Poison Potpourri: Peds, Pods and More

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Poison Help

Minnesoza Poison Control System

- Confidential
- No Charge
- 24/7 Service

Anytime Anywhere Anyone
The Minnesota Poison Control System

- Funded by the Minnesota Department Health and a federal grant through HRSA
- Supported by and located in Hennepin County Medical Center
- 91% (31,000+) of cases in which the MPCS was consulted were managed at home
- 23% of calls from Healthcare providers
- Saved Minnesotans $35 Million

2014
48,446 Total MN Calls
Minnesota Poison Control System Phone Staff

- Pharmacists / Certified Poison Specialist
- Poison Information Providers
Poison Center Benefits

Per MDH 2001-2010: Poisoning is the 2\textsuperscript{nd} Leading cause of nonfatal hospitalized unintentional injury in 1 to 4 years olds

*Lewin report released OCT2012
Lack of Supervision

Most serious prescription medication ingestions occur at grandparent’s house or when they visit
Look-a-likes

If you were 2 y.o. could you tell the difference?
Button Batteries

Can cause Esophageal perforation within 2 hours

Needs STAT X-ray at nearest ED
E-cig solution

Many flavors, attractive to children

No regulation on labeling/testing for amount of nicotine for e-juice

Jan 1st 2015: MN law requires child resistant packaging

Dec. 12th, 2014: 1st death from E-Juice in upstate NY
E-Cig Exposures 2011-2015*

*Through June 2015
Look-Alike Products

Soft Peppermint Candies (various brands)

Laundry Detergent Pods
Minnesota Detergent Pod Exposure Calls

![Graph showing detergent pod exposure calls by year and location, with a peak in 2014.](image-url)
Butt Paste

**Most** common call to PC’s Nationally

- Active ingredient: Zinc Oxide
- Toxicity: Mild GI effects
Silica Gel Packets

Found in Leather and Electronic products to reduce moisture

Ingredients
- Silica dioxide
- Reduce Iron
- Clay

Second most common call to Poison Centers Nationally
**Vitamins and Iron**

**Iron Forms**
- Ferrous Gluconate (“good”) – 10%
- Ferrous Sulfate (“shoot”) – 20%
  
  i.e. 325mg Ferrous sulfate = 65mg elemental Fe
- Ferrous Fumarate (“fudge…”) – 33%

**Toxic level** = 35 mg/kg

For a 30lb (13.6kg) child this would = 477mg elemental Fe ingestion = **27 tabs**

of 18mg Fe containing Multivits
Methanol/Ethylene Glycol

Ethylene Glycol
• Car antifreeze

Methanol
• Windshield washer
• Gas line treatment
CO

- Leading cause of unintentional poisoning death in the US*

- Unintentional, non-fire related CO poisoning responsible for 15,000 ED visits and almost 500 deaths annually in the US*
CO

- Per Underwriters Laboratories UL 2034 Standards CO detectors will alarm at 30ppm.

- MN Law (MN Statute 299F50): The law states that 1 UL listed detector be installed within 10 feet of all bedrooms in the home.
New Safety Messaging

Part of education/prevention messaging should be that CO detectors do not have infinite lives.

Current technology recommendations:

• Replace every 5-7 years unless manufacturer specifies otherwise.
Carbon Monoxide Sources

Incomplete combustion of hydrocarbons
# Prescription/Over-the-Counter vs. Illicit Drugs

- **Adderall**: 6.8%
- **Vicodin**: 4.8%
- **Tranquilizers**: 4.7%
- **Cold Medicines**: 4.1%
- **OxyContin**: 3.3%
- **Ritalin**: 1.8%
- **Marijuana** (*synthetic marijuana*): 5.8%
- **K2/Spice**: 3.6%
- **MDMA/Ecstasy**: 2.6%
- **Cocaine**: 2.6%
- **LSD**: 2.5%

*The percentage of 12th graders who have used these drugs in the past year.*

After marijuana, prescription and over-the-counter medications account for most of the top drugs abused by 12th graders in the past year.

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**NIH National Institute on Drug Abuse**

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world’s research on the health aspects of drug abuse and addiction. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found at [www.drugabuse.gov](http://www.drugabuse.gov).
MJ Kinetics

Smoked
Onset: Seconds to Minutes
Peak Effects: 15-30

Ingested
Onset: 30-90 minutes
Peak: 1-6 hours*

*Clin Pharmacokinet 2003;42[4]:327
Newer Forms

**Shatter** is smooth, clear and solid. It is the purest and most potent form because it involves a second extraction process that removes fats, lipids and waxes. This can result in over 80 percent THC.

**Budder** or **Wax** retains more of the terpenes so it tends to be more flavorful but less potent – with THC percentages in the 70s. It has a creamy consistency from being whipped.

Oil tends to be the least refined of the three. It is a gooey, sticky liquid that can be hard to handle. This form – also known as **honey oil** or butane hash oil – can retain a full flavor profile, however, THC levels tend to be less consistent.
Prevention

3rd Week of Every March
Poison Prevention Tips

Store Poisons Safely

- Store medicines and household products locked up, where children cannot see or reach them.

- Store poisons in their original containers.

- Use child-resistant packing. But remember—nothing is child-proof.
Poison Prevention Tips

Use Poisons Safely

- Read the label. Follow directions on medicines and products
- Are children around? Take a product or medicine with you to answer the door or phone
- Lock products and medicines up after using them
- Is it medicine? Call it medicine, not candy
- Children learn by imitation. Take your medicines where children can’t watch
Poison Prevention Tips

- Keep poison control number near the phone!

If you think someone has been poisoned, call your poison center right away — 1-800-222-1222.
Thank You!

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