



Tishk
International University



TISHK INTERNATIONAL UNIVERSITY
FACULTY OF APPLIED SCIENCE
Physiotherapy Department

First Aid for Fracture & Injury

First Aid for Fractures and Injuries

Injury of Collarbone **Elevation Sling**

Fracture of Arm **Arm Sling**

Injury of Upper Arm **Collar and Cuff Sling**

Fracture of Rib **Rib Bandage**

Fracture of Jaw **Jaw Bandage**

Injury of Hip **Hip Bandage**

Injury of Elbow **Elbow Bandage**

Injury of Ankle **Ankle Bandage**

Injury of Finger **Finger Bandage**

Injury of Knee **Knee Bandage**

Accident

Fracture of Leg **Splint**

Dressing the Wound

Elevate the Leg

Autumn Semester 2023-2024
 Course Name : **Basic Emergency Life Support**
 Stage : 2 Lecture 3: first aid for burn injury
 Lecture: Dr. Soma Majedi

What are fractures?

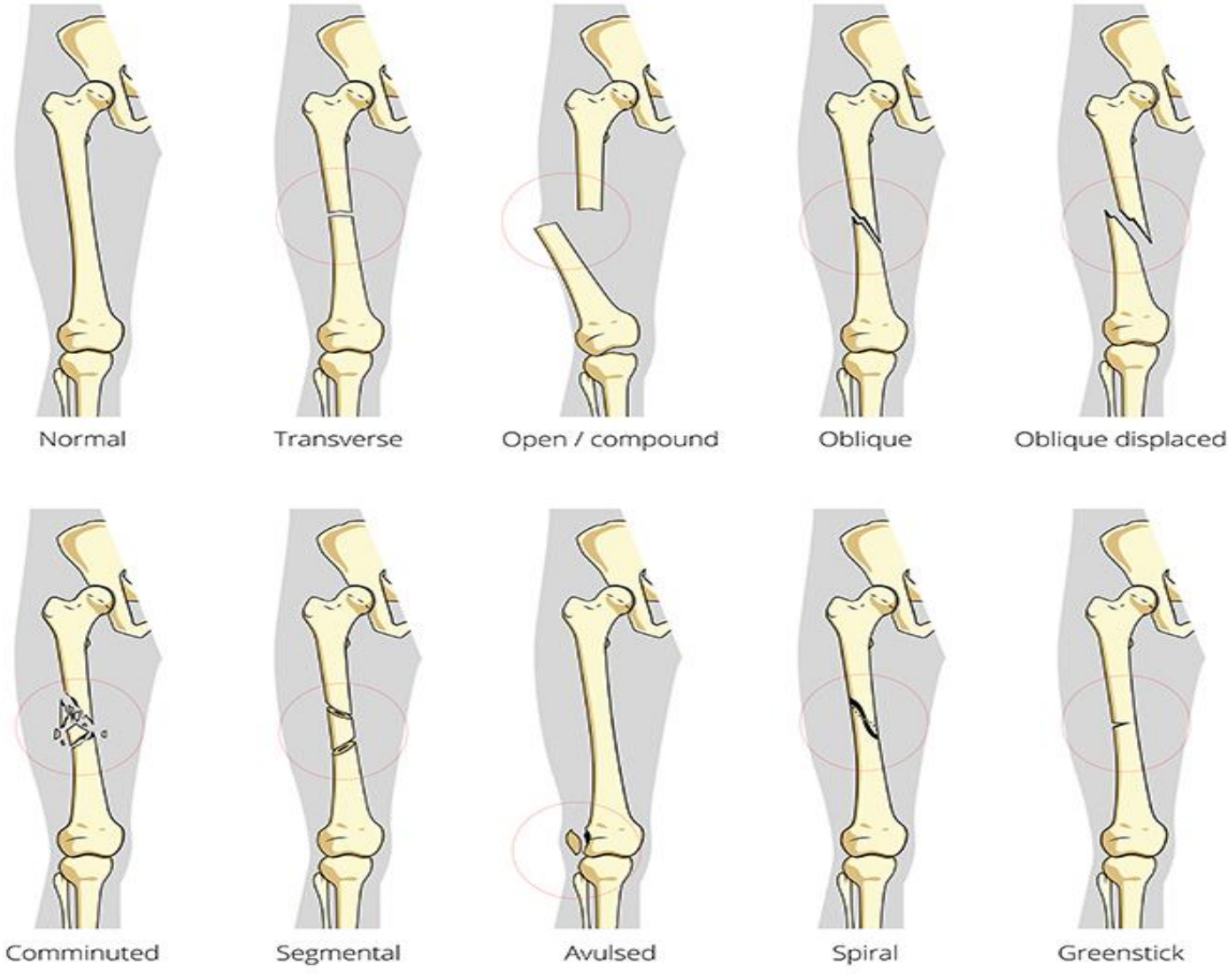
A **break** or **crack** in a bone is called a fracture.

