

# UTAH POISON CONTROL CENTER

# 2012

## ANNUAL REPORT



UNIVERSITY OF UTAH  
COLLEGE OF PHARMACY

## OFF THE VINE, ON THE LINE

I had just arrived home from a business trip and was excited to see my two young boys. It was a nice, warm Sunday, so we went outside to play. My boys were playing on the swing-set in the backyard when Lincoln, my 13-month-old, hopped off the teeter totter and ran to our back fence.

Our neighbor has a vine growing on the fence that had crept over to our side. I was aware of the plant, but I had never noticed that the vine had little berries growing on it. Lincoln didn't miss them and quickly jammed a handful into his mouth.

When I saw what he had done, I made him spit them out. I took a closer look at the weird-looking purple berries with orange stems. I had no idea what they were so I went inside to do an online search. The best information I could find was that the plant was a Virginia Creeper and its berries are toxic.

My maternal instincts kicked into overdrive. I ran to the phone and called the Utah Poison Control Center. I knew to call the poison

center because my sister has two boys about the same age as mine and she has told me that she calls them all the time. I felt a little intimidated to call, because I thought they would think I was a bad parent. The woman who answered the phone immediately calmed me down and assured me that I did the right thing. She

asked me exploratory questions to confirm what kind of berries Lincoln had possibly ingested. She also asked me if Lincoln was exhibiting any symptoms like a swollen mouth or irritation.

In the end, it turned out to not be a huge deal. The poison specialist told me what to watch out for with Lincoln in the next few hours. She even called back an hour or two later to check up on him and make sure he was doing okay.

My neighbor was a little upset when we cut down the vine on our side of the fence. We're trying to do all we can to protect our boys, but I'm glad the Utah Poison Control Center is there if we ever need help.



I will definitely call again if I have any questions or concerns. When it comes to your kids, it's better to be safe than sorry.

*Crystal with son, Lincoln*



## MESSAGE FROM THE DIRECTOR



It is with great pride that I reflect on positive impact the Utah Poison Control Center (UPCC) had on the health of Utahns through its service, outreach, and research activities this past year. Our highly trained health professionals (specialists in poison information) provide free and confidential health-care services 24-hours a day, seven days a week, 365 days a year. This service saves millions of dollars in unnecessary healthcare spending. A recent national report from the Lewin Group estimated total medical care savings and reduced productivity loss of \$13.39 per dollar of poison center funding. There are not too many programs that can provide that kind of return on investment. We all benefit from these savings, but according to the Lewin report the largest beneficiaries are the federal government and private insurers. In Utah, where the UPCC has one of the highest utilizations of any poison center in the United States, these savings are huge.

High utilization of the UPCC is inextricably linked to our statewide outreach education efforts. Our outreach efforts include important partnerships with stakeholders throughout the state, including our local health district partners. While education efforts are ongoing, the UPCC takes great pride in celebrating National Poison Prevention Week each year during the third week in March. In 2012, we marked the 50th observation of the first Poison Prevention Week, which was established by Congress in September 1961 and signed into law by President John F. Kennedy. The first observance of National Poison Prevention Week was in March 1962. The key goal of National Poison Prevention Week is to raise awareness to the risk of injury and death from poisoning. For the past 50 years, poison centers and other injury prevention professionals use this week to remind everyone that poisonings occur and they can be prevented. Check out the story on page six highlighting one company's efforts to make a difference in the lives of their customers and employees.

Despite the great strides that have been made over the years, more work needs to be done to reduce the burden from poisonings. In the past few years poisoning has surpassed motor vehicle crashes as the number one cause of unintentional injury deaths in Utah and the nation. Poison centers play a vital role in the nation's public health system and in combating this unfortunate national trend. The UPCC works closely with state and local public health partners every day to address important public health threats such as emerging drug abuse threats, food-borne illness, and other public health emergencies. The national objectives to improve the life of all Americans, Healthy People 2020, seek to reduce fatal and nonfatal injuries from unintentional poisoning. The UPCC plays an important role in helping to reduce the occurrence of poisoning as well as reduce adverse consequences and fatal outcomes.

Finally, research is also an important part of the UPCC's mission. The UPCC, with colleagues from the University of Utah College of Nursing and Department of Communication, recently developed a web-based communication training program and toolkit that is available nationally for not only other poison centers but for other public health partners. In addition, the UPCC is actively engaged in research to help streamline care of the hospitalized poison patient by enhancing electronic sharing of information between the poison center and hospitals.

I hope that when you read this report you will share my enthusiasm. On behalf of the entire UPCC staff, we thank you for your ongoing support and hope you enjoy our 2012 annual report.

—Barbara Insley Crouch, PharmD, MSPH, DABAT  
*Executive Director, Utah Poison Control Center*





**The mission of the Utah Poison Control Center is to prevent and minimize adverse health effects from a poison exposure through education, service, and research.**

#### **BY THE NUMBERS**

The UPCC is a **24-hour** resource for poison information, clinical toxicology consultation, and poison prevention education. The UPCC proudly serves the entire state of Utah and has responded to over **1.5 million** calls since it began providing quality, unwavering support, and assistance for Utahns since **1954**.

