



Childhood Trauma Beyond Borders: The Forgotten Pandemic

Amman 2025

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Cape Town's Table Mountain

Overview

- * *Paediatric Trauma*
- * *Context*
- * *Low and Middle Income Countries*
- * *Importance of Prevention*

Millennium Development Goals

1. *Eradicate poverty and hunger*
2. *Achieve universal primary education*
3. *Promote gender equality*
4. **Reduce Childhood Mortality**
5. *Improve maternal health*
6. *Combat infectious diseases*
7. *Ensure environmental sustainability*
8. *Develop a global development partnership*

Lecture Overview

- * *True Childhood Traumas*

1. *Child injuries*
2. *Alcohol*
3. *Car crashes*
4. *Children in war*

- * *Making the World a safer place for children*

1. What are the true Childhood Traumas?

We have to look for the EVIDENCE

Positive proof of global warming



**18th
Century**

1900

1950

1970

1980

1990

2025

1. Childhood Injuries



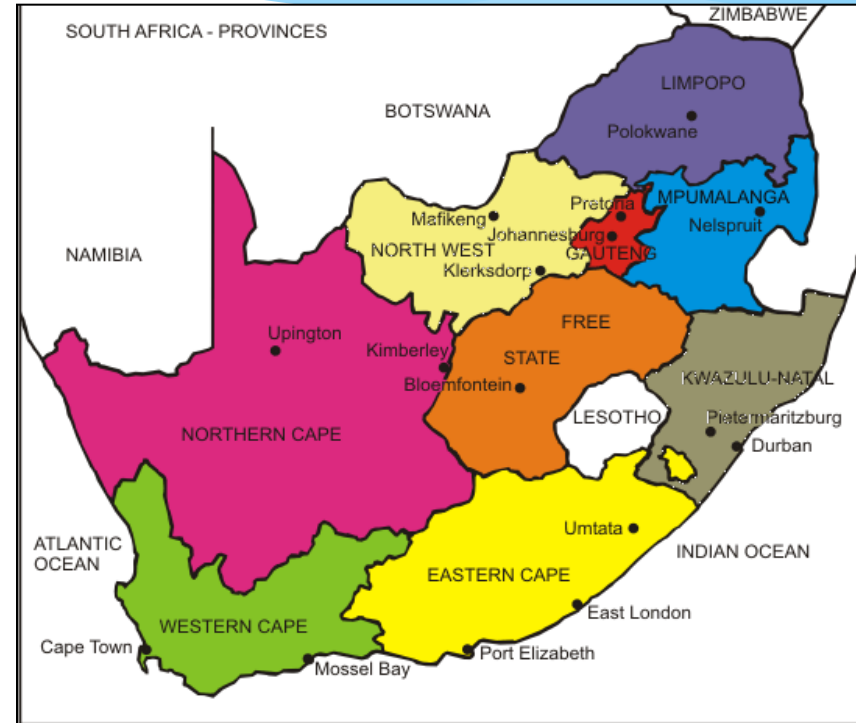
A worldwide problem



Africa

- * 2nd biggest Continent*
- * 1,4 Billion people*
- * Over 700 million children*
- * Continent of Children*

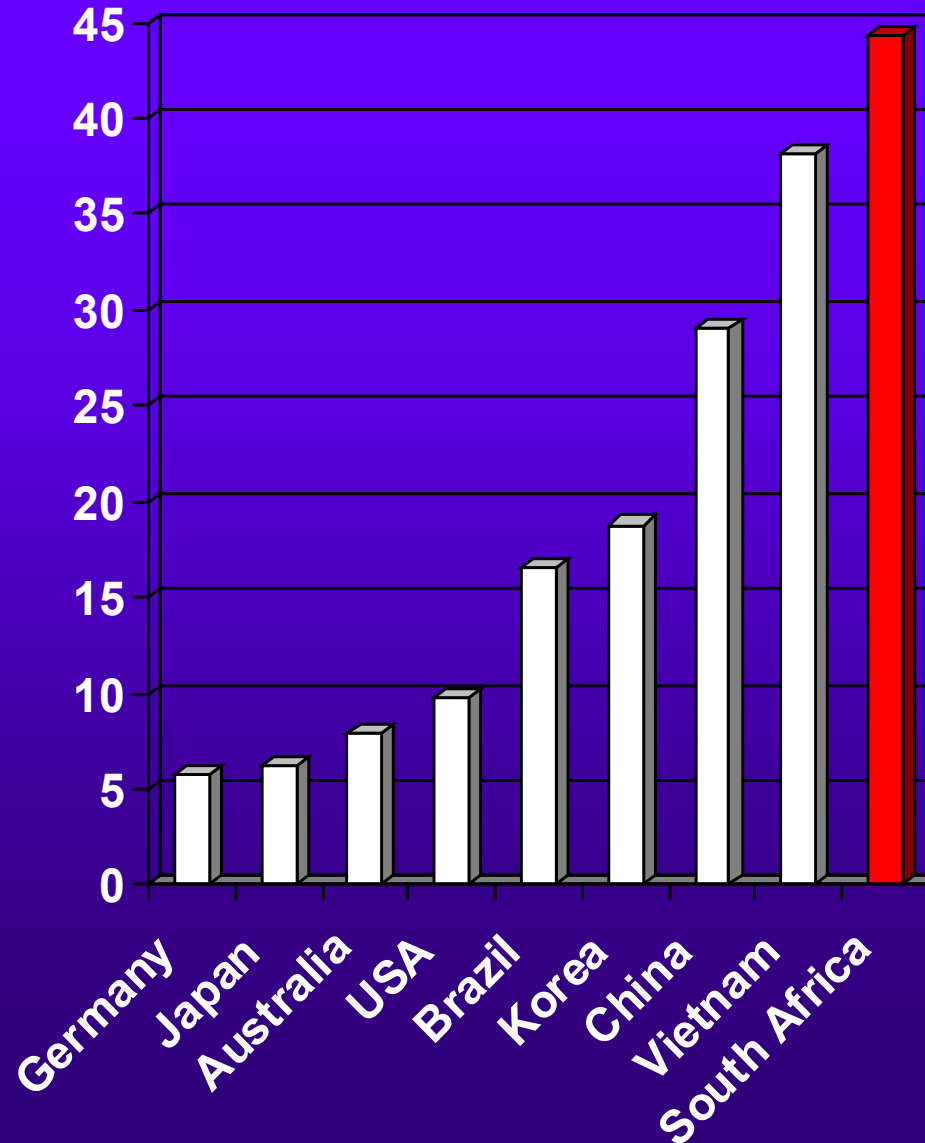




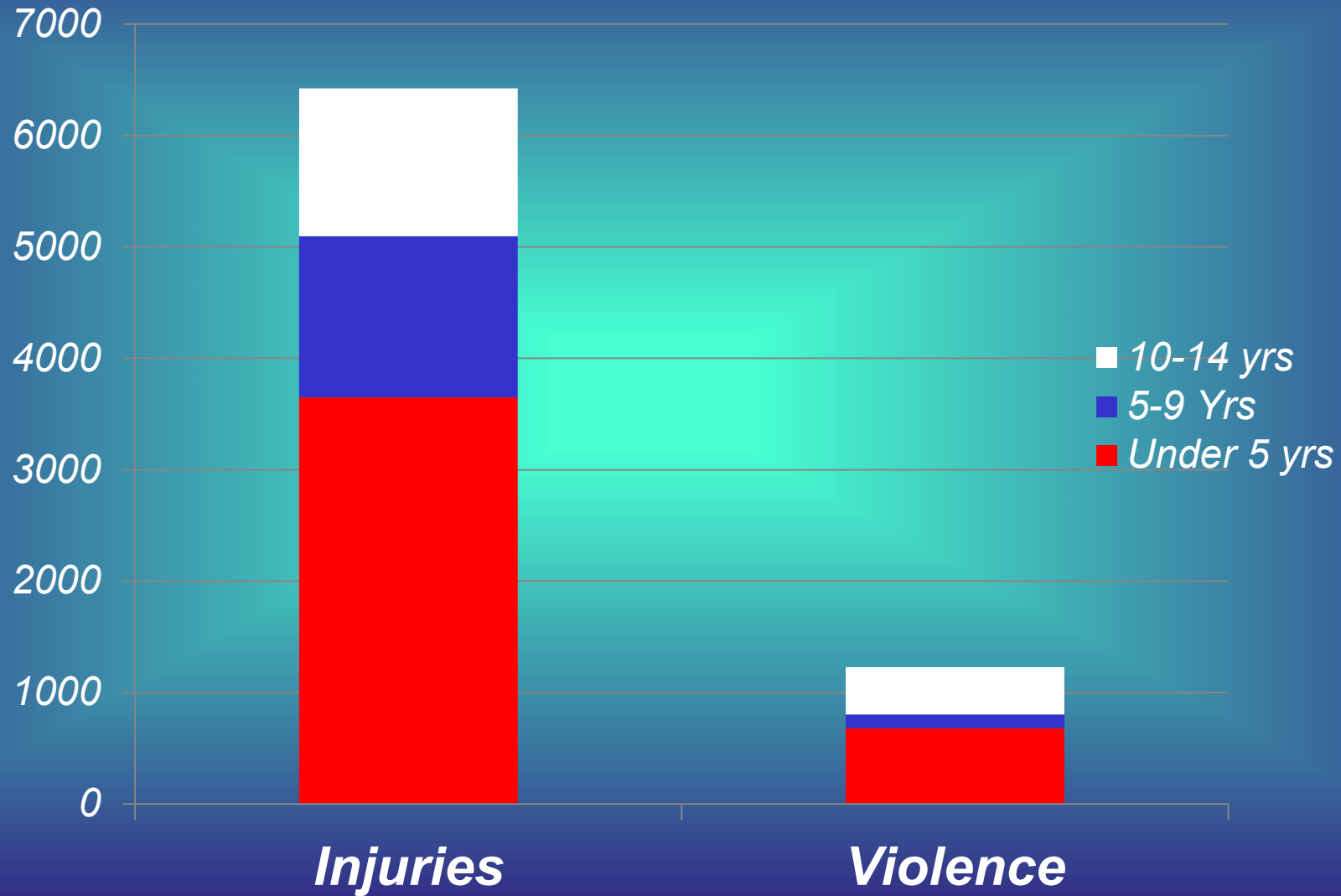
- * *Approximately 60 Million people*
- * *Over 20 Million Children*
- * *Over 500k Disabled Children*

