

Minnesota Poison Control System



Reminder: Keep all potentially poisonous substances up high and out of the sight and reach of young children.

2020 Annual Report



MINNESOTA POISON CONTROL SYSTEM
mnpoison.org



2020 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

2020 KEY FACTS AND STATS



Provided **IMMEDIATE** help to **44,990** callers

Poison specialists assisted an average of **123** people each day



26% 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



38% of cases involved a child under the age of 6 years



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

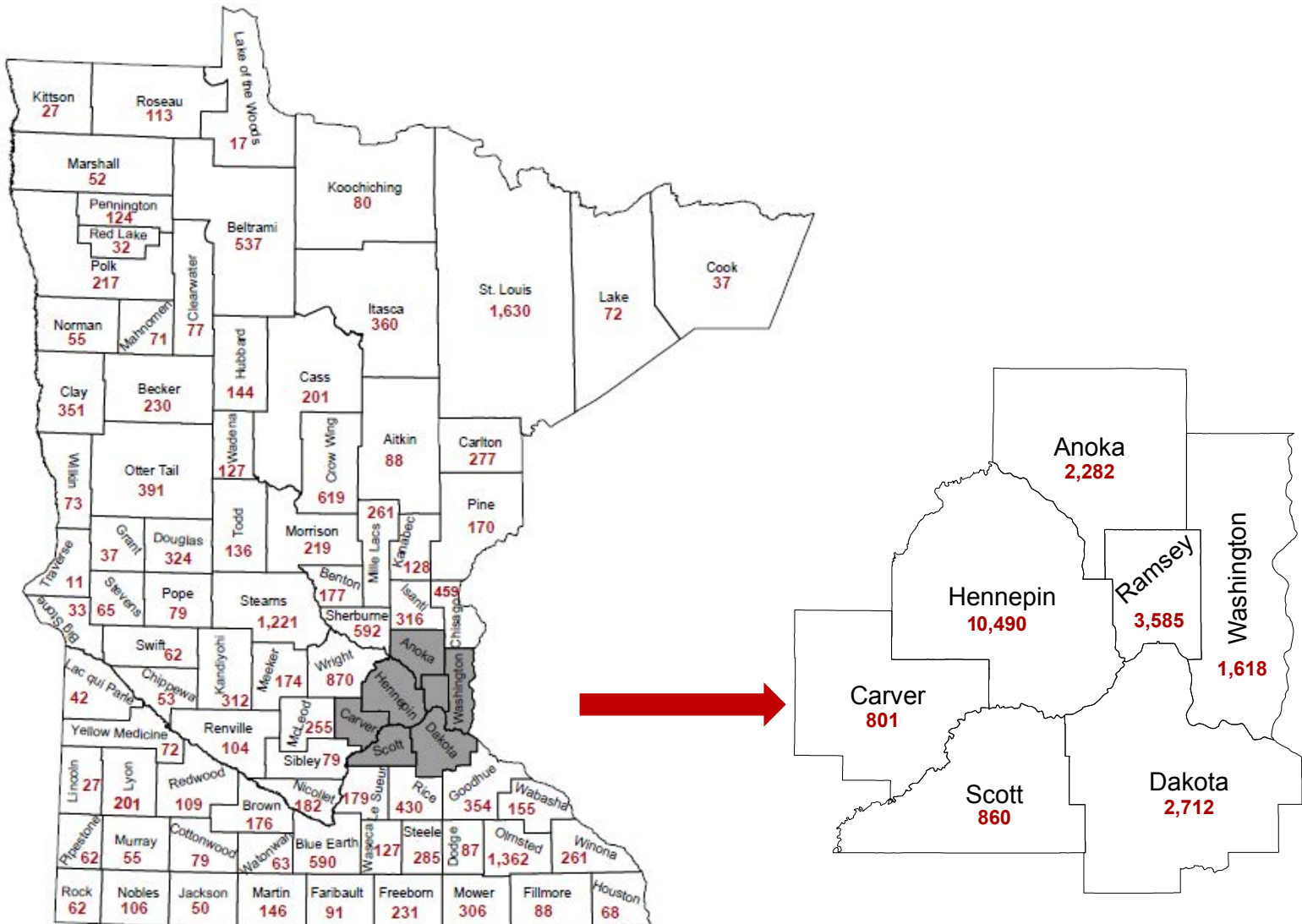


78% of callers would have sought emergency medical attention if the Poison Center was not available