**A VERY IMPORTANT NUMBER**  
**1-800-222-1222**

The national toll-free number routes callers in Utah to the UPCC. UPCC specialists in poison information (pharmasists & nurses) are available around-the-clock to respond to calls, including calls from individuals with hearing impairment as well as individuals who speak languages other than English.

#### **NUMBER OF REASONS TO CALL**

Poisons surround our daily lives. Anything can be a poison if it is used incorrectly or by the wrong person. While the majority of calls to the UPCC involve ingestion of common household cleaners and medicines, here are some examples of other types of poisonings that our specialists manage:

##### **Someone...**

- Accidentally takes their fast-acting diabetes insulin instead of the slow-acting insulin
- Eats the family dog's medicine
- Is bitten by a snake on the trail
- Is working in the yard and accidentally splashes pesticide in the eye
- Develops a rash after starting a new medicine
- Gives a child the wrong medicine by mistake
- Is exposed to unknown fumes at home or in the workplace
- Accidentally swallows gasoline while siphoning





So many poison exposures can happen in the home. The Utah Poison Control Center is the most valuable resource we have to help. They are like a 911 dispatcher that's armed with medical information to save lives in emergencies.

*Dave Karpowitz,  
Safety Director,  
Associated Retail Operations*

## GREAT INFORMATION IN STORE FOR YOU

With dozens of grocery stores throughout Utah, Associated Foods is dedicated to providing valuable service to the community. We sell detergents and chemicals, and our stores have pharmacies, so we want to do our part to ensure customers understand the dangers that can come with chemicals and drugs. We need families to be aware of the preventative steps that can be taken in the home and in their lives to keep themselves and their young ones safe.

Our pharmacists have always had strong ties to the Utah Poison Control Center—many of them went through the program at the U. They use the poison center as a resource all the time, often with questions about drug interactions. Three years ago, our pharmacies proposed that we get all of our stores involved in a public awareness campaign during National Poison Prevention Week.

We jumped at the chance because we knew that with the poison center's help we'd be able to dispense vital information to the public. We let our stores get creative and they designed booths that armed our shoppers with information on poison prevention in the home, such as keeping chemicals out of the reach of children, and carefully reading the labels and dosages on all products.

The Utah Poison Control Center is awesome to work with. They provide all the materials and have great knowledge on local issues and topics that resonate with our customers.

National Poison Prevention Week was a great success. With 45 of our corporate-owned stores participating, we were able to spread the message of poison safety to hundreds of thousands of Utah shoppers and their families. We're planning on a long partnership with the Utah Poison Control Center and making National Poison Prevention Week an event we participate in year after year.

# 50th ANNIVERSARY OF NATIONAL POISON PREVENTION WEEK

**March 18-24, 2012**

Associated Foods partnered with the UPCC to celebrate the 50th Anniversary of National Poison Prevention Week (NPPW). During this important week, the pharmacy staff of their 45 stores disseminated vital poison prevention information to hundreds of thousands of Utah families. The UPCC supplied the poison prevention materials, but Associated Foods went all out to create clever displays to share important poison prevention messages.

## NPPW 50th Anniversary Themes and Messages:

### Poisonings Span a Lifetime

Poisons are a danger to everyone—toddlers, teens, adults, and seniors. The majority of calls to poison centers are about children, but the majority of poisoning deaths occur in adults. The UPCC focuses education to specific age groups throughout the year.

### Children Act Fast, So Do Poisons

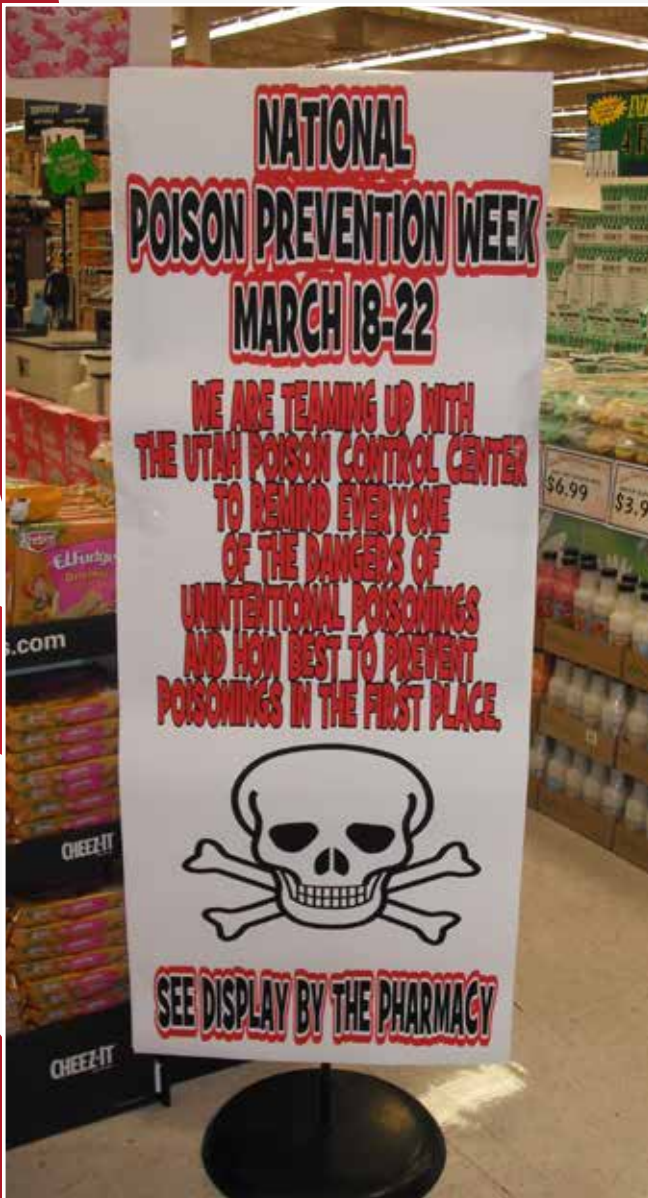
Children younger than 6 years old account for over 60% of the calls placed to the UPCC. Through all of our outreach activities, we remind people to store medicines and dangerous household products in a safe place up and out of reach of small hands.

