

OVERVIEW

- **SPRAINS**
 -
- **FRACTURES**
 -
- **DISLOCATIONS**
 -
- **BLEEDING**
 -
- **HEAD INJURY**

Sprain Overview

- s Sprain is the stretch/tear of ligament connecting bones
- s Occurs in both the upper & lower part of the body
- s Most common sites - ankle/wrists/knee

Causes

- s Trauma/accidents
- s Lifting heavy objects
- s Sporting injuries

Symptoms

- s Pain
- s Swelling (Normally Slow onset as the pain diminishes)
- s Lumps other than swelling
- s Bruising/redness at site of injury
- s Numbness
- s Inability to move the joint

Treatment R.I.C.E. (Rest, Ice, Compression, Elevation)

- s Apply a cold compress to injured area for 20 min
- s This may be done 4-8 times a day
- s Use a plastic bag with crushed ice, wrapped in a towel (DO NOT PLACE ICE DIRECTLY ONTO THE SKIN)
- s Use compression bandages to reduce swelling
- s Keep the injured leg elevated on a pillow
- s Take anti inflammatory pills if necessary
- s Take rest for the recommended period
- s When pain/swelling is diminished, do recommended exercises

Consult a doctor If the following occurs-

- s Severe pain/numbness
- s Inability to move the joint
- s Inability to assess the severity of injury

Steps To Avoid

- s Do not return to normal activities if not completely cured This could lead to the problem turning chronic

What is fracture?

- s A broken or cracked bone
- s Occurs when trauma or pressure is applied to bone
- s Occurs with / without displacement of bone fragments

Types of Fracture

- s *Open fracture*: Skin breaks causing open wound
- s *Closed fracture*: Skin not broken
- s *Complicated fractures*: Damage of adjacent organs
- s *Stress fracture*: Hairline crack due to repeated stress
- s *Greenstick fracture*: In children's flexible bones

Symptoms of Fracture

- s Severe pain
- s Difficulty in movement
- s Swelling/ bruising / bleeding (Swelling and bruising will be immediate)
- s Deformity / abnormal twist of limb
- s Tenderness on applying pressure
- s Without X-Ray we can't confirm if there is a fracture, but must use judgement

First-aid for Fracture – Call the Ambulance

- s Depends on type & location of fracture

For open fractures

- s Control bleeding before treatment
- s Clean and dress the wound where practical to do so

For open / closed fractures

- s Check patient's breathing
- s Calm the person
- s Examine for other injuries
- s Immobilize the injured area
- s Apply ice to reduce pain / swelling
- s Call the Ambulance

About Dislocation

- s An injury which forces bones out of their sockets
- s Dislocation is a common sports injury
- s It temporarily deforms or immobilizes the joint

Causes

- s Usually caused by a trauma like a fall or an impact

Symptoms

- s Pain
- s Tenderness
- s Difficulty to move injured part
- s Swelling
- s Discoloration

Treatment

- s Treat in the same way as a fracture,
- s Call medical help as soon as possible
- s Do not move the joint or try to place it back
- s Place ice to control swelling
- s If skin is cut, clean gently and bandage with sterile gauze
- s Sling or splint the injury in its original position (if possible) The patient may refuse this and be content to guard the injury themselves.
- s If injury is serious, check for breathing
- s If not breathing, provide [Cardio pulmonary resuscitation \(CPR\)](#)
Elevate the feet up to 12 inches
- s Cover the patient with a blanket (preferably a foil blanket to maintain body temperature)

Bleeding Overview

- s Severe bleeding involves loss of large amount of blood
- s This may occur externally through natural openings, like mouth
- s A cut on the skin too can lead to bleeding
- s Head wounds appear to bleed more than other wounds due to large number of blood vessels in head area close to the skin surface. Matting of blood in hair may also give the impression of serious bleeding

Treatment

- s Wash hands well before administering to patient
- s Wear synthetic gloves
- s Make the victim lie down
- s Slightly elevate the legs
- s If possible keep the affected area elevated
- s Remove any obvious debris/particle
- s Apply direct pressure using clean cloth/bandage
- s Use hand if cloth is not available
- s Apply pressure continuously for at least 10/15 minutes
- s Do not remove the cloth to check the bleeding (this will stop the clotting process)
- s Hold the bandage in place using an adhesive tape or tied dressing
- s If bleeding seeps through bandage, do not remove it
- s Add extra bandage on top of the first one