- In the case of an **open fracture**, the broken bone may **pierce** the **skin** surface.

- But in a **closed fracture** the **skin** around the fracture is **intact**.

- However, broken bones may be unstable causing **internal bleeding** and the casualty may develop **shock**.

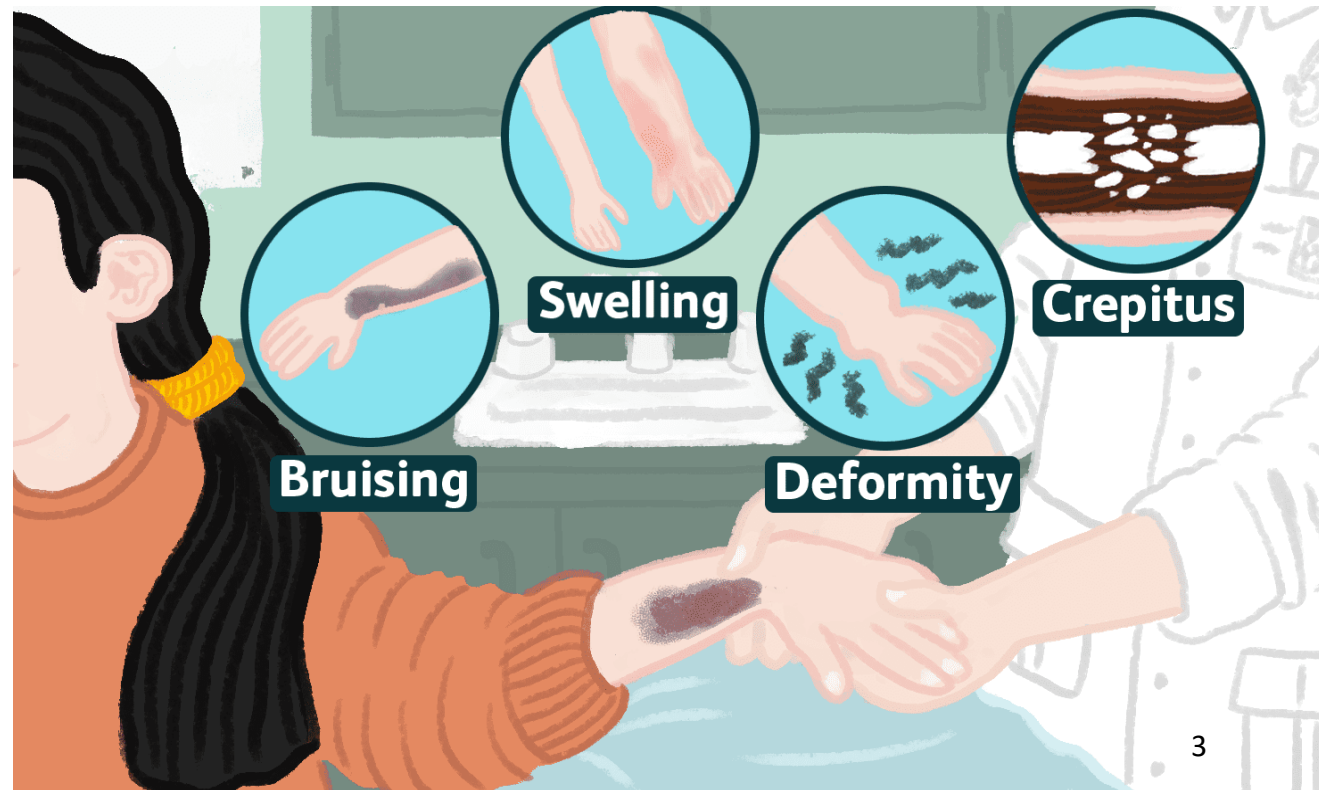
Types of Bone fractures



Signs & Symptoms

Look for:

- **Deformity**, **swelling** and **bruising** around the fracture.
- **Pain** and/or **difficulty moving** the area.
- A **limb** may look **shorter**, **twisted** or **bent**.
- A **grating noise** or **feeling** from the ends of the broken bones.
- **Difficulty** or being unable to **move** the limb normally
- A **wound** where you can see the bone sticking out (known as an **open fracture**).
- Signs of **shock**, particularly with a fracture of a **thigh bone**, **hip** or **pelvis**.



What to do

- If it is an open fracture, **cover** the **wound** with a sterile dressing or a clean non-fluffy cloth.
- Apply **pressure** around the wound and not over the protruding bone, to control any bleeding.

➤ Then secure the dressing with a **bandage**.

➤ **Advise** the casualty to **keep still** while you support the injured part to stop it from moving.

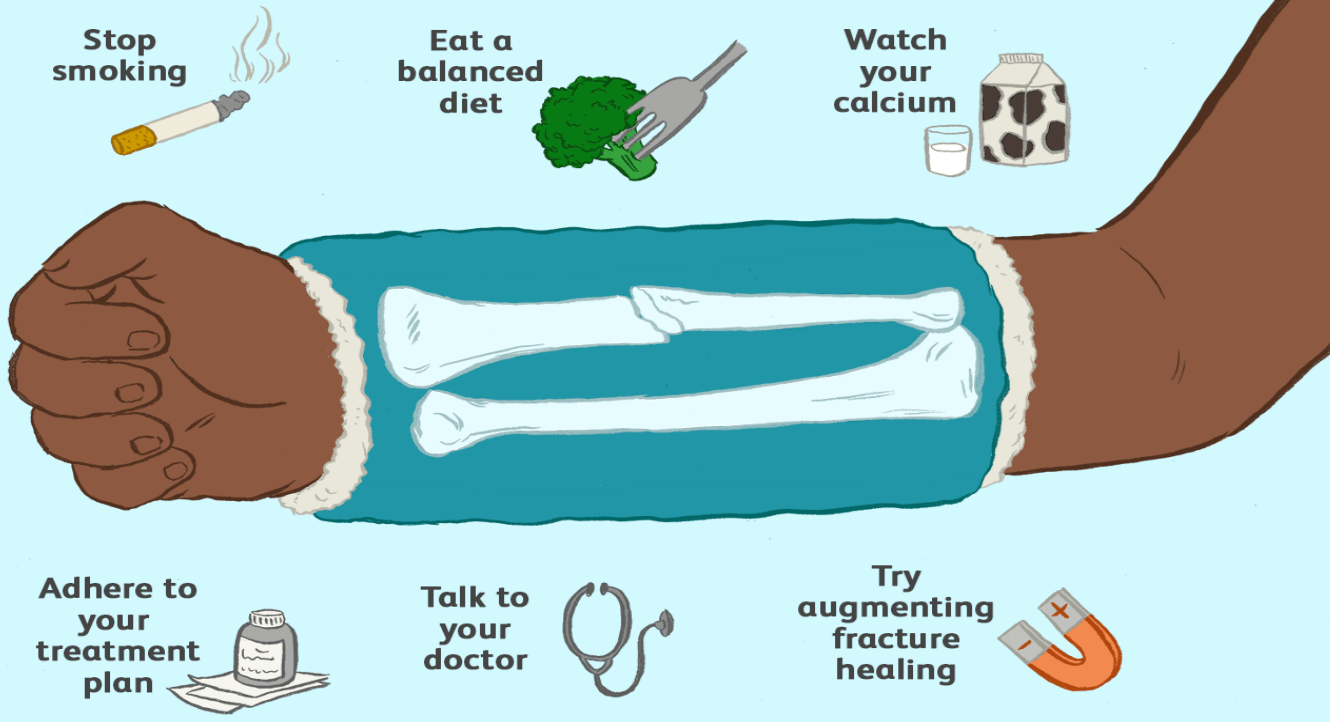
➤ Do this by **holding** the **joint** above and below the injured area.