Statistics

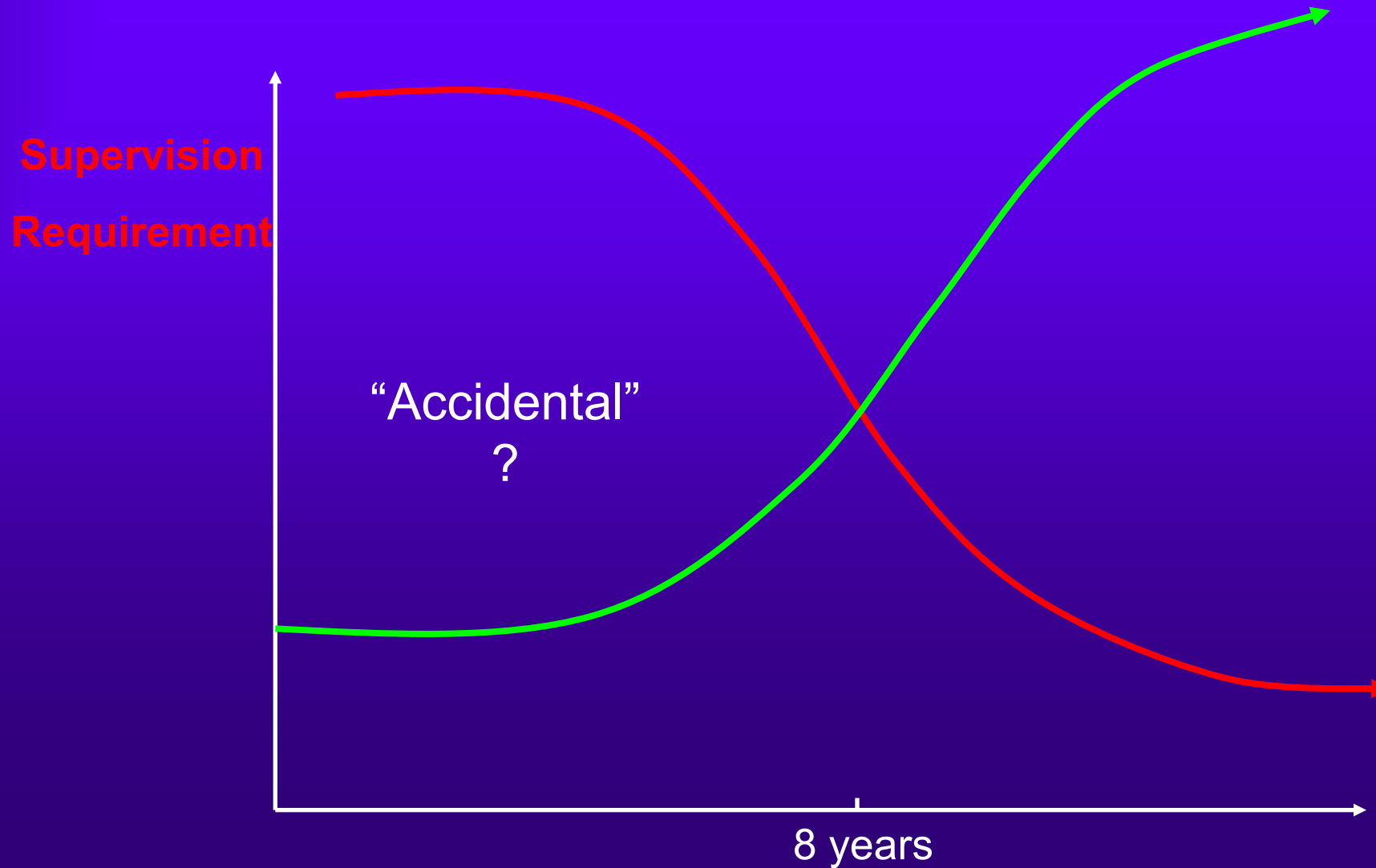
- *Annually over 6000 children **die** as a result of unintentional injuries*
- *Mainly motor vehicle crashes, burns and drowning*