### Poison Centers, Saving Lives 24/7

Poison centers are for everyone. Even doctors and nurses call the experts at poison centers for treatment advice about their patients. We encourage everyone to program the Poison Help line into their phone. **1-800-222-1222**







### **Take Your Medicines Safely**

The UPCC wants everyone to follow the directions on the label when giving or taking medicines and don't forget to read all warning labels and put your medicines up and away after each use.

### **Home, Safe, Home**

More than 90% of poisonings happen in people's homes, mainly in the kitchen, bathroom, and bedroom. The UPCC reminds everyone to never store home and garden chemicals in food containers and dispose of expired and unused medicines each year.

### **Poison Prevention Superhero: Share Your Stories**

Poisonings can be prevented. We challenge everyone to take the necessary steps to protect yourself and your loved ones.

### **50 Ways to Prevent Poisonings**

Poisoning is now the leading cause of death from injuries in the United States – ahead of deaths from motor vehicle crashes and guns. If a poisoning does happen, it's good to know help is just a phone call away. The UPCC is committed to safeguarding the health and well-being of every Utahn through our free expert medical advice and poison prevention education.

The Utah Poison  
Control Center  
saved us the money  
we would have  
spent if we had  
rushed to the  
emergency  
room when we  
didn't need to go.

*Sharon with granddaughters,  
Taylee and Madison*





## ONE GRAND GESTURE

On Sundays, my children and 11 grandkids often gather at our home for a family dinner. One Sunday, the grandkids were scattered throughout the house with several kids upstairs in the playroom where they like to go when they visit. I had been remodeling the playroom and had recently been texturing the walls. When I went to check on the kids, I saw that I had left a jar of pink spackle on one of the dressers. To my dismay, two of my little granddaughters, Taylee and Madison, had spackle all over their faces. Thinking it was pink frosting or makeup, they had opened the jar and tasted it, and then put it on their faces.



Immediately I grabbed the jar and read the label to see if it was dangerous. Sure enough, there was warning that said, “Keep out of reach of children,” and “Do not take internally.”

I had no idea how much of the spackle the girls had eaten, but I knew that I needed to call the Utah Poison Control Center. I work at the hospital and have even worked at the health fair that the poison center takes part in. I am also involved in the Great Basin chapter of the Safe Kids Program where we discuss the danger of lookalikes—dangerous substances that look like food and beverages to kids. I knew that poison control would tell me if I needed to rush the girls to the hospital in Fillmore.

The moment the poison specialist answered the phone, she put me at ease. She assured me that I did the right thing for calling and didn’t make me feel stupid for leaving the spackle out. She was so calm and knowledgeable, I knew I could trust the information she gave me. She recommended that I rinse out the girls’ mouths and wash the spackle off their faces. This took care of the problem and the girls were fine. I loved the fact that the poison center called back later that night and the next day to follow up. They truly care about the well being of my grandkids.

# A STATEWIDE SERVICE

24-Hour Resource for Poison Information  
and Toxicology Consultation



Combating the Prescription  
Drug Abuse Epidemic



[www.utahpoisoncontrol.org](http://www.utahpoisoncontrol.org)  
Provides Comprehensive Poison  
Prevention Resources

Keeping the Community Informed about New Concerns

## Concentrated Laundry Detergent Packets

Because the new single-use laundry packets are colorful and squishy, they are attractive to children. They can look like candy or something fun to play with. Usually, swallowing laundry detergent causes mild stomach upset or even no symptoms. The new laundry packets seem to be different. Some children experienced excessive vomiting, wheezing, and gasping, and got very sleepy. Some even had trouble breathing and needed a ventilator to help them breathe. The UPCC quickly recognized the need to heighten awareness about these products and recommended the following:

- Always keep detergents locked up, high, and out of the reach of children.
- Follow the instructions on the product label.
- Call us immediately if you think a child has been exposed to a packet of highly concentrated liquid laundry detergent.