What to do

- Once you've done this, **call 122 for emergency help.**
- **Do not move** the casualty until the injured part is secured, unless they are in **immediate danger**. You can secure an upper limb fracture with a sling and a lower limb fracture with broad fold bandages.

6 Tips to Help Heal a Broken Bone



- If necessary, treat for shock, but do not raise the legs if either are suspected to be broken or there is injury to the pelvis or a hip.
- Monitor until help arrives.

Injuries that involve body tissues apart from bone are generally classified as soft tissue injuries. Sprains, strains and bruises are all soft tissue injuries, although the cause and tissues involved in each injury are different.

First aid for sprains, strains and joint injuries:

- Suggestions on immediate treatment for sprains, strains and joint injuries, to prevent further damage include:

- ✓ **Rest**
- ✓ **Ice**
- ✓ **Compression**
- ✓ **Elevation**

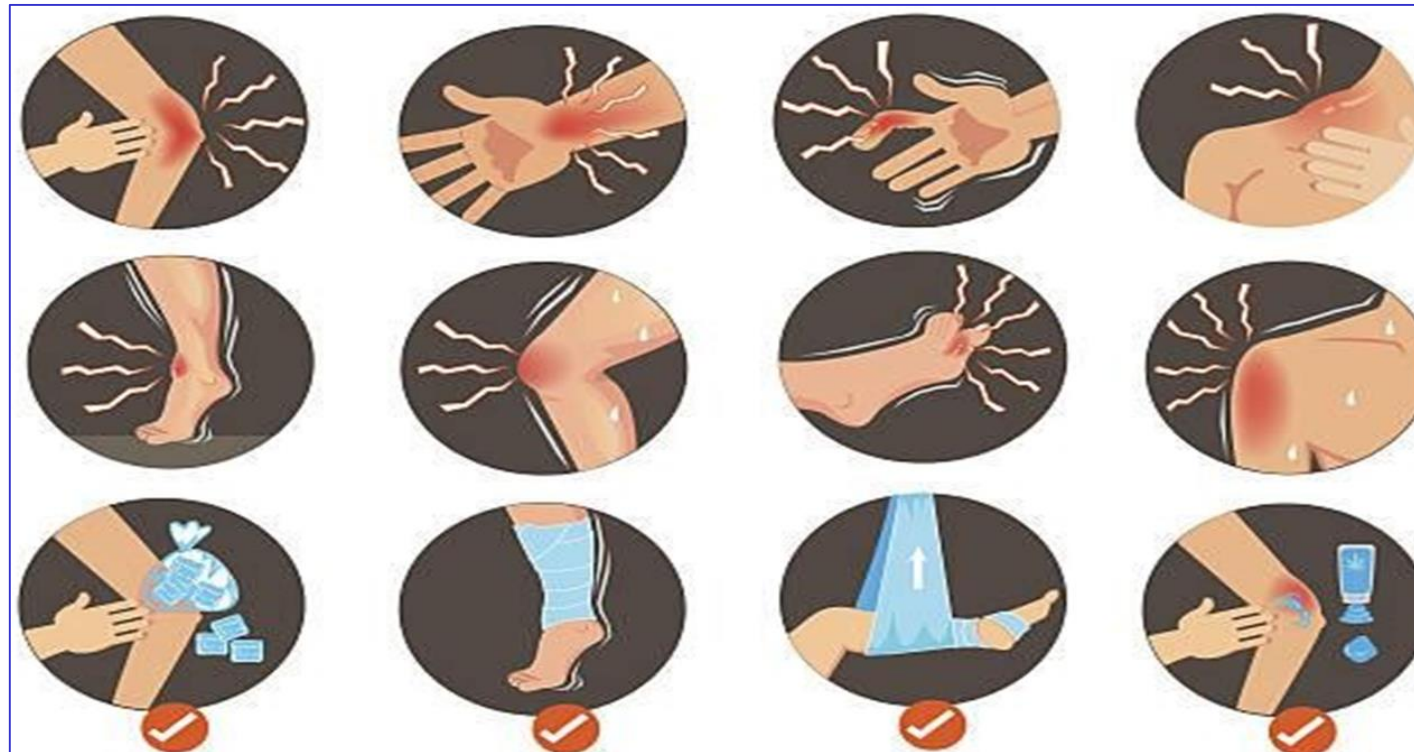
SOFT TISSUE INJURIES



- ✓ **Rest** – keep the injured area supported and avoid using for 48-72 hours.
- ✓ **Ice** – apply ice to the injured area for 20 minutes every two hours for the first 48-72 hours.
- ✓ **Compression** – apply a firm elastic bandage over the area, extending above and below the painful site.
- ✓ **Elevation** – always raise the injured area above the level of the heart.

