Teen Car Control Clinic

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Division of Trauma
Gundersen Health System- La Crosse, WI
Gundersen Health System

- Tri-State Area – Western WI, Southeast MN, Northeast IA
- American College of Surgeons Verified Level II Trauma Center
- Injury Prevention
- Identify high injury rates/trends
Motor Vehicle Crashes- Leading Cause of Death for U.S. Teens

- 1 and 3 deaths (15-20 year olds)
- Greatest chance of a crash occurs during 6-months after licensure
- Crashes are more severe on rural roads
Risks for Teen Drivers

• Multiple passengers
• Distracted Driving
• Lack of Experience
• Night-time Driving
• Fatigue
• Risk Taking
• No seat-belts
• Drinking/Drugs and Driving
Teen MVC Crashes - Local Perspective

- 90% occurred in a rural setting
- 37% seatbelt use
- 52% male
- 67% due to loss of control
Teen Car Control Clinic

- 1 day, 8-hour program
- Participants ages 16-19
- Licensed only drivers
- Parent attendance required
- Use their own vehicle (or parents)
Course Objectives

- Reduce injury and death
- Increase vehicle control knowledge
- Increase confidence
- Foster communication between parent & teen
Course Content

• Vehicle Tech Check
  – Ensure vehicle is in safe operation
  – Provide instruction to teens
  – Tires (lug nuts, pressure, tread).
  – Fluid levels and leaks
Course Content - Classroom

• Classroom (20%)
  – Hands, mirrors, position
  – Vehicle dynamics (physics)
  – Weather conditions
  – Distractions
  – Seat-belt use
  – Drinking/drugged driving
  – Following/stopping distances
  – Awareness (Eyes Up!!)
In-Car Exercises

Wet and Dry Skid Pad

Accident Avoidance
START
REACT TO VISUAL DIRECTIONS
FULL STOP

Threshold Braking
START
BRAKE
FULL STOP

Slalom Exercise
START
STEADY GAS PEDAL THROUGH CONES
FULL STOP
Course Instructors

• 100% volunteer based

• Audi Club of North America – Badger Chapter

• “It’s the right thing to do”
Evaluation Methods

- Retrospective review of ten consecutive TCCC’s (May 2009-2012)
- Written surveys were completed pre-and immediately post – TCCC
- Telephone interviews conducted at 6-month post-TCCC
## Outcomes

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<tr>
<th><strong>DRIVING CONFIDENCE</strong></th>
<th><strong>N</strong></th>
<th><strong>MEAN</strong></th>
<th><strong>P-VALUE</strong></th>
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<tbody>
<tr>
<td>Pre Course</td>
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<td>Post Course</td>
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<td><strong>Post Course</strong></td>
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<td>6 months Post Course</td>
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### Other Results

<table>
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<tr>
<th><strong>OTHER RESULTS</strong></th>
<th><strong>N</strong></th>
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<tbody>
<tr>
<td>Driving Pattern Changes</td>
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<td>89%</td>
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<tr>
<td>Application of Techniques</td>
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<td>58%</td>
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<td>MVC Rate Only minor injuries reported</td>
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<td>8%</td>
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Partners

- Audi Club
- Instructors
- Sponsorship
- Local businesses
- Schools, insurance agencies, driving schools
- Minnesota State College
- Fire Departments
- Parents
More questions?

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