Nosebleed

- If your nose bleeds,
- s Sit down and lean forward (Leaning the head back can cause blood to be swallowed, leading to vomiting)
- s Using your thumb & index finger, squeeze soft part of nose
- s This part is between end of nose and the bridge of nose
- s Continue holding till bleeding stops-
- s Do not stop in-between
- s If bleeding continues, hold for another 10 minutes
- s If the patient is a child, divert attention by TV/Stories
- s Avoid picking, blowing or rubbing nose for 2 days
- s Place an ice pack on the bridge of nose

Head Injury Overview

- s [Head trauma](#) is an injury that affects the brain / skull
- s Injuries range from minor to serious
- s Head injury may be 'closed' or 'penetrating'
- s 'Closed'-when head hits against a blunt object
- s These injuries can lead to concussion
- s 'Penetrating' - an object penetrates skull and enters brain

Symptoms

- s Loss of consciousness - for short or long duration
- s Bleeding
- s Vomiting
- s Unequal pupils
- s Fluid discharge from nose
- s Loss of hearing, vision, taste, smell
- s Speech-related problems
- s Irregular heart beat
- s Seizures
- s Paralysis
- s Coma
- s Change in personality
- s Confusion (Inability to Answer simple questions e.g, What day/month/year is it?)

Treatment

For mild injury-

- s Apply ice to injured area to minimize swelling (DO NOT PLACE ICE DIRECTLY ONTO THE SKIN)
- s The size of the bump is not related to the severity of injury
- s Observe the patient carefully for signs of bleeding

For moderate to severe injury- Call an ambulance

- s Check the patient's breathing pattern
- s If necessary do [Cardio Pulmonary Resuscitation \(CPR\)](#)
- s In case of bleeding, apply pressure directly to the area with a clean cloth or dressing

- s If the cloth soaks, place a fresh cloth over the first one
- s Do not remove debris from the wound
- s If person is vomiting turn on the side and lower the head
- s To minimize spine injury - hold head, neck and body in one line
- s If patient is unconscious, ensure the airway is open and the patient is breathing. When the patient comes around, place them in the recovery position and monitor their breathing.
- s Immobilize the patient
- s Where possible keep the head in alignment with spine
- s An unconscious patient who is breathing should be placed on their side in the recovery position and their breathing monitored

Consult a Doctor

- s When the following occur seek medical help-
- s Bleeding
- s Fluid discharge from nose, mouth, ears
- s Vomiting
- s Loss of consciousness
- s Confusion / Restlessness / Irritability
- s Slurred speech / Convulsion
- s Blurred Vision
- s Low breathing
- s Low blood pressure / Severe headache
- s Fracture / Stiff neck
- s Loss of sensory abilities
- s Inability to move one or more limbs

Steps to Avoid

- s Avoid unnecessarily shaking or moving a person who has head injuries
- s Do not pick up a fallen child with head injury

Unconscious Patients do not literally swallow their tongue, rather in the unconscious state the tongue muscle relaxes, falls back and blocks the airway. An unconscious patient who is breathing should be placed on their side in the recovery position and their breathing monitored



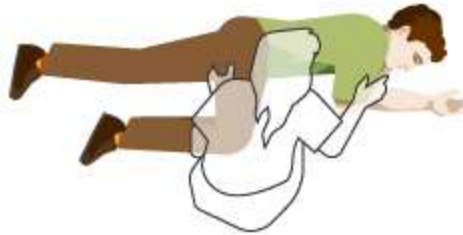
1 Tilt head backwards, ensure clear airway and straighten head and neck



2 Place arm at side and other arm across chest with hand against cheek



3 Bring far knee up to a 90° angle



4 Roll person over towards you with knee at angle and ensure head is supported

First Aid Kit – Recommended Contents.

Latex Gloves
Wound Dressings
Adhesive Tape
Scissors
Plasters
Clean Water & Sponge/Cloth
Triangular Bandages for creating a sling
Crepe Conforming Bandages
Foil Blankets
Disposable Ice Packs or Freeze Spray
Basic First Aid Instructions