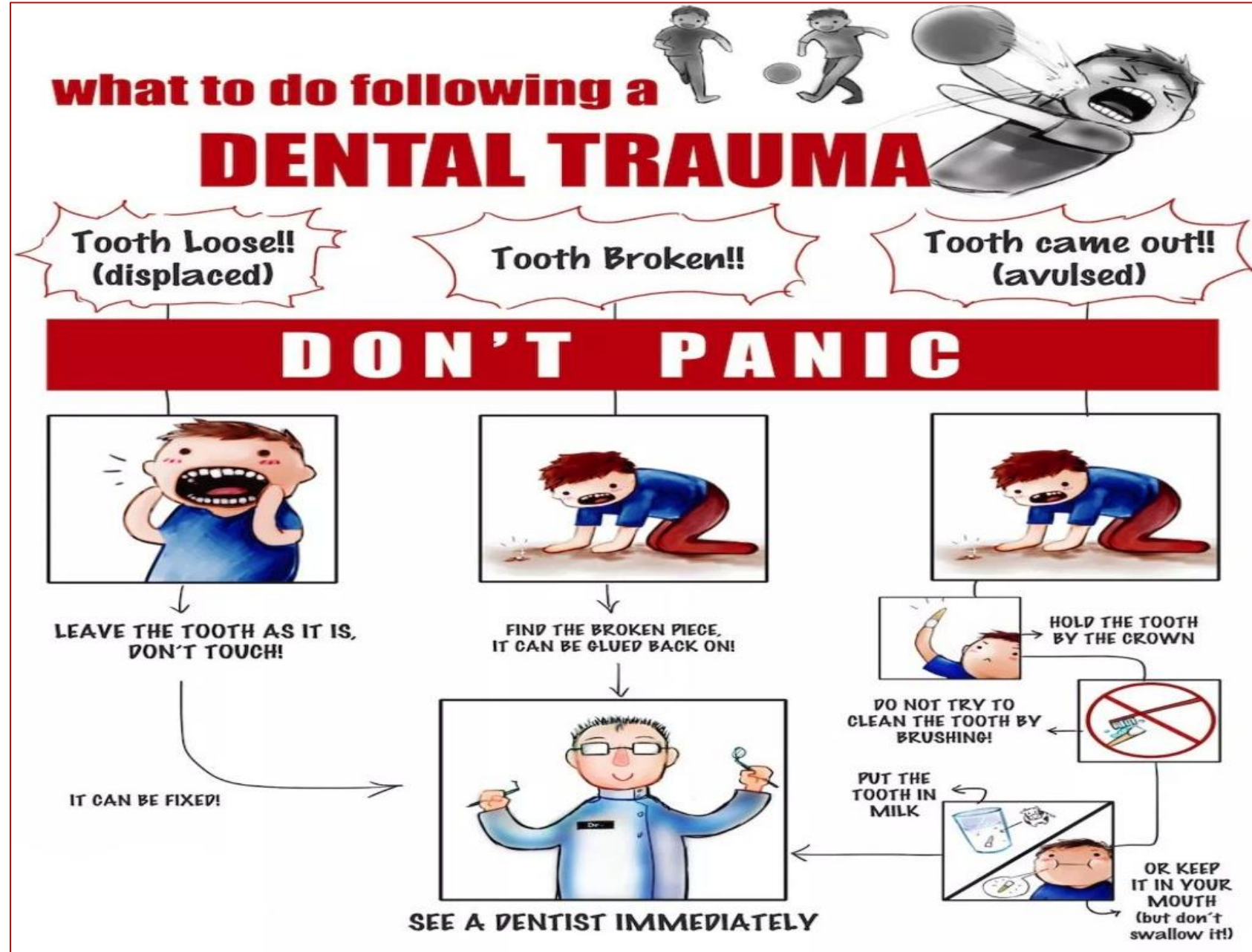


- ✓ **Referral** – as soon as possible, see a doctor.
- ✓ **No Heat** – heat will increase bleeding.
- ✓ **No Alcohol** – alcohol increases bleeding and swelling.
- ✓ **No Running** – running or exercise increases blood flow, delaying healing.
- ✓ **No Massage** – massage increases swelling and bleeding, also delaying healing.



