

# **Did the Canadian Pediatric Society Policy Statement in 2007 impact Trampoline-related Injuries in Halifax, Nova Scotia?**

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## **Introduction**

The Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP) found a significant rise in trampoline-related injuries from 1999-2005, many of which required hospitalization. In 2007 and again in 2013, the Canadian Pediatric Society (CPS) recommended against the recreational use of trampolines at home. This study evaluated the impact of this policy statement on trampoline-related injuries in Halifax, NS.

## **Methods**

Trampoline injury data was obtained from the CHIRPP database at the IWK. The data was stratified according to the timing of the policy statement (before: 2001-2006, after: 2008-2013 and after reaffirmation 2013-2015).

## **Results**

Since the 2007 CPS policy statement, the percentage of IWK trampoline related ED visits increased from 0.9% to 1.6% post-policy ( $p < 0.000$ ). The injury data did not differ significantly in gender, the mechanism of injury, the nature of injury, or body part involved ( $p\text{-value} > 0.05$ ). There was a significant difference in the number of injuries between age groups post-policy, with more occurring in children less than 4 and between the age of 10-14 ( $p < 0.009$ ). Moreover, where the trampoline injury was located was also significantly different post-policy with more injuries occurring in sports/recreational facilities and in schools ( $p < 0.000$ ).

The majority of injuries (76-80%) occurred in children 5-14 years of age. Recreational use at home in the yard was the most common location of the accident (78-88%), with most injuries occurring on the trampoline mat itself (83-85%) due to incorrect landing (32-35%), falls (21-27%), or being struck by a person or object (24-25%). Soft tissue injuries (15-17%), sprains (19-22%) or fractures (40-46%) to the elbow (11-12%), forearm (5-9%) or ankle (19-21%) continued to be the most common nature and sites of injuries.

## **Conclusion**

Trampolining is a high-risk activity with injuries occurring predominantly in children and youth. Despite the recommendations by the CPS, trampoline-related injuries remain an important source of pediatric injuries in Halifax, NS.