

741 AN ANALYSIS OF AUTOPSY REPORTS OF INJURY AND VIOLENCE DEATHS IN SRI LANKA

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10.1136/injuryprev-2016-042156.741

Background Deaths due to injuries and violence are on the rise in Sri Lanka. However, only few statistical analysis have been carried out so far to understand the causes for those deaths. This lacuna is a major setback for prevention of violence and injury deaths in Sri Lanka. Therefore, we conducted this study to identify the reasons that contributed to the injuries and violence related deaths in Colombo, Sri Lanka in 2014, using the autopsy reports of the Institute of Forensic Medicine and Toxicology (IFMT), Colombo.

Methods We extracted data of the injury and violence deaths from the autopsy register of the IFMT for the year 2014. Circumstances and external causes of deaths, age and sex were recorded. We analysed the extracted data using Microsoft Excel.

Results In year 2014, 1122 autopsies were carried out in the IFMT and 55.3% of the deaths were due to injuries and violence (N = 621). Majority of the injury and violence death were due to unintentional injuries (80.5%). Out of those 500 deaths due to unintentional injuries and majority (68.2%) of them were due to road traffic crashes (RTC) excluding railway crashes (n = 24). Of all those 346 road traffic deaths, 83.8% were male; majority (22.8%) were between 50–59 years old. Almost half of the RTC victims were pedestrians, while another one third were motorcyclists. The other common causes of unintentional injuries that led to deaths were falls (12.0%), and drowning (6.0%). Among injury and violence deaths suicides were 12.4% and assaults were 7.1%. Main mode of committing suicides was hanging. For homicides, it was, assaults with sharp weapons.

Conclusions Injuries and violence are major reasons for deaths that are reported for medico-legal examination in Colombo, Sri Lanka. RTCs contribute to a significant number of injury deaths. Because injuries and violence are preventable with appropriate measures such as strict legal provisions, community awareness, etc. policy makers should introduce appropriate policies to prevent these deaths.

742 TRENDS IN MORTALITY, HOSPITALIZATIONS AND OUT-PATIENT VISITS DUE TO EXTERNAL CAUSES FROM 1984 TO 2011 IN JAPAN

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10.1136/injuryprev-2016-042156.742

Background The purpose of this study is to analyse the trends in deaths, hospitalizations and out-patient visits due to external causes in Japan and to explore strategies for injury prevention.

Methods The WHO standard population data and data on mortality caused by external causes made available by the Vital Statistics of Japan were used. Also, the rates of hospitalizations and outpatient visits due to unintentional injuries were calculated using the Patient Survey of Japan.

The deaths caused by the Great East Japan Earthquake in 2011 were removed from the analysis to avoid confounding.

Results Among 0–14 year olds, the mortality due to external causes reduced from 13.2 per 100,000 populations in 1984 to 3.9 in 2011. Rate of hospitalizations reduced from 610 per 100,000 in 1984 to 478 in 2011. Rate of out-patient visits increased from 35,712 per 100,000 in 1984 to 37,118 in 2011.

Among 15–44 year olds, the mortality due to external causes reduced from 36.7 to 30.5. Rate of hospitalizations reduced from 1,028 to 630. Rate of out-patient visits reduced from 20,404 to 16,320.

Among 45–64 year olds, the mortality due to external causes reduced from 63.7 to 50.0. Rate of hospitalizations reduced from 1,071 to 722. Rate of out-patient visits reduced from 18,713 to 11,998.

Among those 65 years or older, the mortality due to external causes reduced from 135.3 to 117.3. Rate of hospitalizations increased from 1,620 to 2,094. Rate of out-patient visits increased from 15,332 to 15,537.

Conclusions Among 0–14 olds, the mortality due to external causes decreased significantly from 1984 to 2011, but the out-patient visit rate remained almost the same.

Among those 65 or older, the mortality due to external causes decreased from 1984 to 2011, but rate of hospitalizations and out-patient visits increased.

Sports and exercise safety

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743 HEALTHY ATHLETE NATIONWIDE SPORT SAFETY IMPLEMENTATION CASE TO SPORT CLUBS

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10.1136/injuryprev-2016-042156.743

Background The Sports and Exercise Safety (LiVE) program (2006–) aims to reduce sport injuries in Finland. The program is coordinated by the Tampere Research Centre of Sports Medicine at the UKK Institute. Every year over 350,000 sports injuries occur in Finland and the trend is increasing. Athletes are in high risk to be injured. Up to 50% of the injuries could be prevented.

Methods Healthy Athlete (HA) aims to foster coaching and training culture that promotes good health and safety in sports. Target groups are young athletes and their coaches, instructors, team managers and families. National and international study findings are delivered to the field by communication and education. Program focuses on 10 segments in Ten-point Circle. Main communication channels are website www.terveurheilija.fi, Facebook, Twitter, and YouTube channel. Website offers information packages, exercise videos, campaign materials, tutor network information etc. All materials are free of charge. Website attracts over 10000 visits per month and YouTube videos have been watched over 270 000 times. HA also arranges several seminars and tutor meetings with national partners.

Results Program has educated over 80 HA-instructors (1-year education) and created the national Sport Nutrition Society (50 sport nutritionists). Purposes of the networks are to implement preventive strategies against sport injuries among target groups by offering education and counselling for coaches and athletes at their local environments. Tutors share the same education materials and injury prevention strategies and they meet annually for re-education.