First aid for dislodged teeth

- It may be possible to save a tooth that has been knocked out with prompt dental treatment.
- Rinse the tooth in saline, milk, or saliva and see your dentist immediately.



First aid for nose bleeds

- ✓ Stop the activity.
- ✓ Sit with your head leaning forward.
- ✓ Pinch your nostrils together and breathe through your mouth.



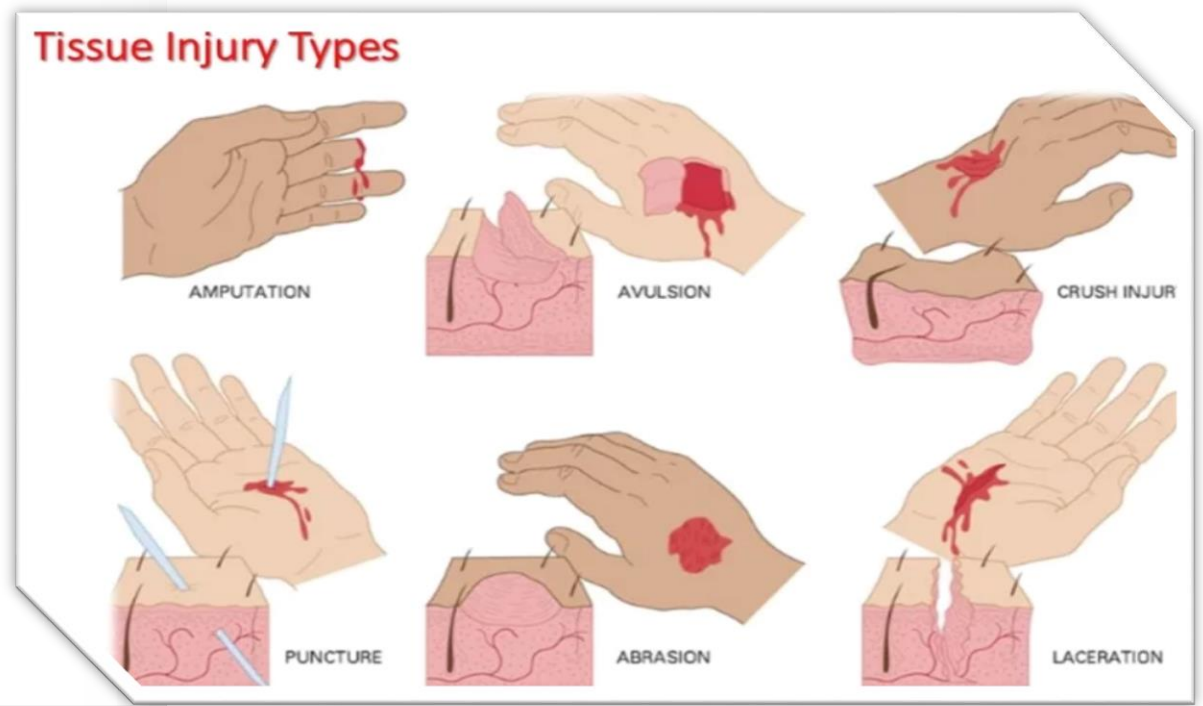
- ✓ Hold your nose for at least 10 minutes.
- ✓ If bleeding continues past 30 minutes, seek medical advice.

FIRST AID FOR

NOSE BLEED

<ol style="list-style-type: none"> 1 Help the person to sit straight or lean forward slightly. 2 Firmly, pinch the nose with index & thumb finger. 3 Ask them to breathe through their mouth. 	<ol style="list-style-type: none"> 4 Encourage them not to speak, swallow, or cough. 5 Place a cloth on person's forehead & around the neck. 6 For medical help call Blood For Sure
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REFERENCE



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