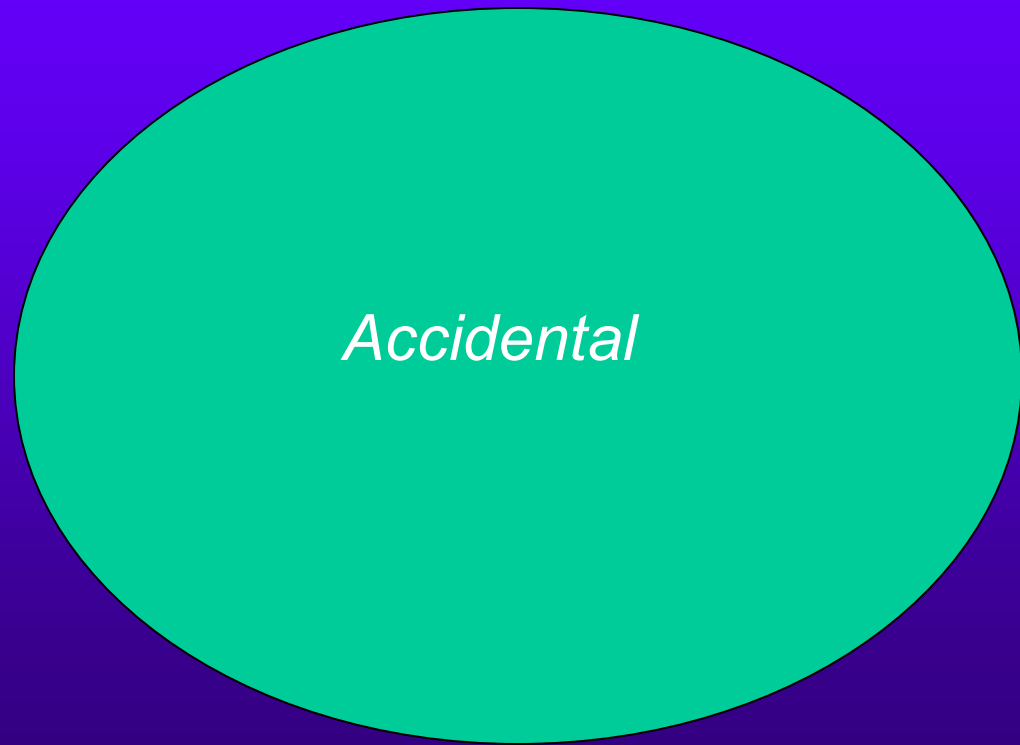
Childhood Mortality



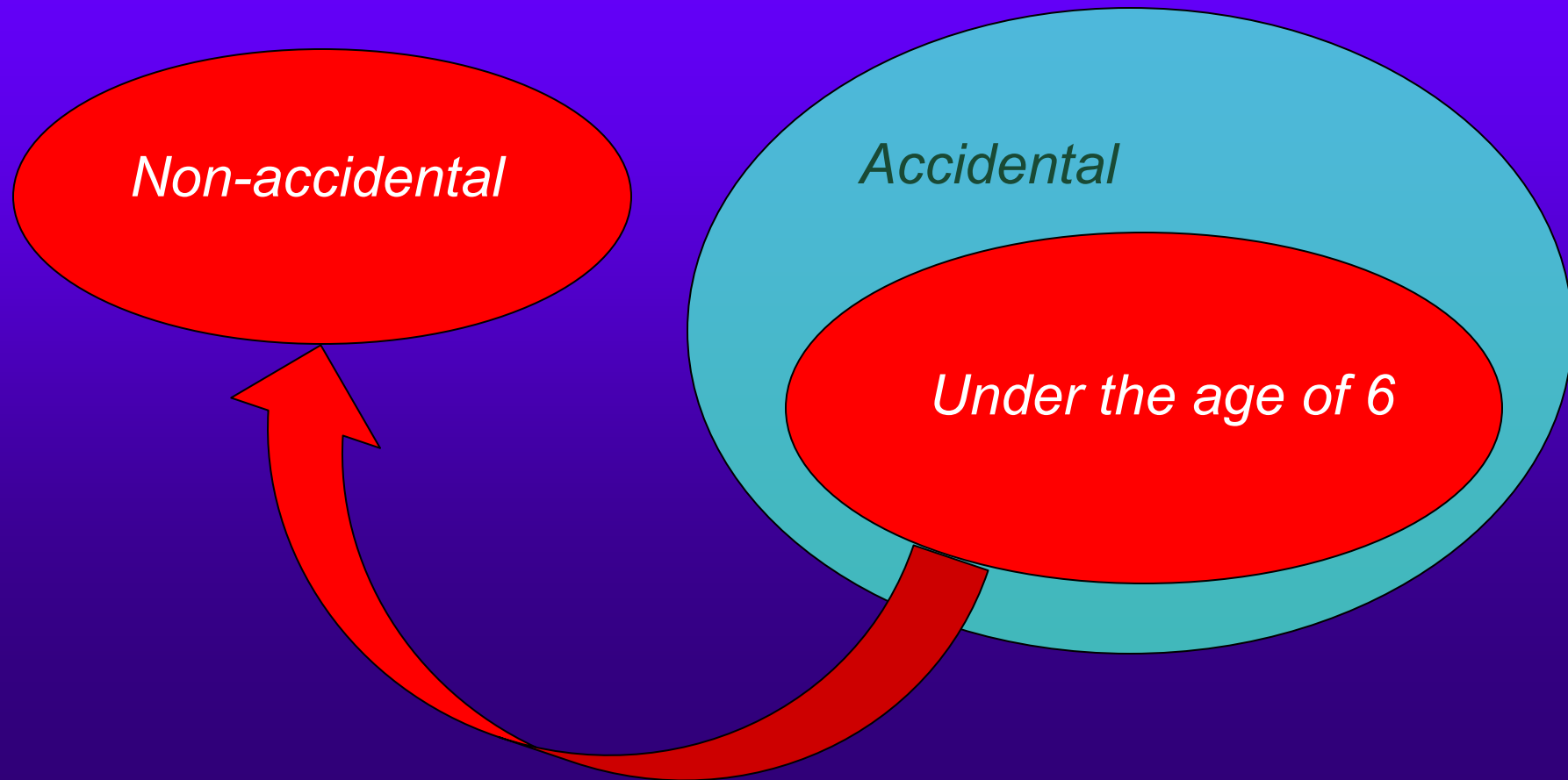
Resilience factors

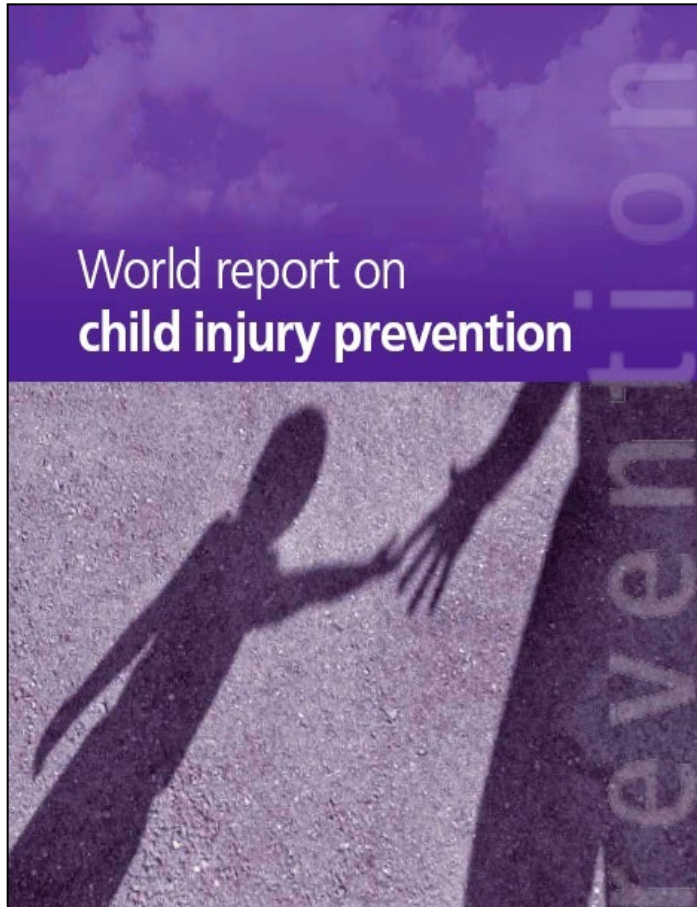


Accidental versus Non-accidental



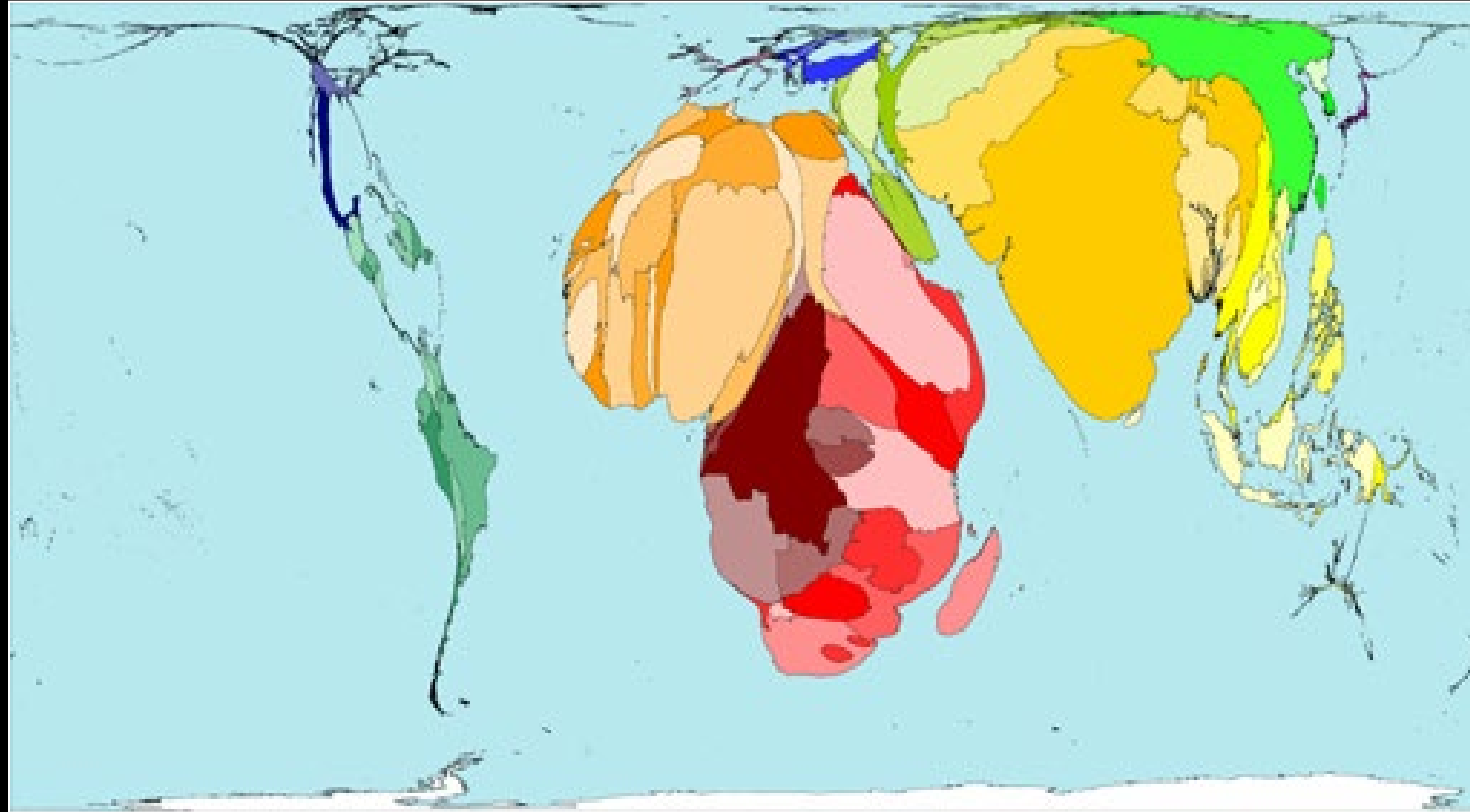
Accidental versus Non-accidental





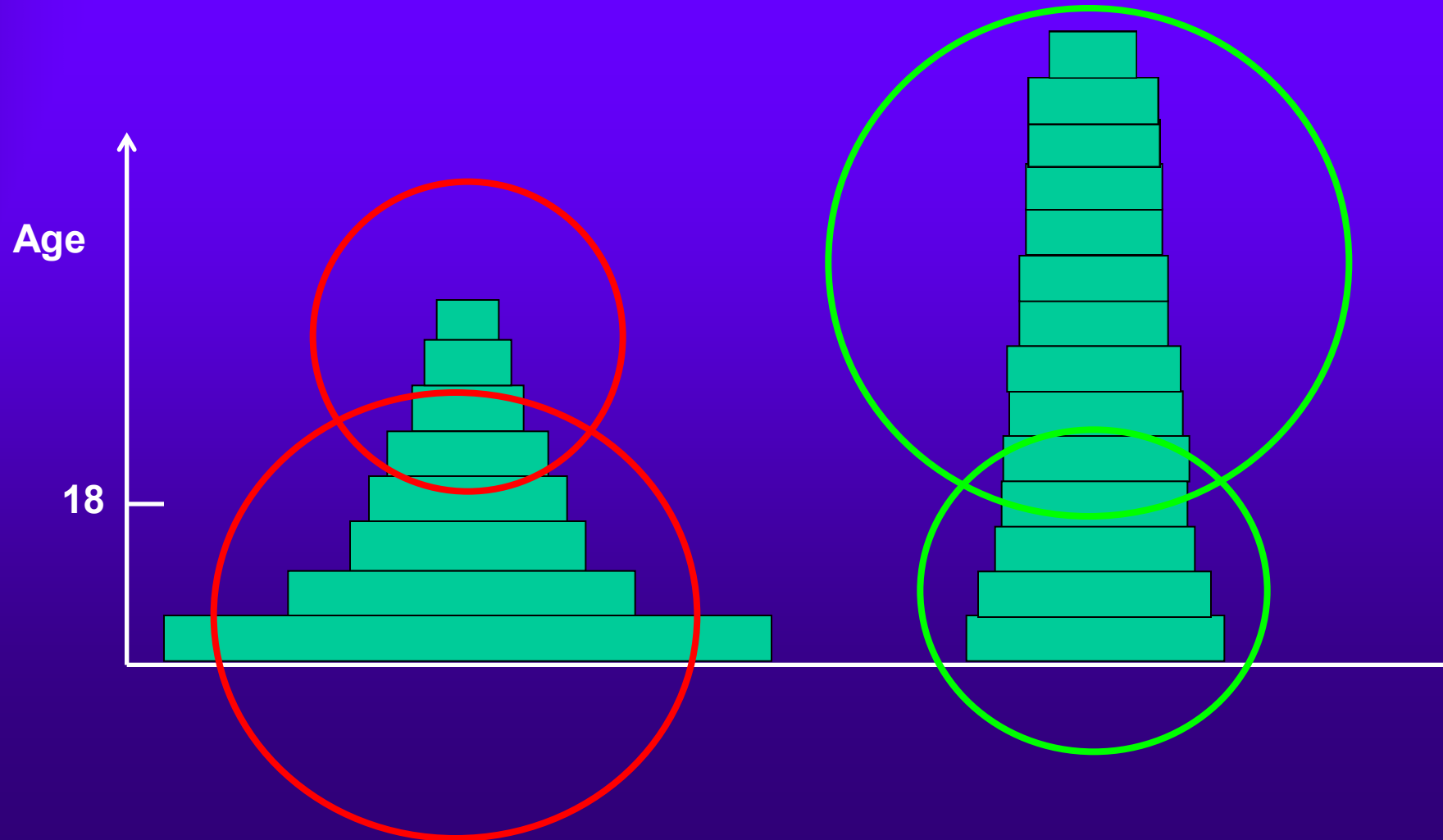
WHO

*3 of the top 5
Killers of children
are injury-related*

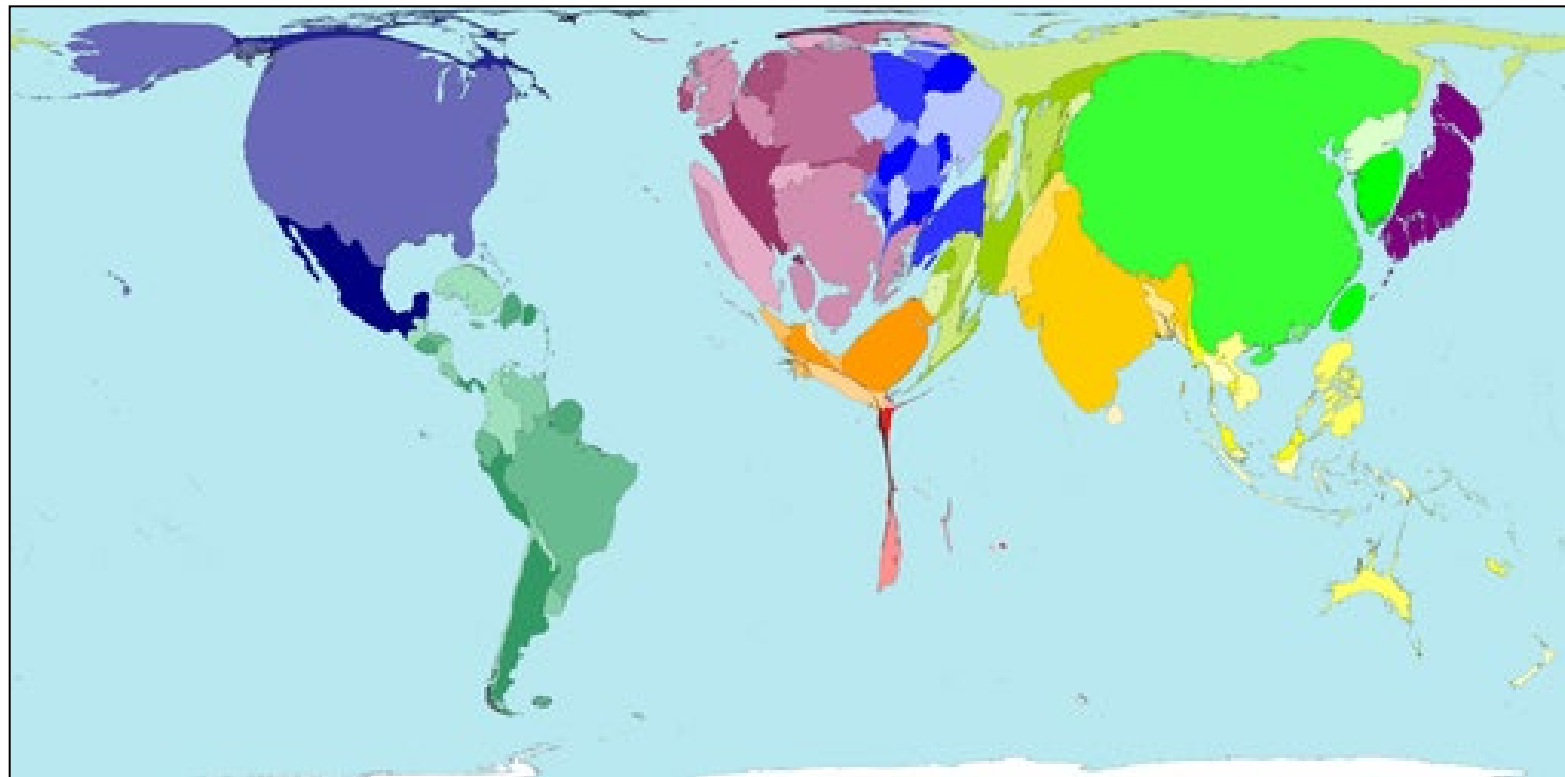


Childhood Deaths

Ratio Adults/Children



Doctors per Country



Childhood Injuries

- * Trauma a leading cause childhood deaths
- * Approximately 1 million deaths annually

1. Road Traffic Crashes

-Pedestrian (80%)

-Passengers (20%)

2. Drowning

3. Burns

Deaths are only the tip of the Trauma Iceberg

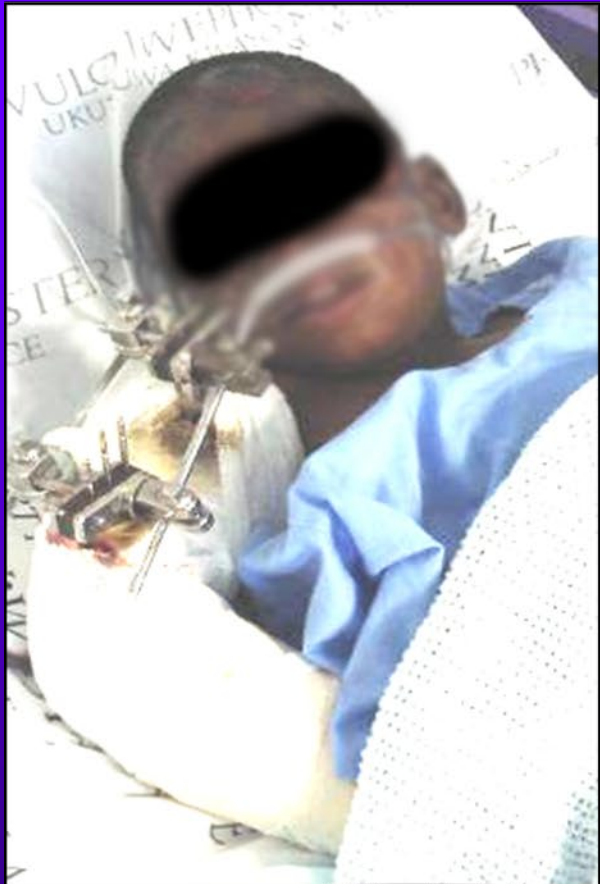


Burden of Injury in the U.S., 2006

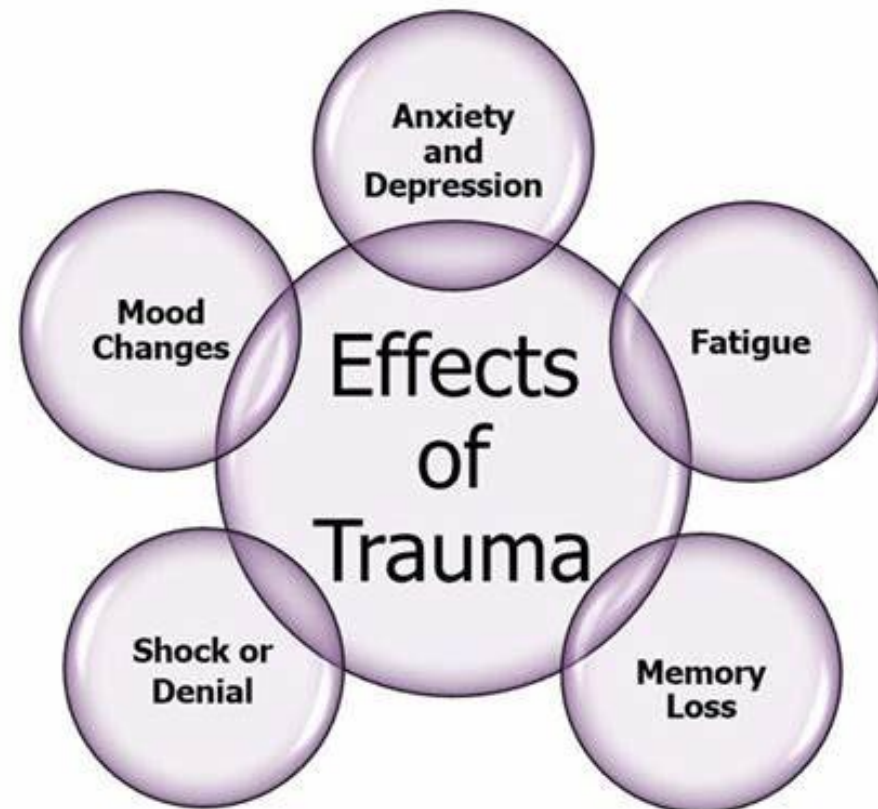