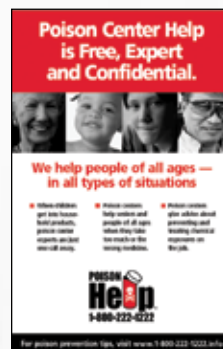




## HIGHLIGHTS FROM 2012

Through education, the UPCC empowers Utah residents with the information necessary to implement poison prevention strategies. The outreach efforts reach a broad audience and include caretakers of small children and Utah's underserved and high-risk populations. Education efforts include a variety of methods such as presentations to diverse audiences, one-on-one education at health fairs, printed brochures, and electronic newsletters. The UPCC education efforts are provided by UPCC staff, pharmacy students, and through community safety advocates.

The UPCC participated in 212 events and provided over 800 hours of in-person education. Over 225,000 educational materials, such as those pictured, were distributed. The UPCC was awarded the American Poison Control Center's Annual Educator's Research Award to study awareness and utilization of the UPCC. Nationwide, calls are declining to US poison centers. It is our hope that through this study we can learn more about those who currently don't utilize the poison control center and develop new outreach education campaigns to enhance awareness and utilization in these groups.



Outreach Education and Material Distribution

Searchable Poisonous Plant Database Available on Website



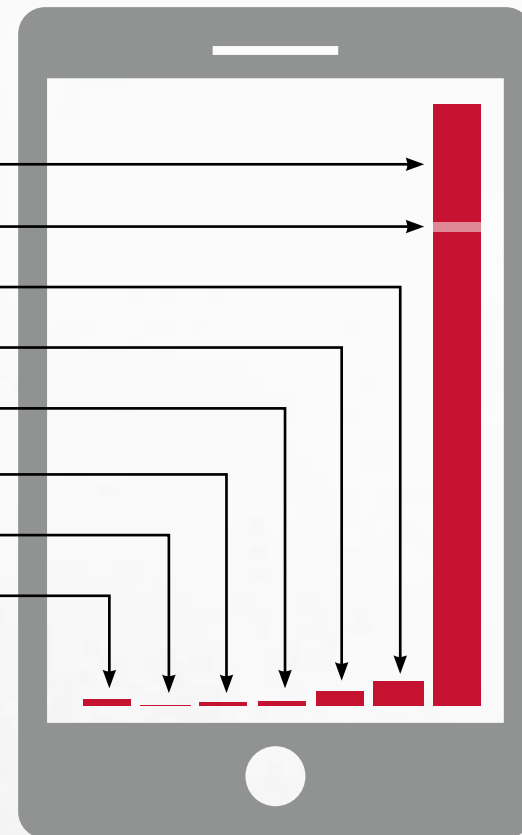
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## IN 2012, THE UTAH POISON CONTROL CENTER RECEIVED **46,773** CALLS

The Utah Poison Control Center receives an average of 128 calls per day. Some are from callers seeking information about the proper use, storage, and precautions regarding drugs and chemicals. But most of the calls are from concerned Utahns and health professionals regarding a poison exposure.

### CALL BREAKDOWN

	Number	Percent
Human Exposure	41,225	88.1
Animal Exposure	961	2.1
Drug Identification	1,884	4.0
Drug Information	1,144	2.5
Poison Information	440	0.9
Environmental Information	394	0.8
Medical Information	205	0.4
Other	520	1.2



