

58 Soft-Tissue Injuries: Closed Injuries

Treatment

- Cervical spinal immobilization, if needed
- Stabilize airway, breathing, and circulation
- Control major bleeding
- If critically ill, secure the patient to a long spine board
- Treat for shock, as necessary
- Apply a splint to the injured area
 - Immobilize the long bones above and below an injured joint
 - Assess neurovascular status before and after splinting
 - Pad the splint for additional immobilization
- Transport

Soft-Tissue Injuries: Closed Injuries

Pertinent Considerations and Findings

- History of blunt trauma
- Pain at the site of injury
- Swelling beneath the skin
- Discoloration of the skin
 - Contusions
 - Ecchymosis
 - Hematomas
- Crush injuries

Physical Examination

- Airway, breathing, and circulation
 - Ensure the airway is patent (take spinal precautions if needed)
 - Insert airway adjuncts, as needed
 - Assist ventilations, if needed
 - Palpate the chest wall and look for DCAP-BTLS
 - Check breath sounds
 - Assess pulse rate and quality
 - Determine skin color and condition
- Level of consciousness
- Vital Signs
- Focused physical exam

Treatment

- Maintain an open airway
- Apply oxygen if needed
- Assist ventilations with a bag-mask device, if needed
- “RICES”
 - Rest: Keep the patient calm
 - Ice: Apply ice to the affected area(s)
 - Compression: Applying pressure over the injury site will slow bleeding

60 Soft-Tissue Injuries: Open Injuries

- Elevation: Elevate the affected area above the patient's heart to minimize swelling
- Splinting: Splint the affected area to reduce pain and bleeding
- Notify hospital and transport

Soft-Tissue Injuries: Open Injuries

Pertinent Considerations and Findings

- Wound contamination
- Abrasions
- Lacerations
- Incisions
- Avulsions
- Penetrating wounds

Physical Examination

- General impression
- Airway, breathing, circulation
 - Take spinal precautions, as indicated
 - Evaluate the patient's voice and speaking ability
 - Assess work of breathing checking rate and depth of respiration
 - Listen to breath sounds
 - Place an occlusive dressing over an open chest wound

- Assess pulse rate and quality
- Determine skin color and condition
- Control any life-threatening bleeding
- Level of consciousness
- Vital Signs
- Focused physical exam

Treatment

- Maintain an open airway
- Apply oxygen, if needed
- Assist ventilations with a bag-mask device, if needed
- Apply a dry sterile dressing
- Maintain the pressure and secure the dressing
- Apply a second dressing over the first if bleeding continues or recurs
- Splint the extremity
- Notify hospital and transport