



OREGON  
Health & Human Services

# Ask An Expert with Charlette Lumby, RN, CCRN

Salem Health Trauma Injury Prevention Coordinator

MCHHS Prevention Newsletter – Summer 2022



Charlette Lumby, RN, CCRN has an Associates Nursing degree and National Critical Care Nursing Certification. She worked as an Intensive Care Unit RN at Salem Health Hospitals & Clinics for 14 years, until 2021. For the last 7 years she has also been the Trauma Injury Prevention Coordinator at Salem Health, where she fulfills a passion in providing education and resources to our community to promote healthy, safe living, and injury prevention. Charlette also works as a Trauma Project Improvement and organizations such as AACN (American Association of College of Nursing), ATS (American Trauma Society), and is a voting member of the Oregon Alliance to Prevent Suicide. She is active in committee work for Oregon's Youth and Adult Suicide Intervention and Prevention Plans (YSIPP and ASIPP), including Co-chairing the Transitions of Care Committee for the

YSIPP. Charlette is also a member of the Mid-Valley Suicide Prevention Coalition and Marion County Substance Use Coalition. Charlette has received many awards throughout her career for Nursing Excellence, Practice and Teaching, and Recognition for Achieving Professional Excellence.

We are very thankful Charlette was able to connect with her expertise for the Prevention Newsletter Summer 2022 “Ask an Expert” segment!

## 1. What do you do at Salem Health Injury Prevention?

The role of Trauma Injury Prevention is to develop and implement prevention education and intervention programs within our community to prevent injury and death throughout the life span. This is accomplished through various educational events and presentations. The Injury Prevention Coordinator also acts as a liaison with internal departments and organizations such as school districts, Municipal Courts, community organizations, etc.

## 2. What are some of the accomplishments you and Salem Health Injury Prevention have made in the last few years?

Over the last few years as our communities have had to quickly adapt to different ways of living, our Trauma Injury Prevention department felt it was more important than ever, for those of us who serve our communities, to evaluate how to continue meeting people’s needs in the midst of a global pandemic.



A quality improvement process was used to assess and decide how to provide prevention education services, in a virtual world, in order to continue our work to decrease community injury and death. In the last 3 years over 15,000 community members have received education geared towards promoting healthy life decisions! Here are a couple of examples of how that was accomplished.

Conversion of Salem Health’s Injury Prevention Court mandatory High Risk Drivers Course, for Marion and Polk Counties, from in-person to virtual. The course focuses on driving behaviors that can lead to serious injury and/or death such as speeding, driving under the influence, distracted driving, and seatbelts. The virtual version of the course is being used in Marion and Polk counties, and now throughout the State of Oregon.

The Trauma Injury Prevention department also converted all K-12 prevention presentations to a virtual platform. Presentations provided include topics such as self-care and suicide prevention, drinking and binge drinking, marijuana and vaping, methamphetamines, helmets and seatbelts, and risky driving behaviors for teens. The conversion was well received, and thousands of students continued to get education and information to promote “Living Injury Free Everyday”!

### **3. What challenges does our community face in regards to "Living Injury Free Everyday?"**

Educational presentations are geared towards the topics that are considered high risk for different ages throughout the lifespan. In order to look at the challenges our community may face living injury free; national, state, county, and hospital data are evaluated annually, and programs are based on behaviors that are most likely to cause trauma related injury and/or death. Our community partners choose what presentations to request for events and K-12 presentations from our annual selection of prevention education. Some of the recent additions to the program over the last few years, geared to meet community needs, are self-care and suicide prevention, drinking and binge drinking, and marijuana and vaping.



### **4. If there is one thing you want our readers to do to prevent further injury and/or death, what would that be?**

If a “one answer fit’s all” is possible, I believe it would be awareness. Awareness that we are not invincible, and that it only takes a moment for trauma to happen. We can’t control things that happen outside of ourselves, *but* we can control what we do to try to keep ourselves safe and healthy!

**We would like to thank Charlette for her expertise!** If you have questions for Charlette or want to nominate another expert to spotlight for our Fall 2022 Prevention Newsletter released in September, contact us at [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us).