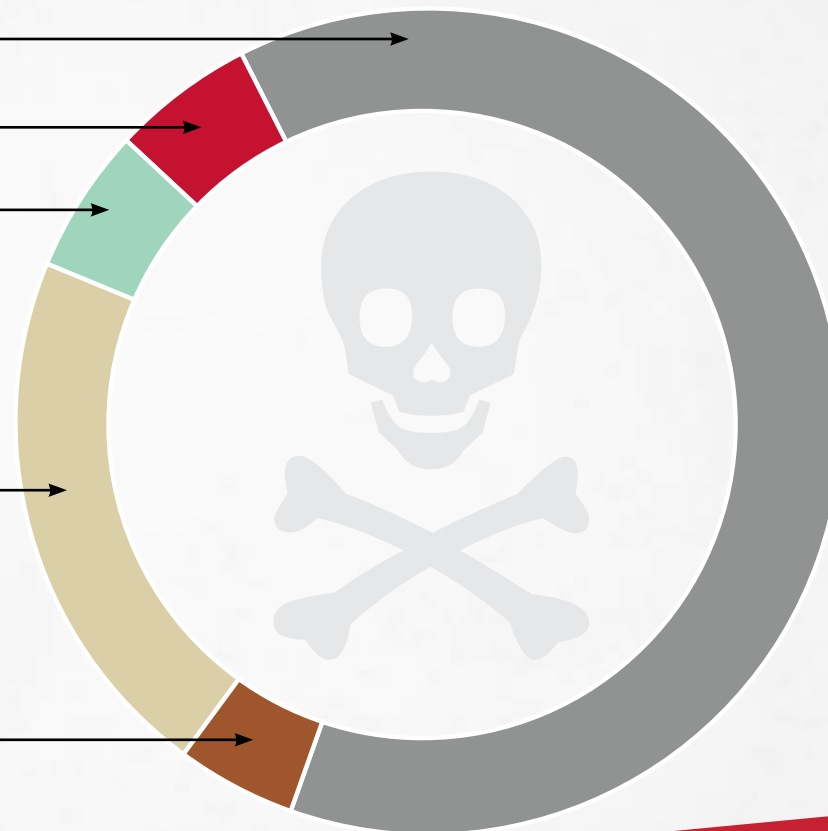
## AGE DISTRIBUTION

The danger of poison exposure is greatest among Utah's children. Children are naturally curious and orally explore their environment. This means that children less than six (especially 12 months through two years) are particularly at risk for a poison exposure.

### POISON EXPOSURES

< 6 years	25,230
6-12 years	2,239
13-19 years	2,279
20-59 years	8,474
60+ years	1,882

**Total**      **40,104**



*This method does not include the following human exposures:*

Unknown age: 168 | Unknown child: 107 | Unknown adult: 846

## SUBSTANCE CATEGORIES

The types of substances involved in poison exposures include products available in the home, workplace, and the environment. Because children under six represent such a large proportion of poison exposures, it is important to note which substances are most common in this group.

### RANKING OF TOP 10 SUBSTANCE CATEGORIES

#### CHILDREN UNDER SIX

	TYPE OF SUBSTANCE	# of Calls	%
1.	Cosmetics & Personal Care Products	3,689	13.9%
2.	Household Cleaning Substances	3,094	11.7%
3.	Analgesics	3,002	11.3%
4.	Vitamins and Minerals	1,839	7.0%
5.	Topical Preparations	1,700	6.4%
6.	Foreign Bodies, Toys, Misc.	1,645	6.2%
7.	Antihistamines	869	3.3%
8.	Pesticides	784	3.0%
9.	Dietary supplements/herbals/homeopathic	755	2.9%
10.	Gastrointestinal Preparations	749	2.8%

#### ALL AGES

	TYPE OF SUBSTANCE	# of Calls	%
1.	Analgesics	5,742	12.1%
2.	Cosmetics and Personal Care Products	4,261	9.0%
3.	Household Cleaning Substances	4,086	8.6%
4.	Vitamins and Minerals	2,255	4.8%
5.	Sedatives, Hypnotics, and Antipsychotics	2,233	4.7%
6.	Foreign Bodies, Toys, Misc.	2,118	4.5%
7.	Topical Preparations	2,029	4.3%
8.	Antidepressants	1,720	3.6%
9.	Antihistamines	1,543	3.3%
10.	Pesticides	1,368	2.9%




## COUNTY DISTRIBUTION

Poison exposure is a statewide concern. Human exposure calls originated in all 29 Utah counties as shown in the table. Penetrance is the rate of reporting based on the population of each county (rate is per 1,000 population). The UPCC's penetrance of 14.7 is double the national average. This means that Utah has a high awareness of the poison center, thus affording more cost-effective, quality care for Utah residents.



County	Human Exposures	Percent of Calls	Penetrance
Beaver	71	0.2%	10.7
Box Elder	581	1.4%	11.5
Cache	1,524	3.7%	13.3
Carbon	305	0.7%	14.2
Daggett	10	0.0%	9.0
Davis	4,501	10.9%	14.4
Duchesne	427	1.0%	22.3
Emery	163	0.4%	14.8
Garfield	75	0.2%	14.6
Grand	95	0.2%	10.2
Iron	553	1.3%	11.8
Juab	137	0.3%	13.3
Kane	77	0.2%	10.7
Millard	156	0.4%	12.4
Morgan	109	0.3%	11.3
Piute	10	0.0%	6.5
Rich	32	0.1%	14.1
Salt Lake	14,455	35.1%	13.8
San Juan	102	0.3%	6.8
Sanpete	377	0.9%	13.4
Sevier	293	0.7%	14.0
Summit	378	0.9%	10.2
Tooele	917	2.2%	15.5
Uintah	487	1.2%	14.6
Utah	7,920	19.2%	14.9
Wasatch	327	0.8%	13.4
Washington	1,509	3.7%	10.7
Wayne	25	0.1%	9.1
Weber	3,117	7.6%	13.4
Out of State	2,492	6.0%	
<b>Total</b>	<b>41,225</b>	<b>100%</b>	<b>14.7</b>



The phone number for the Utah  
Poison Control Center should be  
programmed into every person's  
phone—I know it is on mine.

*Geri Essen,  
Health Promotions Director,  
Summit County Health Department*



## COMMUNITY SERVICE

One of my primary responsibilities as the Health Promotion Director for the Summit County Health Department is to get important health information out to the community. There's no better partner to have in this regard than the Utah Poison Control Center.