Sources: WISQARS - cdc.gov/injury/wisqars/index.html; CDC, National Center for Health Statistics, *FASTSTATS cdc.gov/nchs/FASTSTATS/ervisits.htm, October, 2009.

Each number is a vulnerable child **MDG 4**



Trauma Effects -- Not only physical!



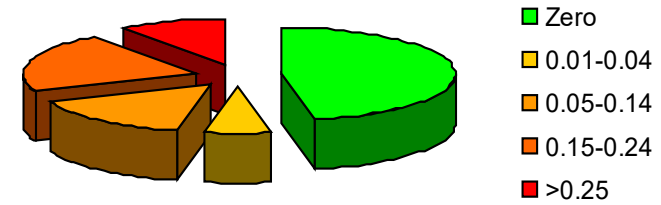
2. Alcohol



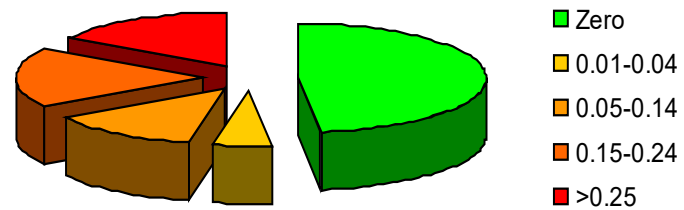
Alcohol Abuse



Percentage of homicide death by alcohol level



Percentage of traffic related deaths by alcohol level



Alcohol involved in South Africa:

**Up to 70% of all trauma*



**Up to 80% of domestic violence*

Fetal Alcohol Syndrome

- * Very common in South Africa, especially in the Cape*
- * The **most common cause** of children born with disabilities globally*

Alcohol

- * **Free alcohol advertising!!**
- * **Sport sponsorship**
 - * **Creating the *false* connection between Alcohol and Health**
- * **Young children very vulnerable for advertising messages; they believe them!**

