2018 MEET OUR TEAM

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ABOUT THE POISON CENTER

• 1-800-222-1222, available 24/7, including all holidays
• Calls are free of charge
• Minnesota Relay and interpretive services available
• Staffed by specially trained pharmacists nationally certified as Specialists in Poison Information
• For more information, visit our website: www.mnpoison.org
• Take our free online poison prevention training program at training.mnpoison.org or follow us on Facebook or Twitter

2018 KEY FACTS AND STATS

Provided IMMEDIATE help to 44,901 callers
Poison specialists provided help to an average of 123 people each day

30% of patient cases involved health care providers seeking treatment recommendations

92% of exposures occurring in a residential setting were safely managed at home with Poison Center assistance

40% of cases involved a child under the age of 6 years

89% of cases transferred from nurse lines were managed at home

85% of callers would have sought emergency medical attention if the Poison Center was not available

63% of exposures involved prescription and/or over-the-counter medications
NUMBER AND TYPE OF CASES
The Poison Center managed a total of 44,901 cases in 2018. While 41,340 of those cases involved an exposure, the remaining 3,561 were requests for poison information.

44,901 total cases
41,340 exposure cases
3,561 information cases
AGE OF PATIENTS
Poisonings affect individuals of all ages, from babies to seniors. About 40% of exposure cases involved children under the age of 6 years. More serious outcomes were typically seen in teenagers and adults due to a larger number of intentional exposures occurring in these groups.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Exposure Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;2 years of age</td>
<td>6,963</td>
</tr>
<tr>
<td>2-5 years of age</td>
<td>9,340</td>
</tr>
<tr>
<td>6-12 years of age</td>
<td>2,458</td>
</tr>
<tr>
<td>13-19 years of age</td>
<td>4,277</td>
</tr>
<tr>
<td>&gt;20 years of age</td>
<td>18,208</td>
</tr>
</tbody>
</table>

40% of exposure cases

TOP 5 SUBSTANCES INVOLVED IN POISONING

- **Non-Drug**
  1. Household Cleaners
  2. Cosmetics, Personal Care Items
  3. Alcohols
  4. Foreign Bodies, Toys, Silica Gel Packets
  5. Pesticides

- **Drug**
  1. Analgesics
  2. Antidepressants
  3. Sedatives, Hypnotics, Antipsychotics
  4. Cardiovascular Drugs
  5. Stimulants and Street Drugs

REASON FOR EXPOSURE
Individuals who contact the Poison Center have many different reasons for calling. Unintentional exposures can include accidents, mistakes when using products, food poisoning, or errors with medicine. Intentional exposures can be due to abuse, misuse, or suicide attempts. Adverse reactions can happen with drugs or other substances. Other reasons are rarer, but can include tampering or contamination.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unintentional</td>
<td>29,427</td>
</tr>
<tr>
<td>Intentional</td>
<td>10,438</td>
</tr>
<tr>
<td>Adverse Reaction</td>
<td>962</td>
</tr>
<tr>
<td>Other</td>
<td>612</td>
</tr>
</tbody>
</table>
CALLER SITE
More than half of the exposure calls to the Minnesota Poison Control System came from residential settings and over a quarter came from health care facilities (e.g., hospitals, clinics, or emergency medical services providers). Other call sites included workplaces and schools.

- Residence: 24,186
- Health Care Facility: 11,817
- Other: 4,207
- Workplace: 1,011
- School: 119

MANAGEMENT SITE
In 2018, 92% of residential cases were able to be safely managed at home. For cases originating from health care facilities, the Poison Center was able to assist providers seeking patient treatment recommendations. By keeping patients at home and reducing average hospital stays with treatment advice, the Poison Center is able to help save both time and money.

MEDICAL OUTCOMES
Overall, 88% of Poison Center cases had outcomes with little or no effect being seen in the patient. Prompt attention to poison exposures helps to reduce the likelihood of severe toxicity, preventing poor outcomes.

- Non-Toxic Exposure: 25,899
- Potentially Toxic: 45
- Loss to Follow-up, Potentially Toxic: 691
- Major Effect: 822
- Unrelated Effect: 1,694
- Moderate Effect: 3,556
- Minor Effect: 8,633
- Other/Unknown: 674
POISON EDUCATION

PUBLIC EDUCATION
Community education efforts focus on poison prevention and increasing awareness of the Poison Center’s services among people of all ages, from preschoolers to older adults.

In 2018, the Minnesota Poison Control System participated in almost 150 public education events that reached more than 21,000 Minnesotans and distributed over 95,000 pieces of educational materials across the state. Furthermore, over 920 Minnesotans completed our online training program during the year!

PROFESSIONAL EDUCATION
The Poison Center also provides vital education for medical professionals and those in training.

In 2018, more than 4,500 health care professionals were reached through education events. Additionally, over 80 medical residents, fellows, students, and pharmacists were trained by Poison Center staff.

Children, parents, and caregivers learned about medicine safety and the Poison Center at Hennepin Healthcare’s Teddy Bear Clinic.

“Candy versus medicine” gingerbread houses were put on display during the Hennepin Health Foundation’s annual Light Up the Night gala in December 2018.

Education Director, Kirk Hughes, with a Poison Center display. Thousands of health care professionals were reached through education and outreach programs in 2018.

TAKE ACTION!
Program our number, 1-800-222-1222, into your phone and share it with your family and friends so it’s there when you need it.

Complete our free online poison prevention training program. It is available at training.mnpoison.org and helps teach about poison prevention and using the Poison Center as a free resource.

Visit our website, www.mnpoison.org, to learn about poison prevention and order materials free of charge.