Health departments in relatively small communities such as ours need to be a resource to the public, and the UPCC helps us by being our resource. We can go to them with any questions or requests for help and they provide us with whatever we need. More importantly, they proactively come to us with information, resource materials, and programs that enhance the promotion of health and safety in Summit County. They have a tremendous understanding of local medical issues and local medical facilities. When you call the poison center, they not only know just what to do, they know where to send you if you need medical assistance.

Best of all, their information is always up-to-date and addresses new concerns. Every time I receive their newsletter, I find important new facts and tips about all the latest community poison-related issues and hot topics. Recently, they've provided us with vital information regarding button batteries and about the hazards of different types of tobacco products that have now expanded from traditional cigarettes or chewing tobacco to finely milled forms in strips, orbs, or sticks. These new forms increase exposure risks for children and thousands of pediatric tobacco ingestion calls are made to poison control centers nationwide. It is also a concern for us here in Summit County, so we take this valuable information and disseminate it to our local communities.

When there's an exposure in the home, where else would you turn without the poison center? Family and friends aren't experts and even doctors don't have information about every type of poisoning at their fingertips. The Utah Poison Control Center is an indispensable resource for our community.

## REASON FOR EXPOSURE

The majority of poison exposures reported to the Utah Poison Control Center were unintentional and involved children orally exploring their environment. Ninety-nine percent of exposures in children less than six years of age were unintentional compared to only 42% in the age group of 13-19 years. The majority of exposures in adults were unintentional (61%). Adult unintentional exposures involved therapeutic errors (taking the wrong dose or wrong medication) as well as ocular and dermal exposures to household chemicals, pesticides, and automotive products.

## EXPOSURE SITE

The majority of poison exposures occur in the home. Use of child-resistant closures and other safety precautions help, but even in the best poison-proofed homes, exposures occur because the majority of exposures occur when the product is in use.

Exposure Site	Number	Percent
Own residence	36,197	87.8%
Other residence	2,281	5.5%
Workplace	708	1.7%
Public area	544	1.3%
School	249	0.6%
Health Care Facility	141	0.4%
Restaurant/Food Services	123	0.3%
Unknown/Other	982	2.4%
<b>TOTAL HUMAN EXPOSURES:</b>	<b>41,225</b>	<b>100%</b>

Reason for Exposure	Number	Percent
Unintentional General	24,368	59.1%
Therapeutic Error	4,349	10.6%
Unintentional Misuse	2,800	6.8%
Environmental	1,275	3.1%
Bite/Sting	824	2.0%
Occupational	587	1.4%
Food Poisoning	548	1.3%
Unintentional Unknown	22	0.1%
<b>Total Unintentional</b>	<b>34,773</b>	<b>84.4%</b>
Suicide	2,643	6.4%
Intentional Misuse	1,252	3.0%
Abuse	716	1.7%
Intentional Unknown	120	0.3%
<b>Total Intentional</b>	<b>4,731</b>	<b>11.4%</b>
Drug Reaction	816	2.0%
Food Reaction	103	0.2%
Other Reaction	118	0.3%
<b>Total Adverse Reaction</b>	<b>1,037</b>	<b>2.5%</b>
Tampering	284	0.7%
Malicious	131	0.3%
Withdrawal	43	0.1%
<b>Total Other</b>	<b>458</b>	<b>1.1%</b>
Unknown Reason	226	0.6%
<b>TOTAL</b>	<b>41,225</b>	<b>100%</b>