3. *Car Crashes*



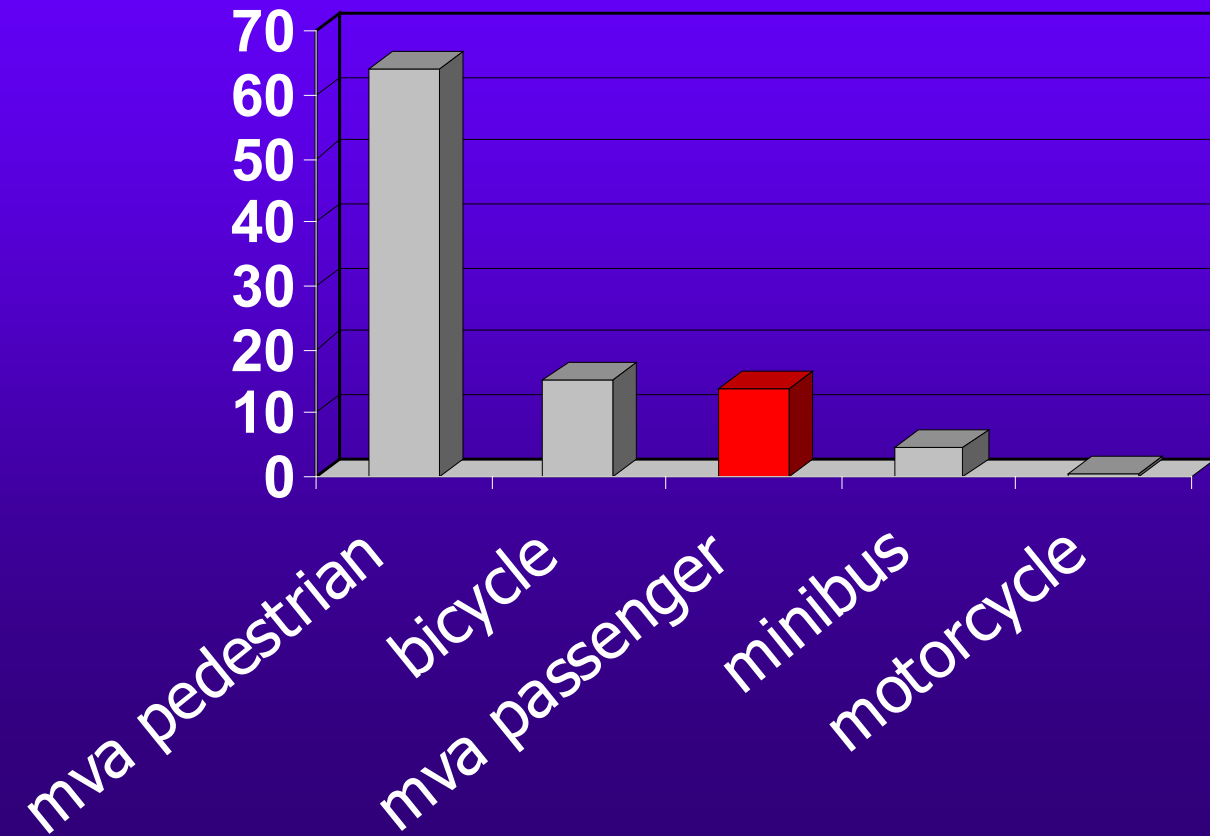


Safety Belt use for children

Background

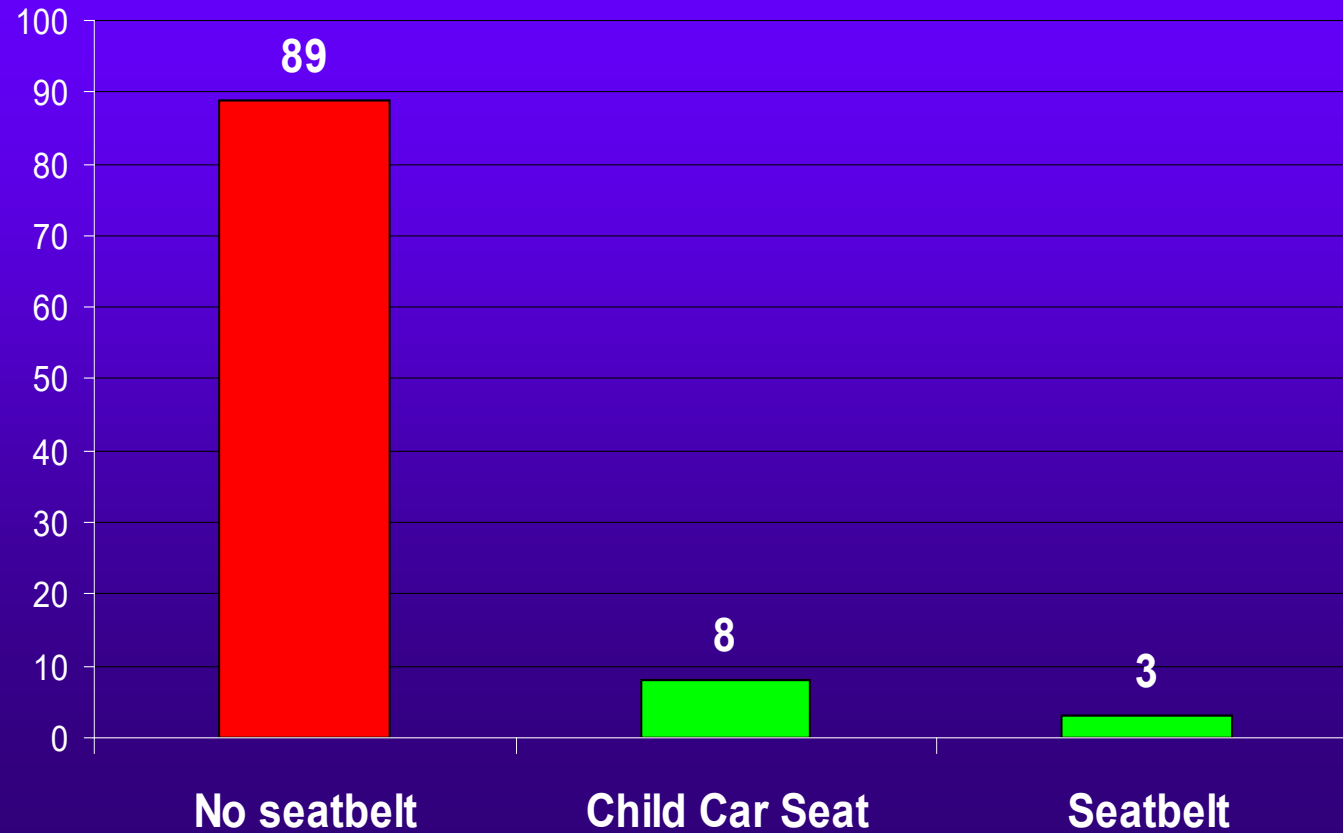
- *300 children with injuries as passengers are treated at our Trauma Unit annually*
- *86 % not restrained!*

Traffic related injuries in children

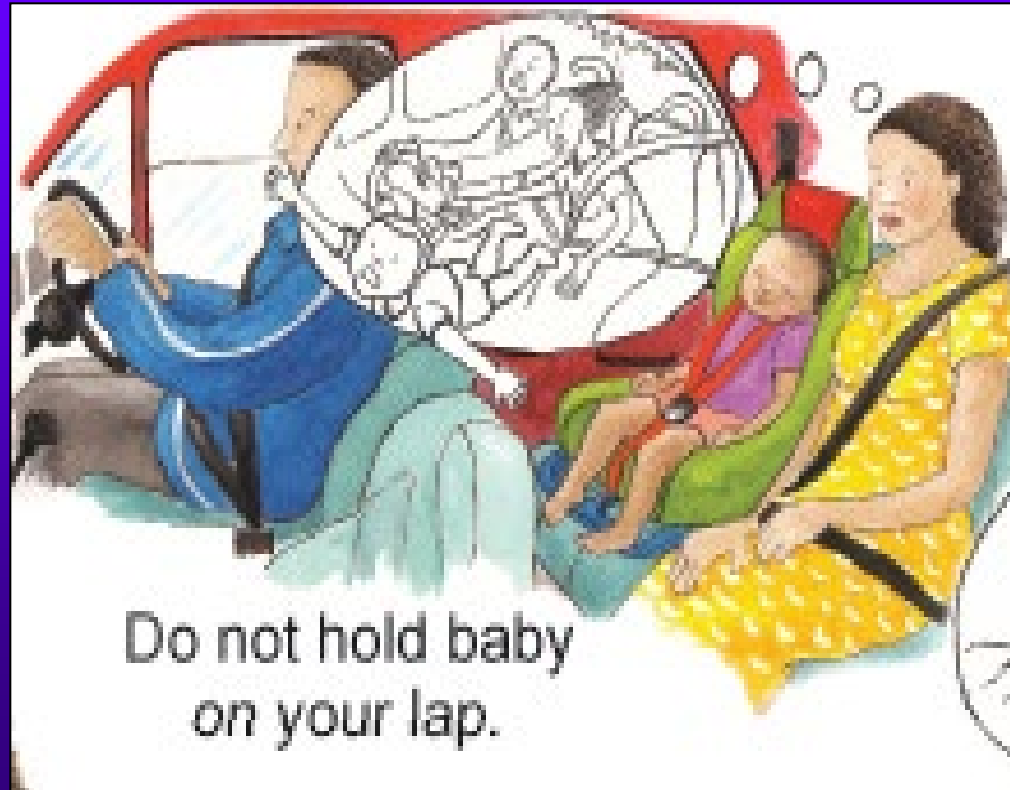


Study at Red Cross Children (n= 313)

Only 11% wearing safety belt!



*Don't hold a baby on your lap.
(10 kg becomes 500 KG!)*



Do not hold baby
on your lap.

