

European Road Safety Charter

Call for Good Practices - to enter the selection for the:

**Excellence in Road Safety Awards 2017**

Deadline to submit nominations: March 31<sup>st</sup>, 2017

Submit to [charter@paueducation.com](mailto:charter@paueducation.com)

**SECTION 1: INFORMATION ABOUT YOUR ORGANIZATION**

	Please fill in here	Instructions										
Name of the organization	APSI - Associação para a Promoção da Segurança Infantil Portuguese Association for Child Safety Promotion											
Type of organization	<table border="1"> <tbody> <tr> <td>SME</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Large business</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Association</td> <td><input checked="" type="checkbox"/></td> </tr> <tr> <td>Education/Research institution</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Local/regional authority</td> <td><input type="checkbox"/></td> </tr> </tbody> </table>	SME	<input type="checkbox"/>	Large business	<input type="checkbox"/>	Association	<input checked="" type="checkbox"/>	Education/Research institution	<input type="checkbox"/>	Local/regional authority	<input type="checkbox"/>	Please tick one box
SME	<input type="checkbox"/>											
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Organization main activity	Private, non-governmental and non-profit organization. It was funded with the objective of promoting joint efforts for the reduction of the number and severity of injuries to children and adolescents with 5 main axes of intervention: information and communication; investigation; education and training; development of laws, regulations and standards	Activity field										
Country	Portugal	Country of the										

		organization
Website	<a href="http://www.apsi.org.pt">www.apsi.org.pt</a>	Organization website
Contact person	Sandra Nascimento	For the follow-up of the application
Contact person's position	President	
Contact person's email address	<a href="mailto:snascimento@apsi.org.pt">snascimento@apsi.org.pt</a>	
Contact person's phone number	00351 2188441000	
Partners in the initiative	Initially implemented in the 3 Hospitals with Maternity Ward in Algarve (South of Portugal) - Hospital de Faro, Hospital de Portimão e Hospital Particular do Algarve - this initiative had the financial support from Forum Algarve Shopping Center. In 2014 and thanks to a partnership between APSI and José de Mello Saúde, a private health group, this project arrives at CUF Maternities in Lisbon and Porto.	Your main partners in delivering the road safety activity

## SECTION 2: DESCRIPTION OF THE INITIATIVE

	Please fill in here	Instructions
Date of start and end of the initiative	<p>This initiative is called “<b>1<sup>st</sup> trip safely</b>” - in Portuguese “ALTA SEGURA”. Is an initiative of APSI.</p> <p>The initiative was launched in Algarve during 2011. This first experience it was a pilot-experience because it was necessary to create a model and try it before implementation in other hospitals and maternities. This first initiative is still in progress. Since 2014 it was also running in two Private Hospital in Lisbon and Oporto – CUF Descobertas e CUF Porto.</p>	The initiative can be new or the continuity of already existing activities. It can have ended recently or be still in process.
Departments/persons involved internally	<ul style="list-style-type: none"> <li>- Technical team: 3 experts in child safety;</li> <li>- Financial team: 1 person;</li> <li>- Communication team: 1 person.</li> </ul>	In the case of persons, indicate their positions.
Geographical scope of the activities	<p>The activities were implemented in:</p> <ul style="list-style-type: none"> <li>- Hospital de Faro (Centro Hospitalar do Algarve)</li> <li>- Hospital de Portimão (Centro Hospital do Algarve)</li> <li>- Hospital Particular do Algarve</li> <li>- CUF Descobertas (Lisbon)</li> <li>- CUF Porto (Oporto)</li> </ul>	Indicate where the activities were implemented.
Summary of the initiative	<p>Subject: Safe transport of newborns in cars</p> <p>Goals: (1) promote the correct transport of newborns, since discharge from Maternities Hospitals; (2) raise knowledge of families about road safety during pregnancy and after birth; (3) equip Hospitals with human and</p>	Describe the initiative indicating the subject, its aims and the main activities it involves.