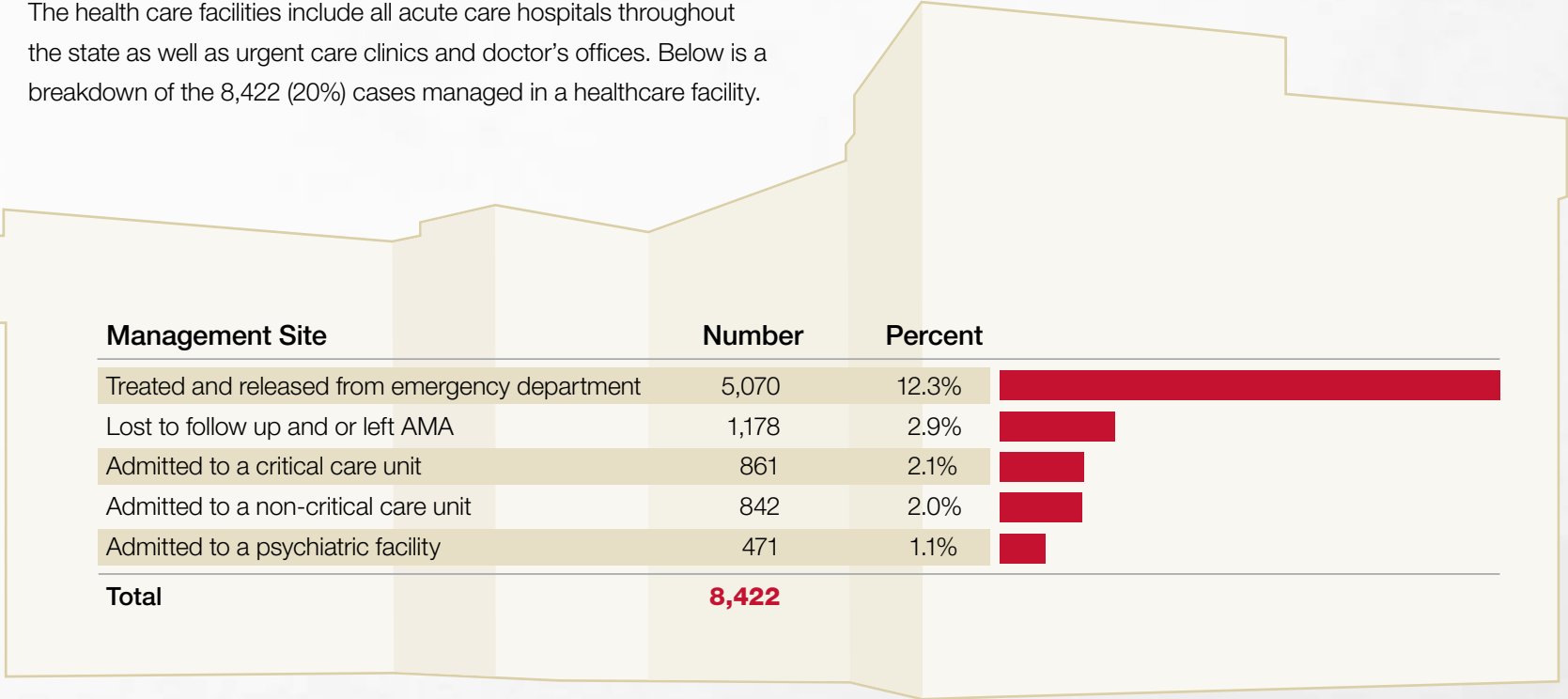


## EXPOSURE MANAGEMENT AND TREATMENT

Due to the expertise and efficiency of the UPCC call center, the majority of all poison exposures (76%) were managed on site with telephone follow-up. Children less than six years old are even more likely than older children or adults to be managed on site (90%).

Of calls that originated from home, 87% were managed on site with telephone follow-up; as well as 93% of calls for children less than six years old.

Treatment in a health care facility was provided in 20% of the exposures and recommended in another 2% of patients who refused the referral. The health care facilities include all acute care hospitals throughout the state as well as urgent care clinics and doctor's offices. Below is a breakdown of the 8,422 (20%) cases managed in a healthcare facility.



Management Site	Number	Percent	
Treated and released from emergency department	5,070	12.3%	<div></div>
Lost to follow up and or left AMA	1,178	2.9%	<div></div>
Admitted to a critical care unit	861	2.1%	<div></div>
Admitted to a non-critical care unit	842	2.0%	<div></div>
Admitted to a psychiatric facility	471	1.1%	<div></div>
<b>Total</b>	<b>8,422</b>		

## MEDICAL OUTCOME

Total Exposure Calls in 2012: **41,225**

Of the **26,252** cases re-contacted for evaluation

No or minimum effect

24,667

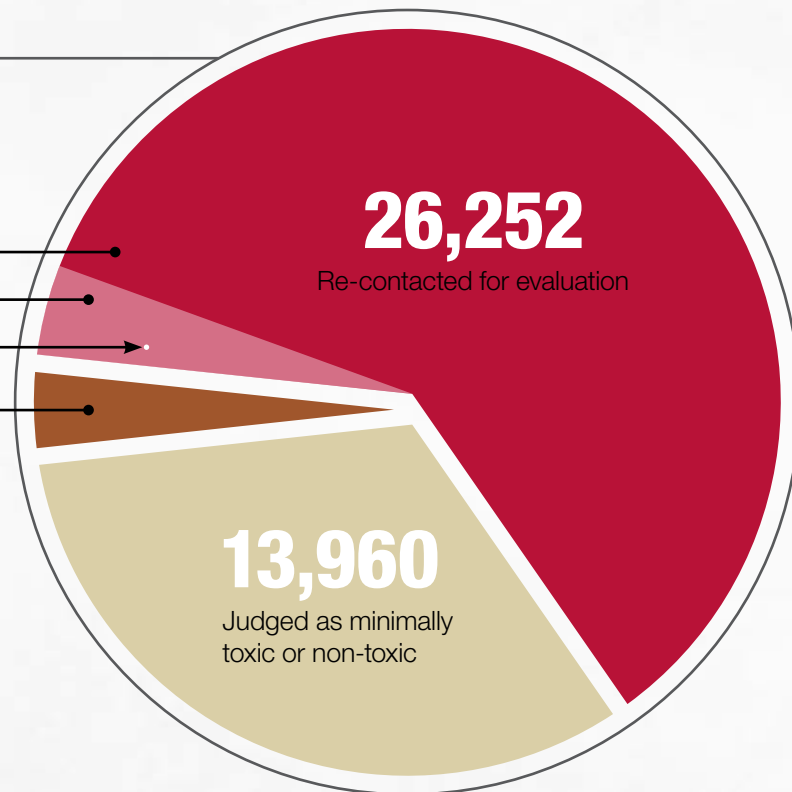
Moderate or major effect

1,569

Death

16

**1,013** unable to follow and judged as potentially toxic.



## WHAT PEOPLE ARE SAYING

*"I trust you guys. You gave me lots of information that helped me know exactly what to expect and that I didn't need to rush to the hospital."*