*Caring people
strap their children in!*

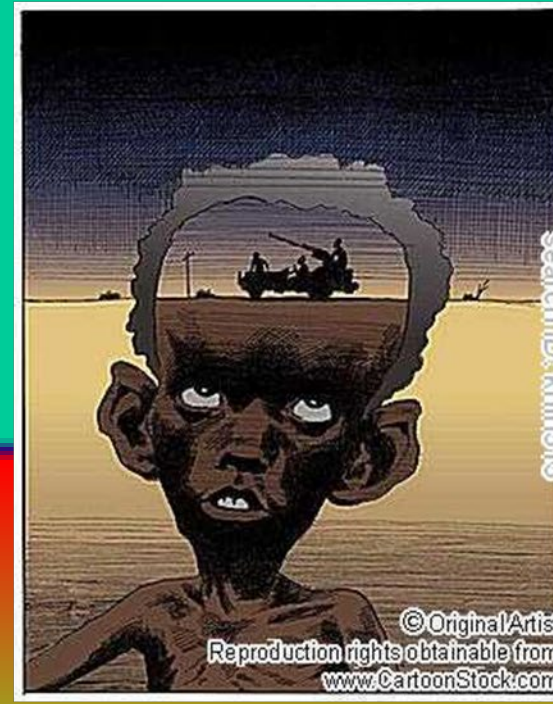


Real Disasters

Estimated global number of deaths annually

- *Terrorists* 5 000
- *Armed Conflict* 370 000
- *Motorcar Crashes* 1 400 000

4. *Children in War*



Russian-Ukrainian War

started February 2022



Gaza-Israelian Wars

Ongoing since 2007



Indirect child injuries



Horrorific Conflict in Sudan



Civilian deaths

* **17th-19th Century Wars** **50%**

* **World War 2 (Indiscriminate bombings)** **70%**

* **1980-1990** **90%**

* **"Advanced" technology**

* **Reflection of struggles not between armies but more complex, often between armies and armed civilians**

***2. Can we make the world safer
for children?***



Vision

"To create a safer world for children"



History

- *Child Accident Prevention Foundation of Southern Africa (CAPFSA) since 1978*
- *Brainchild of Professor Cywes*
(First Professor of Pediatric Surgery in South Africa)
- ***More surgery for injuries in children than for all other conditions combined!***

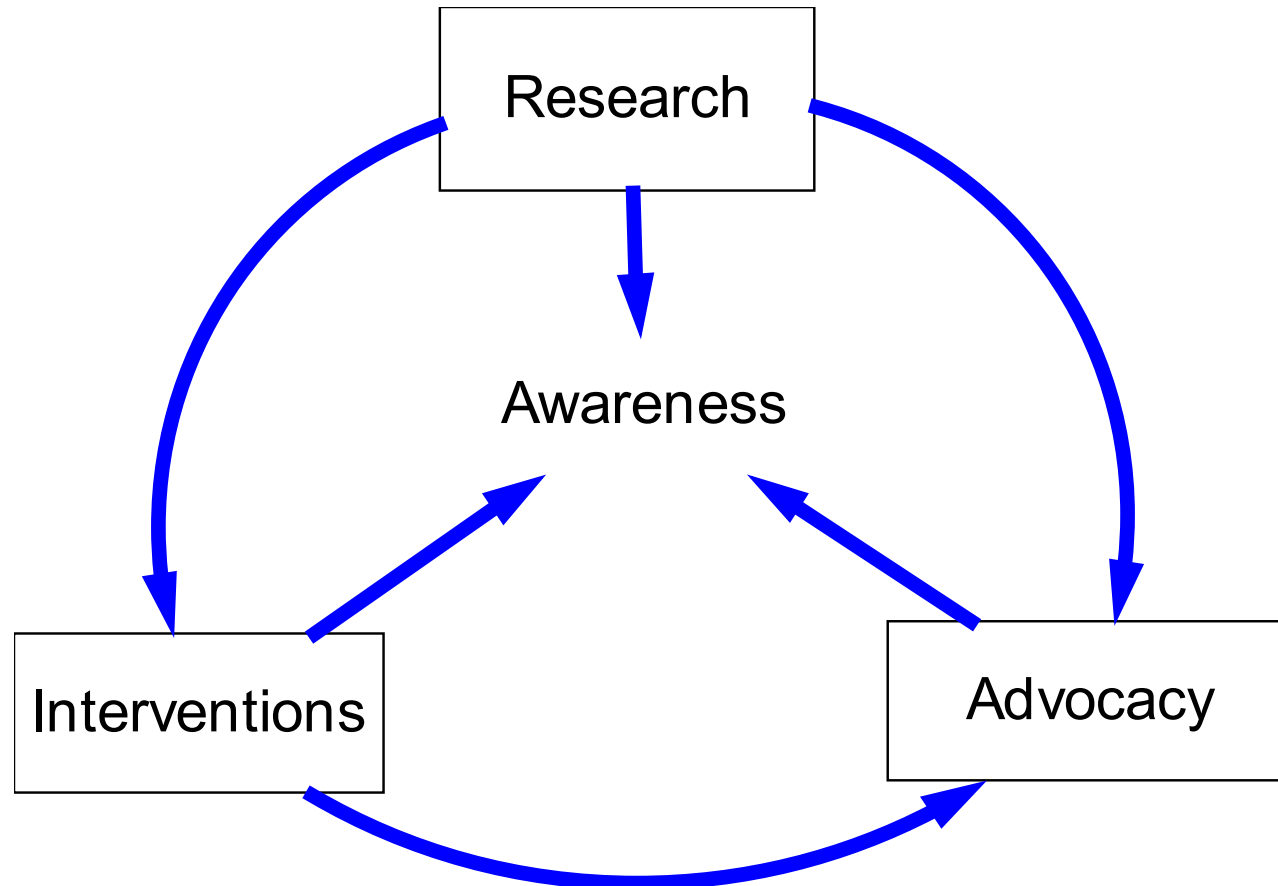


Evidence-based NGO

- *1) Research*
- *2) Education*
- *3) Advocacy*



Activities

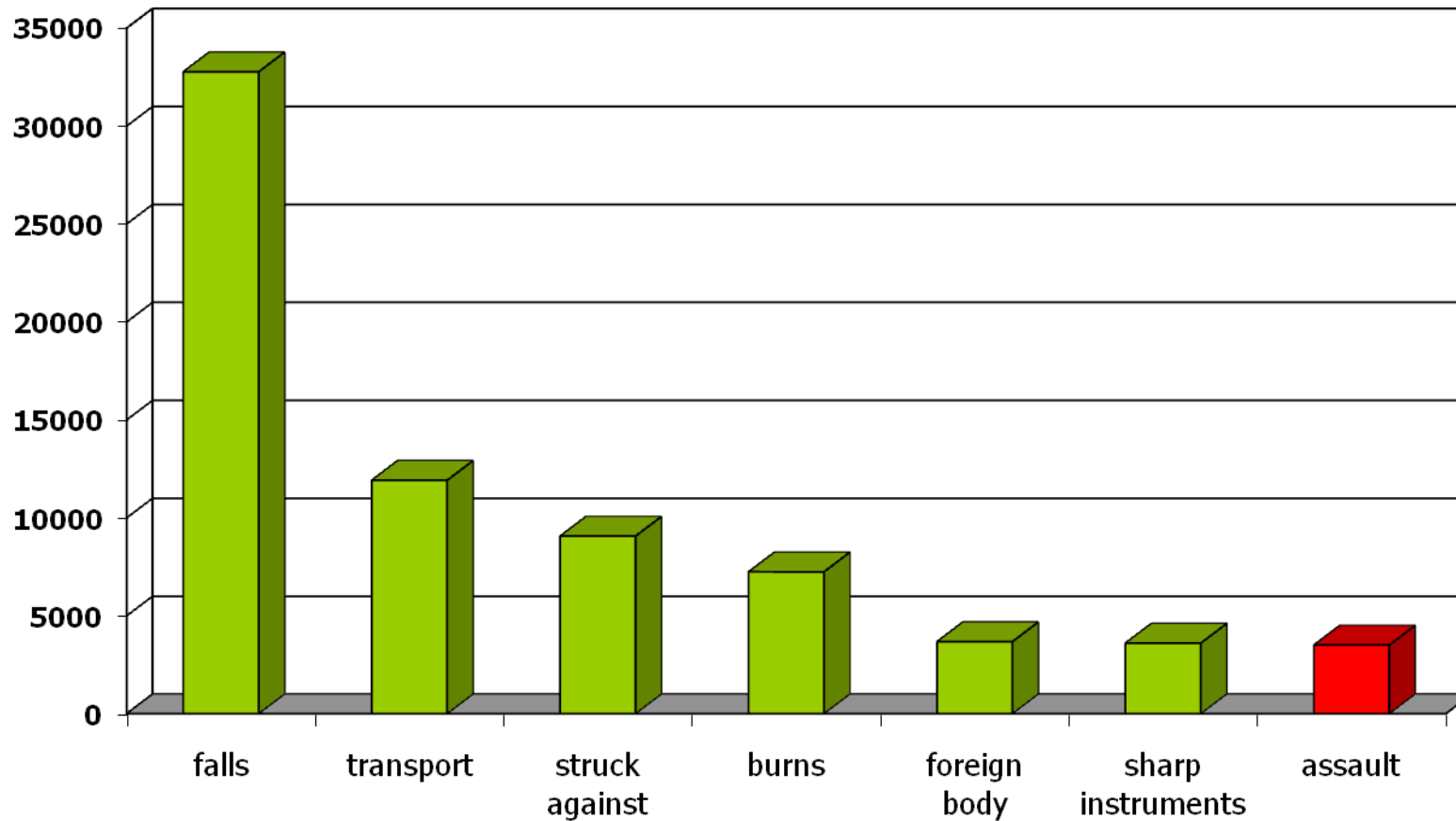


1. Evidence based Research

We maintain childhood injury database:

- * Since 1991*
- * Largest Single-Center child trauma database in the world*
- * Over 300 000 entries*
- * Approximately 50 variables*
- * Over 100 Scientific Publications*

Causes of Trauma Unit attendance



2.Education

- * Annual National Child Accident Prevention Month***
- * Child Safety Courses for teachers/parents***
- * Newsletter: the Childsafe Reporter (quarterly)***

Education

- * Child safety educational programs at schools*
- * Supply of life skills curriculum materials for schools*
- * Run Media Campaigns*
 - * (Last year in excess of 30 Million Rand)*

Website: www.childsafe.org.za

Child Safety Posters

Growing Safely

Watch that child: children are not small adults

0 to 6 months

- Needs 100% protection
- Rolls over
- Reaches for objects
- Puts objects in mouth



Car safety seats for newborns face to the back of the car.

Watch that child during bathing.

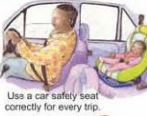
Read medicine labels and instructions carefully.

Babies roll over quickly - always watch them.

Don't handle hot drinks while holding baby.

6 months to 1 year

- Sits up
- Crawls
- Pulls up to stand
- Takes first steps when holding on



Use a car safety seat correctly for every trip.

Empty buckets after use.

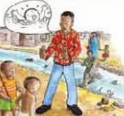
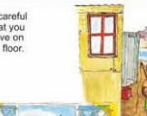
Keep handbags out of reach.

Use gates on stairs to prevent falls.

Keep electric cords out of reach.

1 to 2 years

- No idea of danger
- Walks and climbs
- Turns knobs and taps
- Imitates



Do not hold baby on your lap.

Turn pot handles to back of stove.

Safe-guard all windows.

Keep children safe near water.

2 to 3 years

- Quick and unpredictable
- Adventurous
- Jumps
- Runs
- Climbs



Have a safe play area away from traffic.

Watch that child near water.

Use a bunk bed with safety rails.

Store paraffin bottles away from children.

