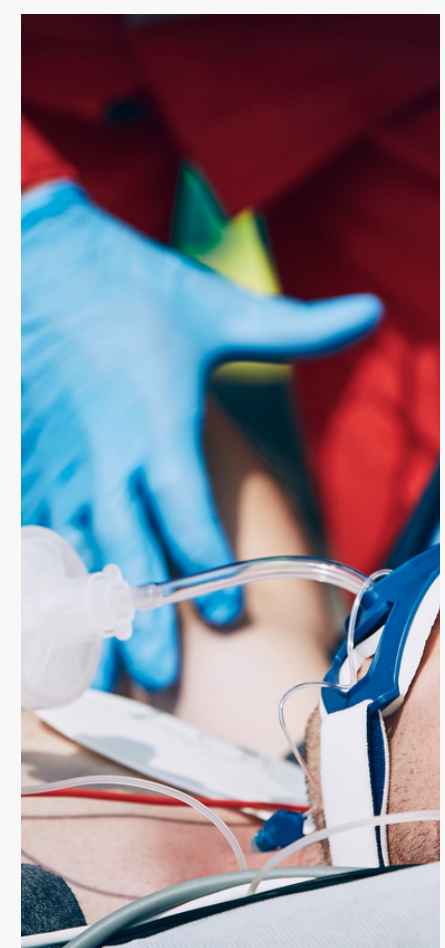
## 3) PRE-HOSPITAL INJURY MANAGEMENT TIPS

(15 minutes)

This subject seeks to enhance the content covered in first aid courses. Subject matter experts will provide insights into the methods and practical applications of first aid techniques, with the aim of saving lives prior to the arrival of paramedics.

### Learning Objectives:

- Learn some quick management tips into common injuries experienced at school and outdoors.



# Topics for Teachers & Staff

## 4) TRAUMA THINK TANK

(20 minutes- 15 minutes discussion + 5 minutes presentation)

Safety and injury prevention are frequently neglected or underestimated. By brainstorming and tailoring strategies to specific safety themes, we can effectively engage other educators, young individuals and their families.

A) Road Safety, B) Water Safety, C) Fire Safety

Teachers are divided into 2 to 3 groups to brainstorm ideas and present.



### Sample Schedule

#### 60 Minutes Programme:

Time	Duration	Activity
08:00 - 08:05	5 min	Introduction
08:05 - 08:25	20 min	Trauma in Singapore & Injury Pattern Recognition
08:25 - 08:40	10 min	Right-siting Patient to Trauma Centre
08:40 - 08:55	15 min	Pre-hospital Injury Management Tips
08:55 - 09:00	5 min	Q&A

#### 75 Minutes Programme:

Time	Duration	Activity
08:00 - 08:05	5 min	Introduction
08:05 - 08:25	20 min	Trauma in Singapore
08:25 - 08:40	10 min	Right-siting Patient to Trauma Centre
08:40 - 08:55	15 min	Pre-hospital Injury Management Tips
08:55 - 09:25	20 min	Trauma Think Tank
09:25 - 09:30	5 min	Q&A

# Our Speakers


Our speakers come from a multi-disciplinary team spanning across four partner hospitals in the Central Region- Tan Tock Seng Hospital, Khoo Teck Puat Hospital, KK Women's and Children's Hospital and Sengkang General Hospital.

Notifying us at least 3 months in advance allows us time to engage a speaker from our partner hospitals.

## For Booking Enquiries

 Contact us at [central\\_trauma@nhg.com.sg](mailto:central_trauma@nhg.com.sg).

### Find out more about us at:

 <https://corp.nhg.com.sg/crtsedu>

 @centralregiontraumaservices

 <https://www.linkedin.com/company/central-region-trauma-services>

 <https://t.me/crtstrauma>

“

**Injury can happen at unpredictable moments and the repercussions can be a matter of life and death. It's not too late to prepare and prevent!**



**CRTS**  
CENTRAL REGION TRAUMA SERVICES  
*Advancing Trauma Care Together*

