**Water Safety & Drowning Prevention**

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*Ocean: A body of water occupying about two-thirds of a world made for man - who has no gills.*

―Ambrose Bierce

**Learning Objectives:**
1. Understand the definition and epidemiology of drowning
2. Become familiar with standards of pool fencing
3. Gain an understanding on how to counsel families about water safety
4. Understand how to advise families regarding swimming lessons

**Primary Reference:**

**CASE ONE:**

Flo Tation is a 6-year-old girl who presents to clinic for a well child check. She is very excited about the new in-ground pool that the family has just built in their backyard. Her mom informs you that they are having a pool party this coming weekend and are hosting many of the neighborhood families.

1. How is drowning defined?

2. What is the epidemiology of drowning incidents?

**CASE continued:**

Mrs. Tation anticipates your questions and advice related to pool safety and adds that they will be installing a fence around the pool. “I’ll be watching them closely and will be sitting on the patio right next to the pool while the children are swimming.”
3. What are the important considerations to ensure the highest level of effectiveness for a pool fence?

4. How would you counsel this mother regarding optimal poolside supervision?

5. Other than fencing and supervision, what other pool safety modalities have been tried? Which are most effective?


when accompanying their child on a boat.

CASE continued:

Mrs. Tation has her 6-month-old and 3-year-old with her during the visit as well. She is hoping to enroll all three children in swimming lessons and wants your advice.
7. How would you counsel families about swimming lessons in children?

8. What anticipatory guidance would you provide this mom about precautions she can take inside the house to help reduce the risk of drowning for her children?

Additional References:
Resources:

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