3 to 6 years

- Fearless
- Explores with little thought of danger
- Fast
- Smart




Watch that child near the road.

Candles and matches are not toys - store safely.

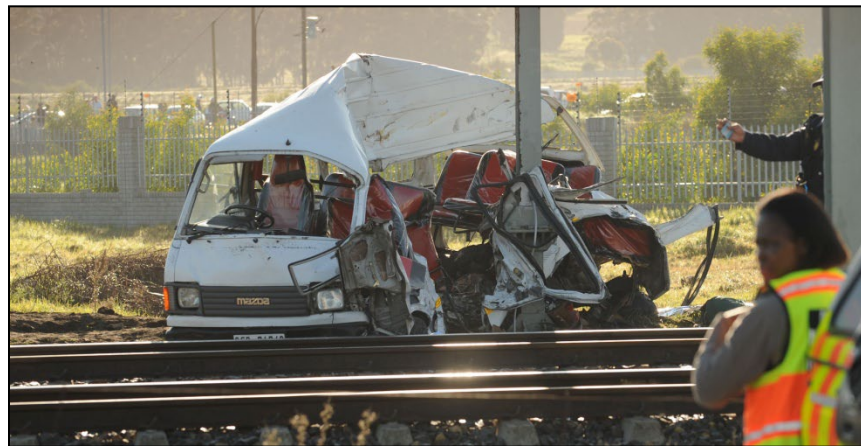
Teach children to swim.

Keep household cleaning products up and out of reach.



***Project Example:
Safe Travel to School Programme***

Scholar Transport Stellenbosch, 25 August 2010



Most Crashes Attributed to:

- *Infrastructural problems*
- *Poor transport systems*
- *Non roadworthy vehicles*
- ***Driver behaviour (80-90%)***





Focus on scholar transport driver behaviour:



Through a combination of interventions aims to contribute towards a safer environment for children as they travel to and from school every day

Crux of this programme:

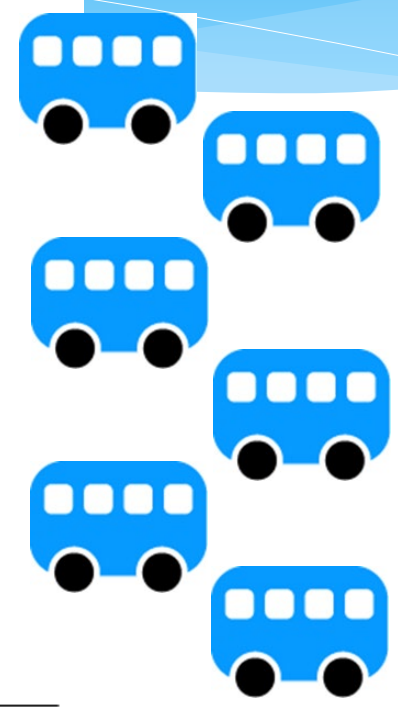
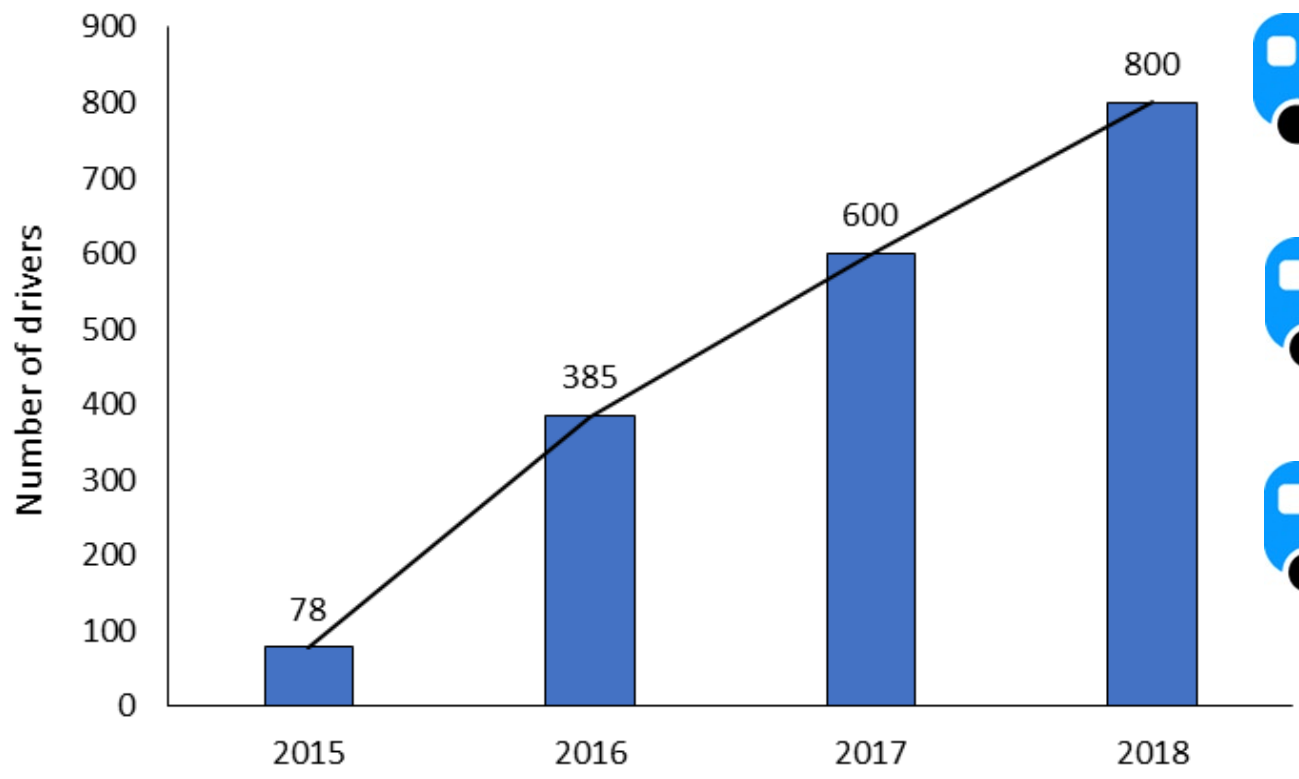
-Installing “Tracker” in school bus taxis