62% of exposures involved prescription and/or over-the-counter medications

POISONING CASES PER COUNTY, 2020



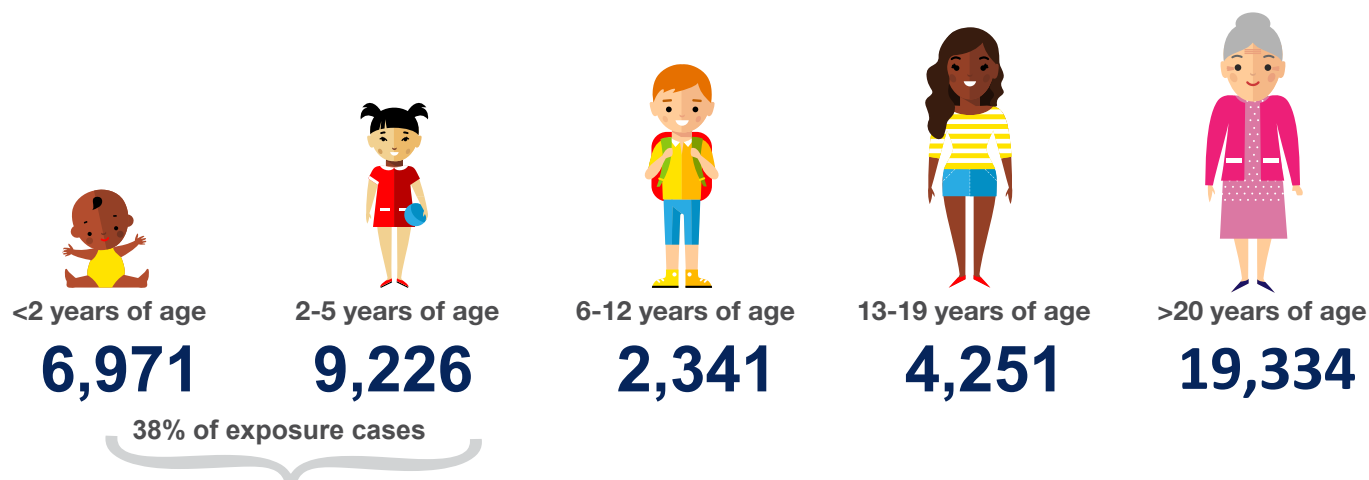
NUMBER AND TYPE OF CASES

The Poison Center managed a total of 44,990 cases in 2020. While 42,247 of those cases involved an exposure, the remaining 2,743 were requests for poison information.



AGE OF PATIENTS

Poisonings affect individuals of all ages, from babies to seniors. Approximately 38% 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.



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 Infectious and Toxin-Mediated Diseases



- 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.

Unintentional 30,135

Intentional 10,481

Adverse Reaction 1,032

Other 688

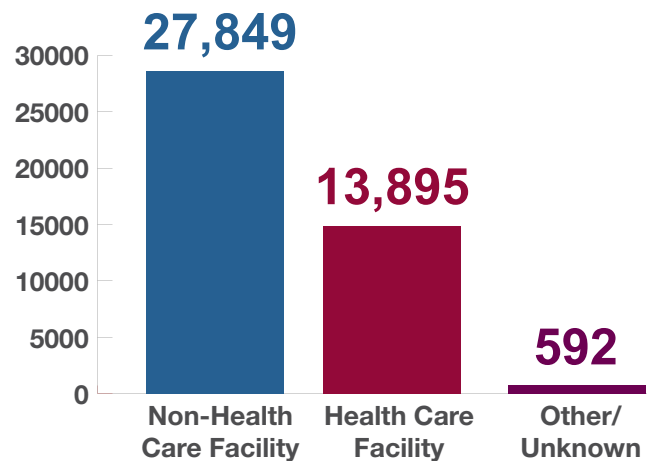
CALLER SITE

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 common call sites included workplaces and schools.



