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bicycles are more likely to be admitted to hospital with an injury, but according to the Public Health Agency of Canada, traumatic brain injuries account for 4% of emergency room visits for skateboarding and in-line skating-related injuries, and 6% of emergency room visits from riding a scooter for children under 19.

Despite the prevalence of head injuries in Canada, a new Leger Marketing/Safe Kids Canada survey on helmet safety demonstrates that more than a third of Canadian parents with children age 18 and under (35%) are not concerned about their child having a bicycle-related injury. Parents need to know that even seemingly minor incidents

may cause permanent brain damage.

For every dollar spent on a helmet, \$30 can be saved in health care costs, an important consideration for the development and improvement of helmet legislation across Canada.

The majority of Canadians (76%) feel helmet legislation will not affect the amount of time their children spend on wheels. Almost two-thirds of Canadian parents (63%) consider helmet legislation *as important as* seatbelt legislation.

5 tips to give parents to protect their child's head:

1. Ensure your children wear a helmet every time they ride.
2. Get the right kind of helmet. Choose a bicycle helmet for cy-

cling, in-line skating and scootering. Skateboarders need a special skateboarding helmet that covers more of the back of their head.

3. Ensure the helmet fits your child. The helmet should rest two finger widths above the eyebrow. The side and chin straps should be snug.
4. People of all ages should wear a helmet when they ride. Remember: You are your child's best role model.
5. Children under 10 should not ride on the road. They do not have the physical and thinking skills to handle themselves safely in traffic. Children over 10 need to practise before they can ride on the road.

A parent fact sheet is available at www.safekidscanada.ca—click on the “Safe Kids Week” link.

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A thousand words

The adage “a picture is worth a thousand words” was originally coined by an advertising executive to describe the superiority of graphics over text in product promotion. The truth of the phrase applies equally to education when learning a new procedure. For physicians needing to update their skills in emergency and anesthesia techniques, the College Library is pleased to announce that Procedures Consult is now available through www.cpsbc.ca. This multimedia resource includes streaming video, quick and extended review, pre- and post-procedure instruction, and testing with remediation functionality. Emergency subjects range widely, including basic airway management, splinting techniques, and even tick removal. The anesthesia module includes nerve blocks, airway masks, lumbar epidural placement, and 30 more techniques. To access this

new resource, log in to the College web site (www.cpsbc.ca), click on “Library,” and scroll down to the link to Procedures Consult.

If surgical procedures are of interest, the surgical video collection from Northwestern University is newly available on the library's web site. These streaming videos include narrated instruction and comprise 28 procedures in colorectal, endocrine, general surgery, and surgical oncology. To view the collection, log in to the College web site, click on “Library,” scroll down to “Audiovisual and PDA,” then select “Northwestern University Surgical Video Collection.”

College members have been able to borrow videos and DVDs produced by the Network for Continuing Medical Education (NCME) for many years. Access has now expanded to include streaming video online from the NCME site. Some 30 programs

may be viewed on subjects including the febrile child, hospice care, medical records, and avian influenza. Directions for accessing NCME resources may be found under the “Audiovisual and PDA” section of the College web site. Individual user names and passwords are required, but free access is granted through the College Library's subscription.

The superiority of images, especially those in real time, over text descriptions in medical education has been well established. A picture is indeed worth a thousand words. The addition of Procedures Consult, the surgical video collection, and online NCME programs also supports the first principle of another old axiom: see one, do one, teach one.

—Karen MacDonell
—Robert Melrose
—Judy Neill
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