



Using a musculoskeletal injuries risk factors model to prevent injuries

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DISCLOSURES



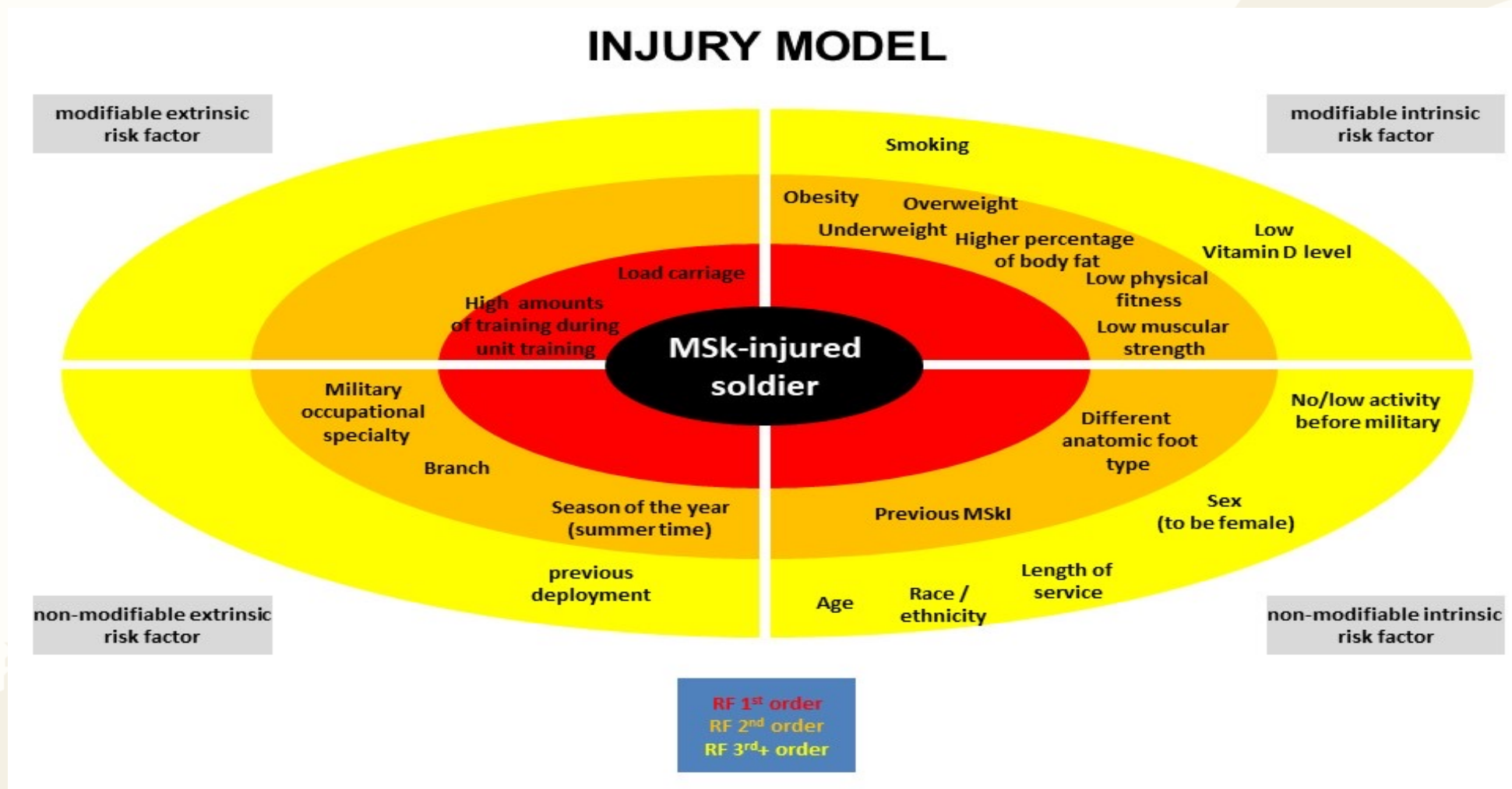
Context

▷ NATO-HFM-RTG-283 – Reducing Musculoskeletal Injuries



▷ Canadian DND Working Group on Preventing MSkIs

Risk Factors Model



Mapping this model to existing injury surveillance



Established Canadian Tools

Databases:

Canadian Forces Health and Information System (CFHIS) - GLOBAL

CQI Database

Deployment Health Surveillance Program

Disease and Injury Surveillance Program

Surveys:

Health Lifestyle and Information Survey (HLIS) - GLOBAL

Recruitment Health Questionnaire (RHQ)

Injury Surveillance Survey

Forms:

CF 98 & DND 663 Forms - GLOBAL

Novel Canadian Tools

- ▷ CF-HERO Surveillance System
- ▷ Physio Notes
- ▷ CAF Health & Wellness Dashboard



Targeted Surveys



Injury Surveillance Pilot Project - 2011

PROTECTED B (once completed) / PROTÉGÉ B (une fois rempli)

PATIENT INJURY QUESTIONNAIRE - QUESTIONNAIRE AU PATIENT SUR LES BLESSURES PHYSIQUES

1. PATIENT IDENTIFICATION / IDENTIFICATION DU PATIENT

2. CIRCUMSTANCES OF INJURY / CIRCONSTANCES ENTOURANT LA BLESSURE

3. REASON FOR VISIT / RAISON DE LA VISITE

4. Where did the injury occur? / Où est survenue votre blessure?

5. Surface conditions at the time of your injury / Conditions du terrain plancher lors de votre blessure

6. Environmental conditions at the time of your injury / Conditions environnementales lors de votre blessure

7. Tell us how the injury happened and what was wrong. / Comment la blessure est-elle survenue et qu'est-ce qui a mal tourné?

8. What was the actual cause of the injury? / Quelle est la cause directe de la blessure?

9. What was the actual cause of the injury? / Quelle est la cause directe de la blessure?

PROTECTED B (once completed) / PROTÉGÉ B (une fois rempli)

10. What were you doing when the injury occurred? / Que faisiez-vous lorsque la blessure est survenue?

11. Were there other contributing factors to the injury? / Y a-t-il d'autres facteurs qui ont contribué à l'apparition de votre blessure?

12. What was the actual cause of the injury? / Quelle est la cause directe de la blessure?

13. What was the actual cause of the injury? / Quelle est la cause directe de la blessure?

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Injury Model

Insufficient Rest/Recovery

(Injury)