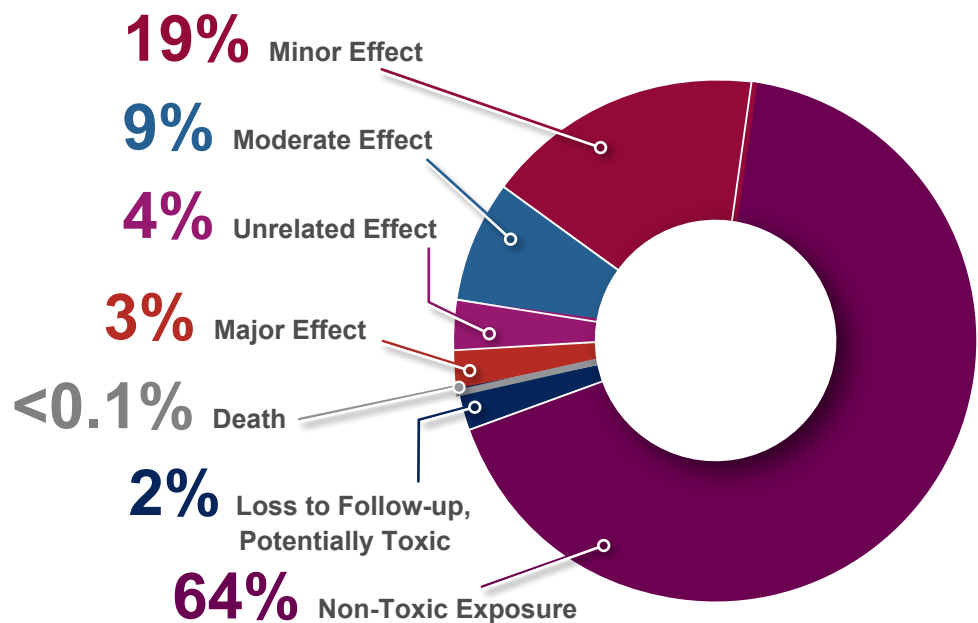
MANAGEMENT SITE

In 2020, 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, 83% 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.



*Percentages do not add up to 100 due to rounding

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.

Due to the cancellation of many outreach events in 2020, the Minnesota Poison Control System relied heavily on social media to share safety information that was especially pertinent during the pandemic.



An example of two social media posts which helped to quickly dispel misinformation to a wide audience.

PROFESSIONAL EDUCATION

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

In 2020, more than 3,600 health care professionals were reached through education events. Additionally, **38** medical residents, fellows, students, and pharmacists were trained by Poison Center staff.



A new video resource for health care providers shared education on hand sanitizers and methanol poisoning.

LEARN MORE

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

Visit our website at **mnpoison.org** for more poison prevention information and to order materials free of charge.

TWO WAYS TO GET HELP

1-800-222-1222 or **webPOISONCONTROL®**



Anyone who has a poison-related question or suspects a poisoning can always get immediate help from a poison expert by calling **1-800-222-1222**. Free help is also available 24/7 online by going to **www.webpoisoncontrol.org**. Based on the information provided about a poison exposure, users are given a case-specific recommendation that helps them decide what to do when substances are swallowed, splashed in the eye or on the skin, inhaled, or injected.

A total of **2,749** Minnesotans received help online by using the webPOISONCONTROL® tool or app in 2020. This number was in addition to the 44,990 phone cases that were managed!