*"I am thoroughly impressed. You always answer on the **first ring**."*

*"You guys are **fantastic**. You followed up three times. That was above and beyond the call."*

*"You saved my life on my first call."*

*"It's better than calling the doctor or emergency room."*

*"I really appreciated that I wasn't made to feel stupid or like I hadn't watched the kids closely enough."*

*"The directions are always very **clear** and **reassuring**."*

### SATISFACTION GUARANTEED

**99.4%** Rated the specialists as good or excellent in terms of courtesy, knowledge, understanding, and helpfulness.

**99.7%** Rated the UPCC overall as good or excellent.

**99.8%** Will call the UPCC again.

# THANK YOU

The Utah Poison Control Center is only as good as its staff and supporters. Fortunately, we have the best and brightest in both categories. A sincere thanks to the following:

## Specialists In Poison Information

Kathleen T. Anderson, PharmD, CSPI\*  
Michael Andrus, PharmD, CSPI\*  
Brad D. Dahl, PharmD, CSPI\*  
Thomas J. Davies, PharmD, SPI  
Michael L. Donnelly, RN, BSN, CSPI\*  
Brittanie Hatch, PharmD, MS, SPI  
Ann S. Lystrup, RN, BSN, CSPI\*  
Jeannett E. Madsen, RN, BSN, CSPI\*  
Ed T. Moltz, RN, BSN, CSPI\*  
Sandee Oliver, RN, BSN, CSPI\*  
Cathie Smith, RN, BSN, CSPI\*  
John R. Stromness, BS Pharm, CSPI\*  
Karen Thomas, PharmD, PhD, CSPI\*

\*CSPI denotes Certified Specialist in Poison Information

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Ryan Farrington, PharmD  
Angela Green, BS  
Anthony Pham, BS  
Marilyn Redd, PharmD  
Kami Roake, BS

## Executive Director

Barbara Insley Crouch, PharmD, MSPH, DABAT

## Medical Director

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## Assistant Director

Heather W. Bennett, MPA

## Associate Medical Director

Douglas E. Rollins, MD, PhD

## Coordinator, Outreach Education

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## Health Educator

Sherrie Pace, BS, CHES

## Administrative Support

Brenda Clausing  
David Craig  
Kelly Teemant, BS, CHES

## Clinical Toxicology Fellow

Karen Thomas, PharmD, PhD, CSPI

## Additional Medical Toxicology On-Call

Oregon Health Sciences University Medical Toxicologists  
New Mexico Poison and Drug Information Center Medical Toxicologists



## ADVISORY BOARD

A UPCC Advisory Board was established in 1998 and continues to represent the interests of the public, university, and state, and to provide fiscal oversight.

### Chair

**Dagmar Vitek, MD, MPH**  
Deputy Director/Medical Officer  
Salt Lake Valley Health Department

### Chair-Elect

**Peter P. Taillac, MD, FACEP**  
Emergency Physician, University of Utah  
Hospitals and Clinics  
Medical Director, Bureau of EMS  
Utah Department of Health

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Health Resources and Services Administration, an agency  
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I immediately thought to call the Utah Poison Control Center. My husband's even a doctor, but I didn't call him first because I knew the poison center would tell me exactly what I needed to do.

*Diana with daughter, Elise*



## A CLEAN SLATE

One day, as I was unloading my dishwasher, my one-and-a-half-year-old daughter, Elise, was playing at my feet. Suddenly, she started gagging and spitting. When I looked down, I saw that she had put a partially dissolved Finish dishwashing tablet into her mouth. The tablet had not dissolved all the way during the wash cycle.

I had no idea how much, if any, she had swallowed. It's crazy. She was right at feet, so you think she would be safe. I even keep the tablets of detergent in a cabinet with a safety latch so that she can't get to them. I never ever thought there could be a problem when I was emptying the dishwasher.

I called the Utah Poison Control Center in a panic. My first thought was that they were going to think I was a complete idiot for letting my daughter have access to the tablet. I mean, I have two other young boys who were at school—you'd think I'd be able to watch one little girl.

The man who answered was so kind. He calmed me down and was not judgmental at all. I felt like he really cared about my daughter and me. I gave him all the information about what happened and he knew exactly what to do. He told me to rinse out her mouth, including her tongue, which made Elise laugh. I am grateful that I have such a great resource to help in times of crisis.

**POISON**  
**Help**  
**1-800-222-1222**



UNIVERSITY OF UTAH  
COLLEGE OF PHARMACY

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30 South 2000 East | Salt Lake City, Utah 84112  
Admin: 801-587-0600 Fax: 801-581-4199  
[www.utahpoisoncontrol.org](http://www.utahpoisoncontrol.org)