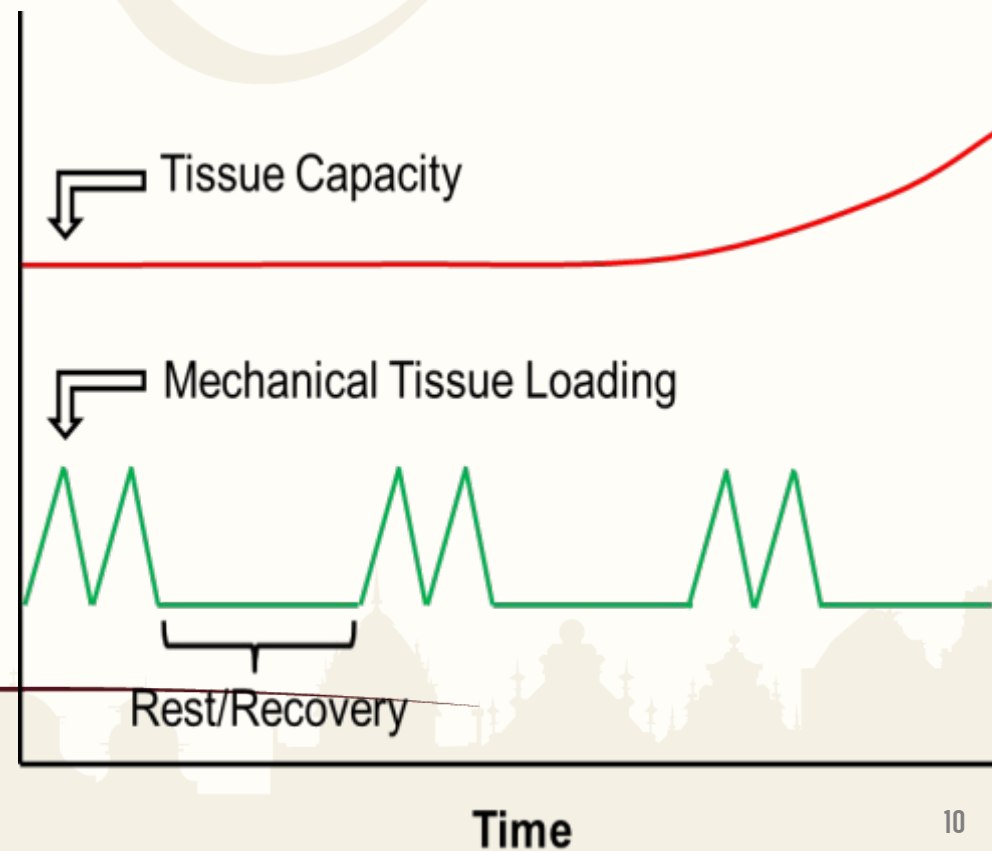
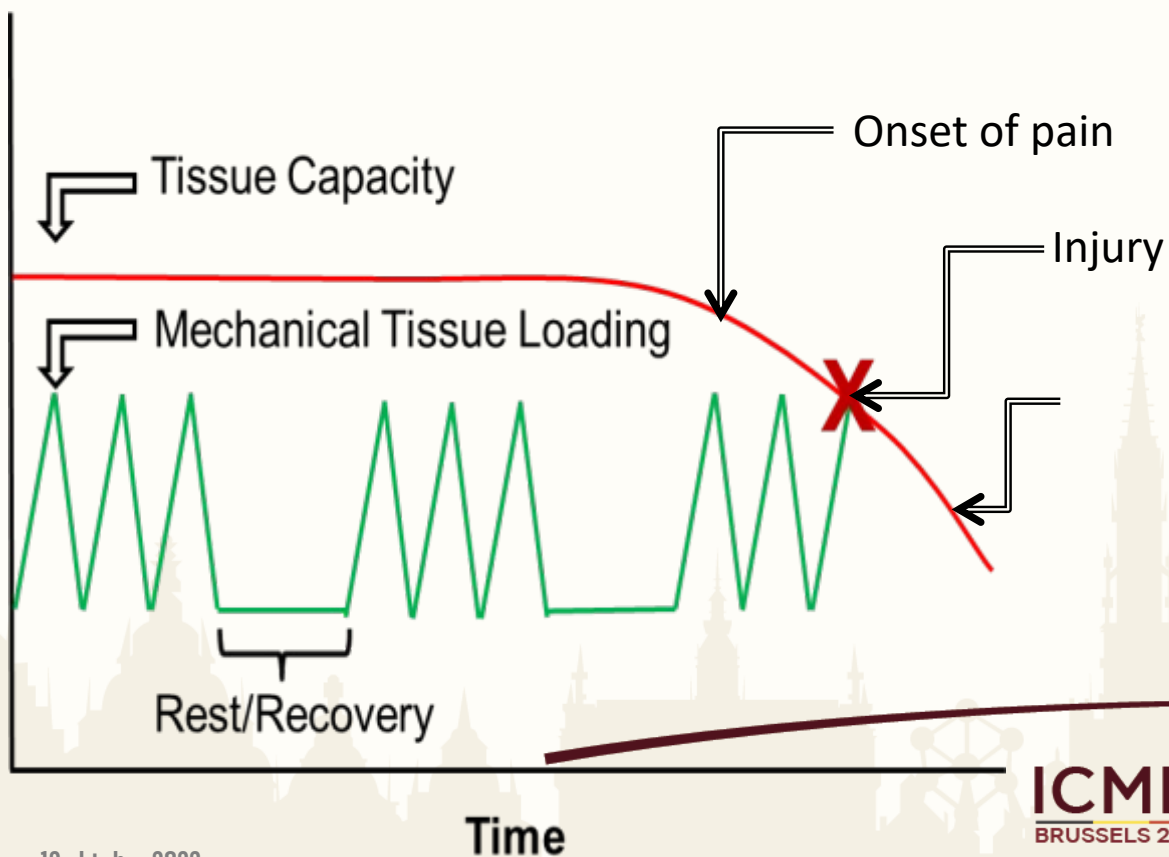
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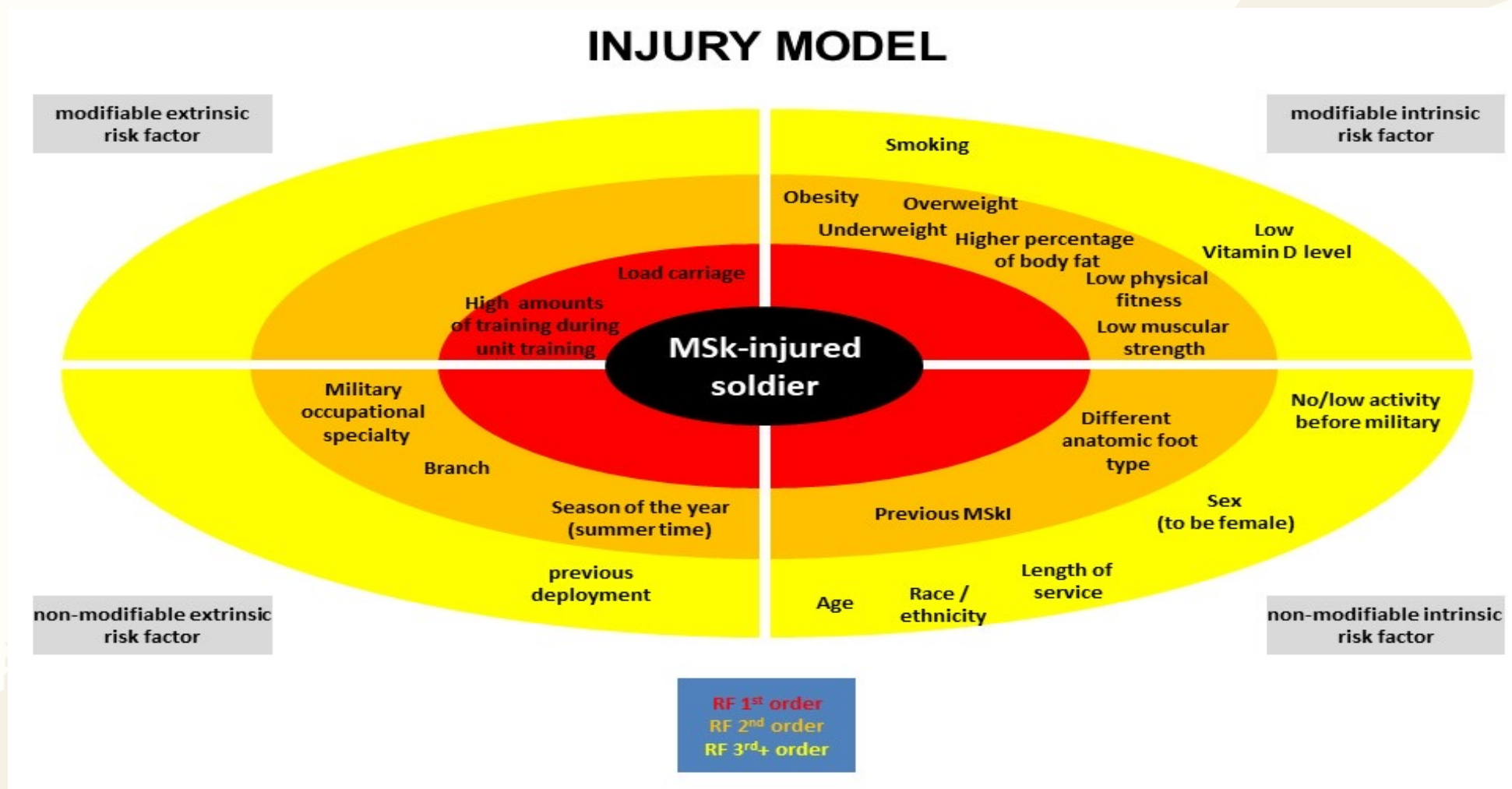
(Injury)

Training, Sufficient Rest and Recovery, Decreased Loading

(no Injury)



Risk Factors Model



Discussion

- ▷ Leadership, clinicians, and researchers need to work together to get better injury surveillance data
- ▷ Injury prevention programs can be developed based on sound understanding of physical demands
- ▷ Currently, general strength and conditioning is probably the most effective means of preventing injury



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