	<p>material resources to implement safe transport of newborns.</p> <p>The activities were: (1) Theoretical and practical training of health professionals; (2) Advice and technical support to health professionals, including meetings and counselling by phone and/or email; (3) Providing Hospitals with the material resources for the implementation of the initiative; (4) Monitoring and evaluating the satisfaction of families, health professionals and directive boards.</p>	<p>Max: 100 words</p>
Innovative character	<p>The innovative character of this project in Portugal is the promotion of safe transport of babies in cars (mainly through the use of reward facing Child Restraint Systems - CRS - from the 1st trip home and the correct use and installation of this CRS) in Maternities.</p> <p>To attend this, 3 main new practices were implemented:</p> <ul style="list-style-type: none"> <li>(a) Theoretical and practical training of health professionals in Hospitals with Maternity Ward;</li> <li>(b) Counselling families about CRS and practice and training of the installation of CRS with them when they are hospitalized in maternity waiting for discharge;</li> <li>(c) Verification/inspection of the CRS installation in the families' cars, on the day of hospital discharge.</li> </ul>	<p>If applies, describe to what extent the proposed initiative will lead to new approaches and practices in road safety.</p> <p>Max: 100 words</p>
Issues that are addressed with the initiative	<p>Most families have doubts about the "right" CRS for their children and when to change for the next CRS. Also, some of them don't know how to fit the CRS in the car.</p> <p>Because of that, in half of the situations family are misusing CRS.</p> <p>Health professionals have unique opportunities to contact with families and transmit road safety information and do education and counselling during pregnancy or child health consultations. Even though, they do not always have</p>	<p>Describe the issues identified leading to implement the road safety activities.</p> <p>Max: 100 words</p>

	<p>enough knowledge and training.</p>	
<p>Activities developed</p>	<p>The activities were:</p> <p><b>(1) Theoretical and practical training of health professionals.</b></p> <p>It aimed the organization of a team of health professionals in each hospital/maternity (obstetricians, paediatricians and nurses specialized in maternity and child health) with specific skills on road traffic safety for counselling families on the transport of women during pregnancy and of the newborn baby.</p> <p>APSI trained this professionals with specific theoretical and practical knowledge:</p> <ul style="list-style-type: none"> <li>a) The importance of correct and systematic use of seatbelt and CRS for a safe transport;</li> <li>b) Physical differences between babies and adults and their importance for a safe transport;</li> <li>c) Information on all CRS groups, how to choose them, how properly fit it in cars and their most common misuse;</li> <li>d) How to advise families on the change of CRS and how to choose it;</li> <li>e) How to answer to the main doubts of families.</li> </ul> <p>After the more theoretical session, with the duration of 3h30, there was a practical training in cars, on how to install all the groups of CRS, how to detect incompatibilities with cars or seatbelts, and on most common and most severe misuse. There was 2 hours of practical training for each group of 3 or 4 persons.</p> <p><b>(2) Advice and technical support to health professionals.</b></p> <p>During the development of the initiative, APSI technicians are responsible for: a) Organize periodical meetings with the teams of the Hospitals to evaluate project development</p>	<p>Describe all the activities involved in the initiative, and where appropriate indicate the arrangement for each partner's participation.</p> <p>Max: 600 words</p>

	<p>and to identify difficulties in its implementation, and how to solve them; b) Ensure technical support and counseling to team members, on a regular basis and whenever necessary.</p> <p><b>(3) Providing Hospitals with the material resources</b> needed for the implementation of the initiative. Namely: a) a demo car seat with a 3 point seatbelt for practical training of parents; b) several CRS for demonstration and training; c) manual procedures for professionals; d) informative leaflet for families; e) a stamp with the initiative logo to confirm the “1st safety travel check” in the health documents of the baby, in the moment of discharge; f) and a “traffic signal” to reserve a car parking space near the main entrance of the Hospital to do the inspection/verification of the CRS before discharge.</p> <p><b>(4) Monitoring and evaluating the satisfaction</b> of families, health professionals and directive boards: a) evaluation of the initiative in what concerns satisfaction rates from families who received counselling, through the fulfilment of inquiries, b) evaluation of the training received by health professionals and c) the opinion from the Directive Boards of the Hospitals.</p>	
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<p>Genesis</p>	<p>During 1994/96, APSI and the Portuguese Ministry of Health had a program called “The most important passenger” of renting of Child Restraint Systems (CRS) for transport newborns, in a time where the CRS were not easy to buy or find in the Portuguese market. The goal was to enable the safe discharge of newborns, using correctly fitted group CRS, but it revealed hard to develop.</p> <p>Since 1996 that APSI realize, annually, observational studies on the transport of children in cars in Portugal. Beside the</p>	<p>Describe the reasons why you have chosen this initiative.</p> <p>Max: 100 words</p>
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	<p>use rate of CRS, that have increased significantly since the foundation of APSI, the misuse is also monitored. This studies show that in half of the situations families don't use the CRS correctly.</p> <p>Also, a study conducted by APSI in 2004 showed that parents consider physicians to be credible advocates and they look for their guidance on the correct choice and use of CRS. However, most paediatricians, general practitioners and nurses confirm they have insufficient knowledge, mainly in what concerns the technical and specific counselling on child safety in cars and the correct fitting and use of CRS.</p>	
Transferability and multiplier effect	<p>This initiative exists since 2011 in the 3 maternities in Algarve and is being implemented since then without interruption in this part of the country and since 2014 in two more hospitals in the biggest cities in Portugal - one in Lisbon and another one in Oporto.</p> <p>Furthermore, the "1st trip safely" initiative originated a new national project called "Babies, Children and Youth in Safety", in a joint partnership between APSI, the General Direction of Health (DGS), MAPFRE Foundation and DOREL (Bébé Confort and Maxi-Cosi). This national project, whose leadership is from the Portuguese Ministry of Health, aims the training of 2 health professionals in all Primary Health Care Units and Hospitals with Maternity Ward in Portugal (Public National Health Service) and intends to focus on road safety of all family (newborns, children, adolescents, young and adults).</p>	<p>Describe to what extent the proposed initiative will allow the transfer, dissemination or application of the results, experience and knowledge gained as well as the good practices on a larger scale.</p> <p>Max: 200 words</p>
Promotion and dissemination	<p>There was a public launching ceremony in all the three Hospitals of Algarve with the presence of the General Director of Health representing the Ministry of Health. APSI invited press, radio and TV stations to spread the initiative</p>	<p>Describe whereby the initiative will be publicised (publications,</p>