-Monitoring quality of driving

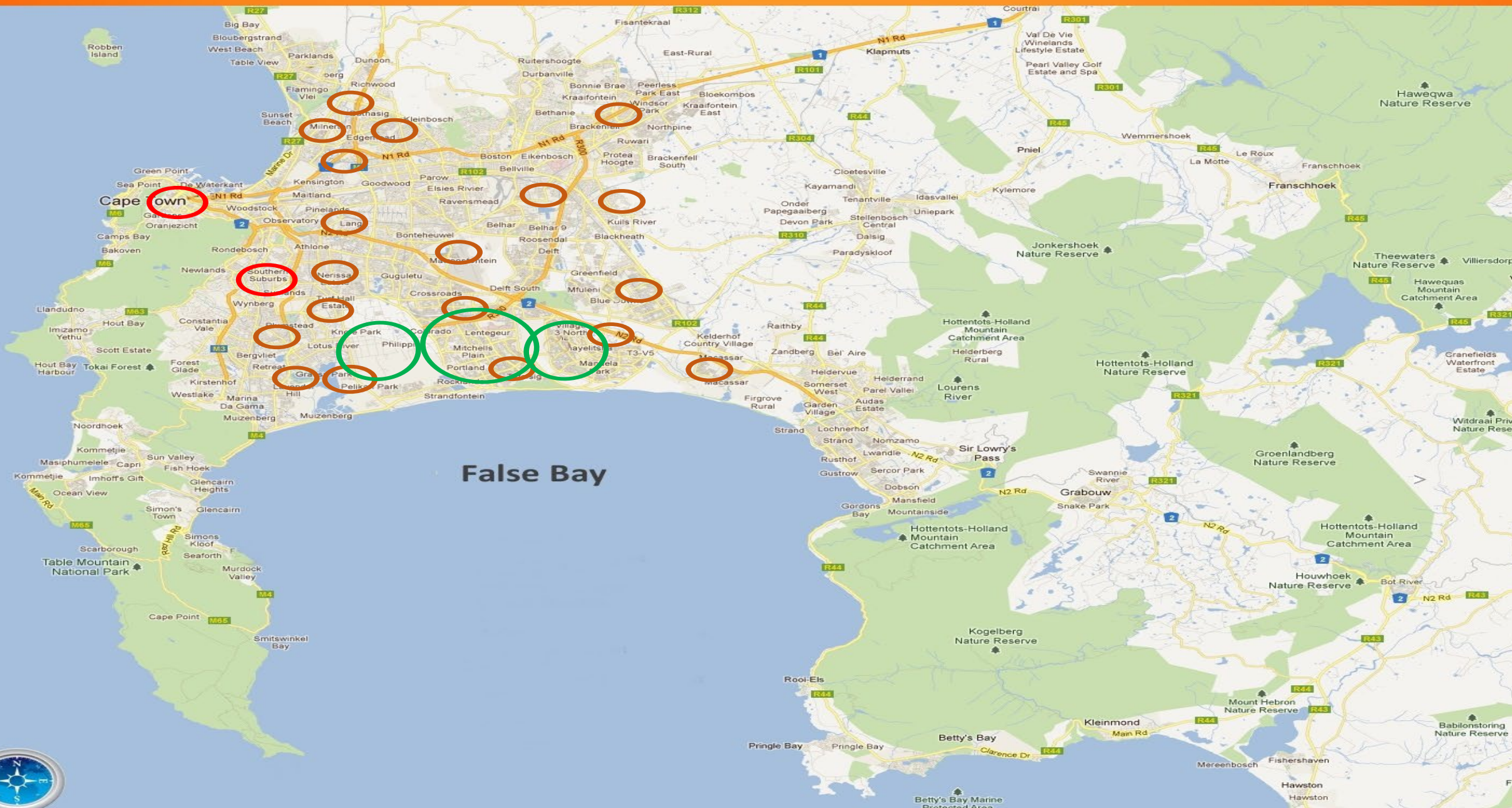
-3-Monthly Cash Reward Ceremonies

-Annual GRAND PRIZE of a Car





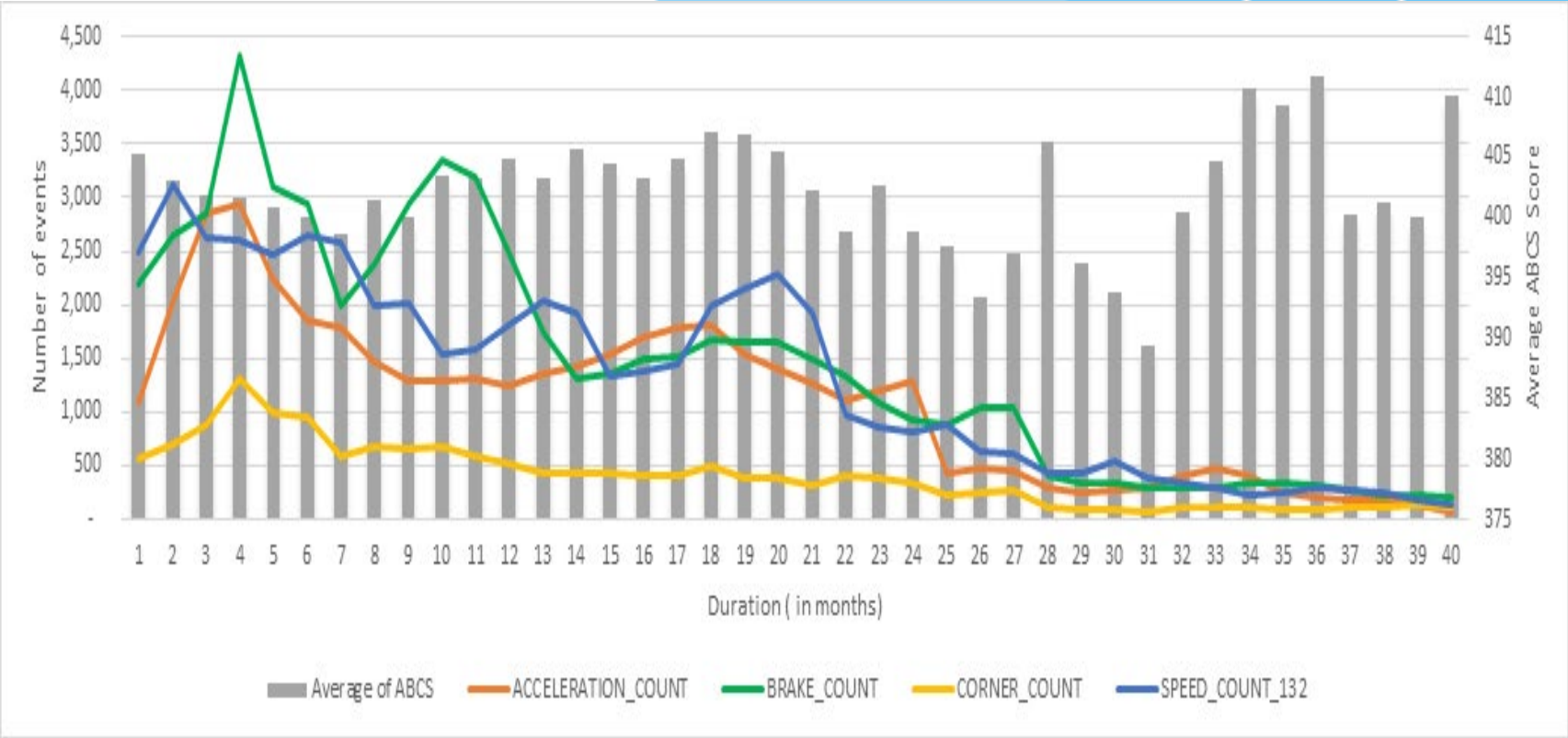
Cape Town & Surrounding Area



Annual Award Ceremony



DRIVING ERRORS





Main Findings:

- 1. No injuries or deaths during the programme***
- 2. School Transport Drivers perform **BETTER** than average South African***
- 3. School Transport Drivers **IMPROVE** their driving skills during the programme***

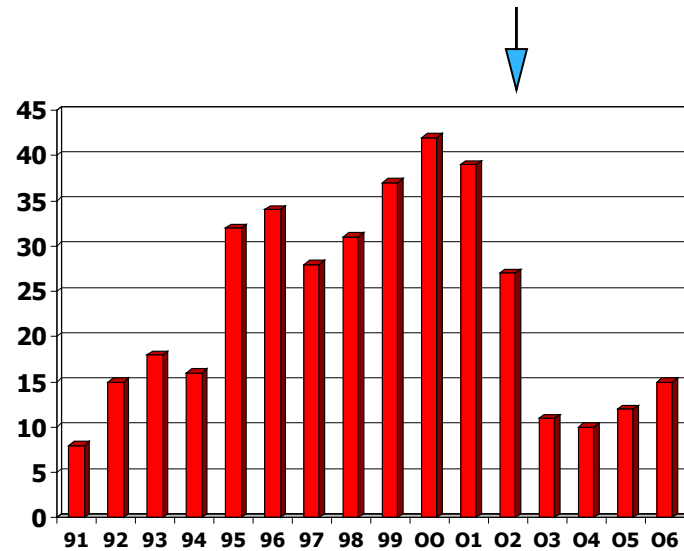


3. Advocacy

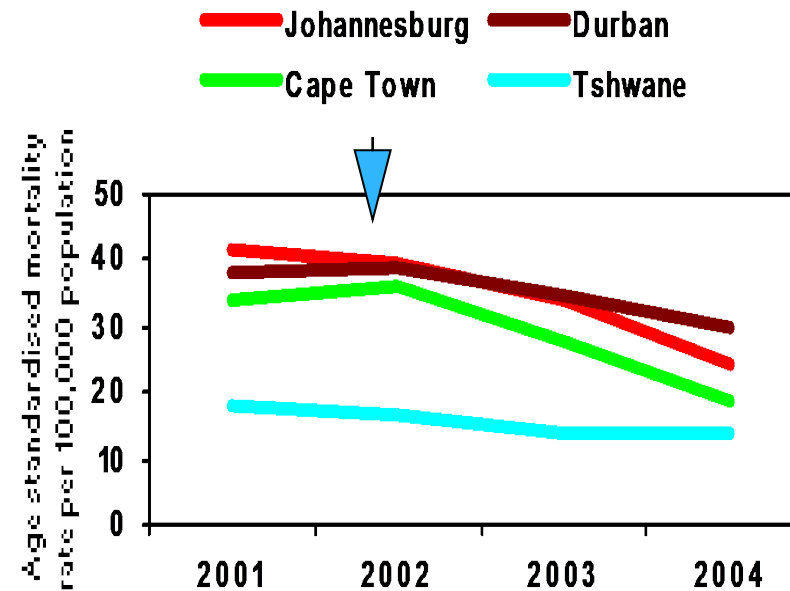
- * *Legislation*
 - * *Car seats*
 - * *Furniture*
- * *We run numerous Child Safety Seminars*
- * *Large International Child Safety Conferences*
- * *Childsafe presented a child friendly submission to parliament in support of the New Firearms bill*



Anti Gun Campaign Red Cross



Anti Gun Campaign Red Cross



Access to vaccines expanded

National distribution of two vaccines against pneumonia and diarrhoea will be possible soon

Belinda Beresford

Thousands of South Africa's poorer children will be saved from death by dehydration or suffocation when vaccines against two of the biggest childhood diseases become available in the public sector next month.

The Eastern Cape is due to start providing children with pneumococcal conjugate (PCV-7) and the RotaTeq vaccines from September.

From April next year the vaccines will be added to the government's childhood vaccination schedule, according to Biovac, the public-private partnership set up to facilitate use of vaccines in South Africa.

PCV-7 protects children against pneumococcal disease caused by the pneumococcus bacterium, globally

disease thought to affect almost every child on the globe before the age of three. Respiratory and diarrhoeal disease are the two biggest killers of children worldwide.

Morena Makohana, deputy chief executive of Biovac, said South Africa will be the first African country to purchase these two vaccines for national distribution. "It's exciting; more vaccines means more lives are going to be saved."

Both vaccines have been available to South Africans who could afford them for some time, but their prohibitive cost has kept them out of the public sector. RotaTeq was registered for use in the United States in 2000 and the PCV-7 in 2006.

Key to the government's decision to provide the vaccines will be a lower price, but Wveth, which owns



Vaccines can spare children the cognitive and physical impairment caused by disease
Photograph: Oupa Nkosi

It is estimated that about 600 000 children die worldwide every year from dehydration as a result of vomiting and diarrhoea caused by rotavirus, and close to two million are hospitalised. A further two million children die each year as a result of pneumonia, which directly accounts for about 20% of paediatric deaths. Children living with HIV are vulnerable to the disease and other infections caused by pneumococcus.

The PCV-7 vaccine works in HIV-infected children, although it is less effective. One difficulty is diagnosing the cause of pneumonia in children and the best way to treat it.

Using a vaccine against the pneumococcus will remove one of the potential causes, making detec-

disease and cut transmission of drug-resistant pathogens caused by inadequate treatment.

The impact of the vaccines will also be felt by adults. "You vaccinate the small ones, but the ripple effect goes through to the older people," said Makohana. Vaccinating enough children leads to "herd immunity" where even those who are not vaccinated will not contract the disease.

Harvard professor David Bloom who gave lectures in South Africa on the economic benefits of vaccination this month, said that preventable diseases are a drag on the economy.

Bloom said vaccination should be seen "not just as a cost but as an economic generating investment". Rather than just using moral, legal

** But where is child injury prevention?*

Prevention so much better than cure



Injury Prevention

- * MUCH cheaper*
- * Less deaths*
- * Less suffering*



Strategies to prevent abuse

- * It is impossible to prevent child abuse in isolation*
- * Create a safer environment for children*
- * Accidental and non-accidental **many similar risk factors***



*Our world is created mainly by adults for adults
and children often get a hard deal!*

Child Safety starts with all of us!

THIS IS A TASK FOR ALL OF US

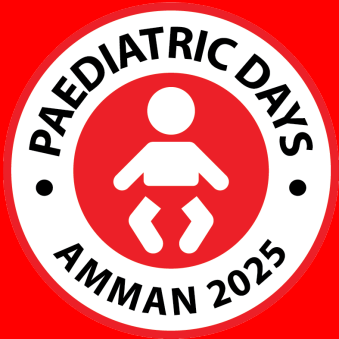


*“There can be no keener
revelation of a society’s soul
than the way in which it
treats its children.”*

Nelson Mandela



Thank You!



Let's not forget:

THE CHILDHOOD TRAUMA PANDEMIC

