

## Complete resources for injury and violence free living.



## Resilience through prevention.

Injuries, both on- and off-duty, can threaten the health and readiness of Sailors and Marines. If you are wounded, ill, or injured, a new or aggravated existing injury could derail your recovery, prolong your return to optimal health, and increase your physical and psychological stress. Many of these new or aggravated injuries can be prevented. That's where we come in. The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department offers you practical tools, educational resources, and evidence-based injury prevention strategies that help keep wounded, ill, and injured Sailors and Marines on the path to recovery and optimal health.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-injury-violence.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-injury-violence.aspx) to learn more about injury and violence free living, including:

- › Injury Prevention Resources, Tools, and Strategies
- › Injury Prevention Resources and Presentations
- › Articles and Publications
- › Specific Resources for Providers and Professionals
- › Resilience Strategies for Injury Prevention
- › Programs that Prevent and Protect
- › Living Violence Free
- › Life After Amputation
- › Maintaining the Path to Recovery
- › 21st Century Sailor and Marine Initiative

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX).

For more information on your local resources, contact:

## YOU FALL. WE CATCH.



**Injury and Violence Free Living  
for Wounded, Ill, and Injured  
Sailors and Marines**



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



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## Types of injuries.

Injuries affecting Sailors and Marines may include:

- › Contusions<sup>1,2</sup> motorcycle accidents<sup>1,2</sup>
- › Superficial injuries<sup>1,2</sup> › Shrapnel or bullet injuries<sup>3</sup>
- › Open wounds<sup>1,2</sup>
- › Fractures<sup>1,2,3</sup> › Amputations<sup>3</sup>
- › Sprains and strains<sup>1,2,3</sup> › Broken bones<sup>3</sup>
- › Injuries sustained in motor vehicle or › Traumatic Brain Injury (TBI)<sup>3</sup>

## Remaining on the path to recovery.

Rehabilitation can be a long and sometimes challenging journey. NMCPHC wants to keep you on the path to recovery so you reach optimal health as quickly as possible. To do this, it's important to avoid aggravating an existing injury or experiencing a new one.

## Awareness is prevention.

Maintaining situational awareness is important to injury prevention. This means understanding your personal situation and factors that influence your risk including:

- › **Balance and coordination.** Imbalance from a wound, illness, or injury may influence how you perform daily activities. Work with a rehab specialist or physical therapist to improve balance and coordination.
- › **Sleep.** You are not performing at your best when you are tired. Sailors and Marines with TBI can improve their memory with additional sleep.<sup>4</sup>
- › **Tobacco Use.** Using tobacco and products that contain nicotine can slow wound healing, increase risk of infection, lengthen hospital stays, and cause recovery time to be longer.<sup>5</sup>
- › **Alcohol.** Alcohol plays a role in affecting your mind. Avoid it during recovery as it slows healing, and blurred senses will put you at risk for another injury.<sup>6</sup>

## Preventing further injuries.

You can reduce your risk of injury or re-injury during and post recovery from a wound, illness, or injury by:

**Injury and Violence Free Living for Wounded, Ill, and Injured Sailors and Marines Overview**

- › Maintaining situational awareness.
- › Making adjustments with your movements and exercise to account for imbalance, uneven gait, and decreased or limited strength and coordination.
- › Following a standardized system of progressive exercise.
- › Balancing the body's need for training and recovery.
- › Getting proper nutrition, hydration, and rest.
- › Using protective and medical equipment properly.
- › Seeking early injury evaluation and care if you get injured.

## Programs that prevent and protect.

NMCPHC provides you with information on how and why injuries occur, what you can do to prevent future injuries, and what resources and tools are available. Talk with your rehab specialist or health care provider to find local programs that can help you prevent further injury.

## Living violence free.

Exposure to violence can also impact your recovery and cause physical and psychological trauma.<sup>7</sup> NMCPHC has the resources to promote coping and healing among victims of violence and those who witness it.

<sup>1</sup> Navy and Marine Corps Public Health Center. EpiData Center Department. Injury Rates Using Medical Encounter Data, Active Duty US Marines, FY 2013. <http://www.med.navy.mil/sites/nmcphc/epi-data-center/occupational-and-environmental-exposures/Pages/default.aspx>. Prepared April 2014. Accessed July 2015.

<sup>2</sup> Navy and Marine Corps Public Health Center. EpiData Center Department. Injury Rates Using Medical Encounter Data, Active Duty Navy, FY13. <http://www.med.navy.mil/sites/nmcphc/epi-data-center/occupational-and-environmental-exposures/Pages/default.aspx>. Prepared May 2014. Accessed July 2015.

<sup>3</sup> Fischer H. A Guide to U.S. Military Casualty Statistics: Operation Inherent Resolve, Operation New Dawn, Operation Iraqi Freedom, and Operation Enduring Freedom. <https://www.fas.org/sgp/crs/natsec/RS22452.pdf>. Published November 2014. Accessed July 2015.

<sup>4</sup> Bender J. Frontline Psych with Doc Bender. The Importance of Sleep. Defense Centers of Excellence. [http://www.dcoe.mil/blog/11-10-18/Frontline\\_Psych\\_with\\_Doc\\_Bender\\_The\\_Importance\\_of\\_Sleep.aspx](http://www.dcoe.mil/blog/11-10-18/Frontline_Psych_with_Doc_Bender_The_Importance_of_Sleep.aspx). Published October 2011. Accessed July 2015.

<sup>5</sup> Office of the Surgeon General (US); Office on Smoking and Health (US). 2004 Surgeon General's Report—The Health Consequences of Smoking. [http://www.cdc.gov/tobacco/data\\_statistics/sgr/2004/pdfs/chapter6.pdf](http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/chapter6.pdf). Published 2004. Accessed July 2015.

<sup>6</sup> Guo S, DiPietro LA. Factors Affecting Wound Healing. *Journal of Dental Research*. 2010;89(3):219-229. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2903966/>. Accessed July 2015.

<sup>7</sup> Injury Prevention & Control: Division of Violence Prevention. Centers for Disease Control and Prevention. <http://www.cdc.gov/violenceprevention/>. Updated June 2015. Accessed July 2015.

