

P.A.R.T.Y Program



What is P.A.R.T.Y.?

Prevent Alcohol and Risk-Related Trauma in Youth

Trauma is responsible for 40% of deaths in the 15 – 24 years age group. Young people are grossly over represented in injury data, both in terms of death and long term disability. This not only impacts the patient but also immediate family, friends, and the community. The costs of immediate care, potential rehabilitation and long term disability support are very high. There is often a significant burden placed on the health care system and productive years of life lost to injury and disability are high.

Young people are less able to assess risk, will naturally try to test their limits, overestimate their abilities, have high levels of risk and attention seeking behaviour and are influenced by their peers. Road trauma is still one of the most prevalent causes of mortality and catastrophic injury in young people. Education programs directed at effecting behaviour change, assisting teens in identifying risks, making better and safer choices is a primary strategy in preventing trauma in this age group.

P.A.R.T.Y. is an acronym for **Prevent Alcohol and Risk-Related Trauma in Youth**, and is an in-hospital injury awareness and prevention program originally established in Ontario, Canada in 1986. The program is aimed at providing teenagers with information so that they will be able to recognise potential injury-producing situations, make prevention-orientated choices, and adopt behaviours that minimise unnecessary risk. The P.A.R.T.Y mission statement is to “promote injury prevention through vivid reality, enabling youth to recognise risk and make informed choices about activities and behaviours”. The P.A.R.T.Y. Program will be coordinated by the Trauma Department at Liverpool Hospital.

The program is designed to engage young people. The presenters will be health professionals including nurses, doctors, physiotherapists, occupational therapists, speech therapists and social workers. There will also be support from other external agencies such as police and the ambulance service and additional invited speakers including those who have been personally impacted by injury, and now live with long term disabilities impacting their physical, social, psychological and financial future. Holding the program within a hospital environment enhances the participant’s experience, and leaves a significant and lasting impression of the consequences of trauma and risk taking behaviour.

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The principle beneficiaries are teenagers between the ages of 15 and 19 years.

The short term objectives of the program are to:

- Build strong, integrated relationships with community agencies such as schools, ambulance, police and the paraplegic benefit fund,
- Deliver high quality evidence based injury prevention education to teenagers across a broad social and demographic spectrum,
- Influence a change in risk taking behaviour in teenagers through the introduction of education around making informed choices.

With the aim in the long term to:

- Reduce the incidence of trauma related death and disability in teenagers and young adults
- Reduce the incidence of alcohol related injuries in teenagers and young adults
- Build prevention strategies around risk taking behaviour into the target age groups curriculum

Reducing trauma injuries and the long term impact in young people is the major aim of this project; therefore we would hope to see the Program resulting in more teenagers recognising risks before making choices.

Evaluation

The program originated in Canada in 1986 with the aim of educating youth on the reality of trauma and the impact this has not only the patient but also family and friends, both short term and long term. The success of the program was published in the Journal of Trauma March 2011 which showed the benefits of the program in reducing alcohol related traffic offences, traffic infringements and repeat offences.

A twenty (20) year evaluation of the P.A.R.T.Y. Program was presented by the Canadian team from the Sunnybrook Medical Centre at the Australasian Trauma society conference in New Zealand (2009). The results showed that teenagers who participated in the P.A.R.T.Y. Program had a reduced incidence of major trauma compared with those who did not participate. These results were statistically significant and clearly demonstrated the impact this program can have

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on young adults.

Operational Aspects

P.A.R.T.Y will be offered to schools at no cost. The transport to and from the facility will be the responsibility of the school. There will be 30 students at a time, and a minimum of 3 supervising staff from the school who will attend the programme.

Venue

The programme will be held in the Education Centre in Liverpool Hospital.

The programme will follow the format below, however there may be times that the program will need to be changed:

- After arriving at the hospital the students will be taken to the education centre where they will complete the first of three evaluation sheets.
- After a series of presentations and morning tea the students are divided into three groups previously arranged by the school.
- The three groups will rotate (supervised by a staff member from the school and a volunteer) through the Trauma Resuscitation Area in the Emergency Department (ED), Intensive Care Unit (ICU), Trauma and Orthopaedic Ward or Brain Injury Unit.
- There will be presentations on the ward. The aim of the programme is to hypothetically follow the path of a trauma patient through the different treatment phases, recovery and rehabilitation phase (this will also be subject to consent from patients and families).
- Lunch break allows them to reflect on the morning and if needed have time out.
- The afternoon session tends to focus on significant trauma injury and rehabilitation, including interactive “hands on” session with orthotic or disability aids and concluding with a presentation by a person with a life changing injury, amputation or disfigurement.
- There is a debriefing session before the students complete the second questionnaire / evaluation sheet at the end of the day.

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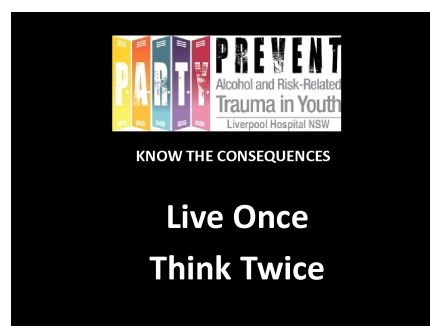
- The third and final evaluation is sent to schools for completion by the students at the 6 - 12 month mark following their participation in the programme.

Summary

The P.A.R.T.Y. Program is a risk awareness and behaviour changing education program that aims to empower young people with information about the choices they can make to reduce risk to themselves and others. The ultimate goal is to reduce the incidence of trauma in these young people.

Access by the students to the hospital and various departments will enhance the messages and information. Feedback and evaluation from participants in both the Royal Perth Hospital and The Alfred Hospital P.A.R.T.Y. Program in other States demonstrates clearly the impact the visit to the hospital, and interaction with patients and staff, has had on them. A behaviour change in participants, at least in the short term, was also demonstrated.

Together we can encourage young people to modify their behaviour and make more appropriate choices in life to keep themselves and others safe.



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