	<p>and the compromise of the Portuguese Health Ministry to promote it all over the country in a partnership with this non-governmental association.</p> <p>This project also allowed the production of several materials: brand logos, information leaflets for families, technical procedures, stamps and parking signs.</p> <p>In 2014, a new communication press was made to the <i>media</i>.</p> <p>This good practice has been several times presented in national and international conferences and congress.</p>	<p>events, websites, CD-ROM, etc.).</p> <p>Max: 100 words</p>
Continuity	<p>This project is in progress since 2011. It started in the south region of Portugal, Algarve, with the pilot-experiment in 3 hospitals and it continued in the center and north region of Portugal, with 2 other hospitals. The main activities occurring are the refresher theoretical and practical training and the monitoring through the technical support and counselling to team members.</p> <p>The principle obstacle for the continuity is the lack of financial resources of APSI. In this respect APSI is making efforts and try to get more partnerships and financial support in order to include more hospitals/maternalities in "1st trip safely" and also produce more materials and make more training sessions to the public hospitals already in.</p>	<p>Indicate if there is a plan to continue some activities in the coming years.</p> <p>Max: 100 words</p>
Evaluation of the activities	<p>Parents fulfilled an inquiry on the last day in the Maternity Ward. This inquiry asked parents to evaluate the following issues: a) Importance of counselling and training of CRS installation during pregnancy and on the Maternity Ward as well as the capacity of professionals to clarify their doubts; b) Verification of the CRS installation in family's car before discharge from Hospital; c) Complementary information needed; d) Comments.</p>	<p>If relevant, describe the proposed evaluation method and the performance indicators in relation to the expected</p>



	<p>A quick revision of some inquiries shows that most answers are very positive and that families are very happy with this help given by the health professionals.</p>	<p>objectives.</p> <p>Max: 100 words</p>
<p>Other important aspect that you want to underline</p>	<p>Visit the web page of the project and watch the videos:</p> <p><a href="http://www.apsi.org.pt/index.php/pt/campanhas-e-acoas/campanhas-e-acoas/27-alta-segura-transporte-do-recem-nascido-desde-o-1-dia-de-vida">http://www.apsi.org.pt/index.php/pt/campanhas-e-acoas/campanhas-e-acoas/27-alta-segura-transporte-do-recem-nascido-desde-o-1-dia-de-vida</a></p> <p>The Hospital pages:</p> <p><a href="http://www.grupohpa.com/pt/servicos/maternidade/alta-segura">http://www.grupohpa.com/pt/servicos/maternidade/alta-segura</a></p> <p><a href="http://www.arsalgarve.min-saude.pt/noticias/chba-integra-projecto-alta-segura-da-apsi/">http://www.arsalgarve.min-saude.pt/noticias/chba-integra-projecto-alta-segura-da-apsi/</a></p> <p><a href="https://www.saudecuf.pt/areas-clinicas/maternidade-cuf/alta-segura">https://www.saudecuf.pt/areas-clinicas/maternidade-cuf/alta-segura</a></p>	<p>Any information that could help the jury to evaluate your initiative.</p> <p>Max: 100 words</p>