

# Acute Injuries

: HOW TO SPLINT AND STABILIZE THEM

# When a student gets hurt...what do you do?

- ▶ First: Assess patient for major injury (spinal trauma)
- ▶ Second: Make sure to control any bleeding
- ▶ Third: **Stabilize the injury**
- ▶ Fourth: Seek help

# Stabilizing the patient

- ▶ It is NEVER wrong to stabilize more than necessary.
- ▶ The goal is to stabilize to the joint above and below as a general rule.

# Let's talk about materials first!

- ▶ Basic first aid kits should have an ace bandage and gauze
- ▶ There should be some type of material for splinting. If not, improvise and use the strongest material you have available to keep the affected injury as still as possible.

We have some SAM splints for you today. These are very versatile.

The next few slides will allow you to see some of the ways you can use this type of splint.

# Things that can be used to splint injuries...



# SAM Splint material





# How to apply a splint

## 14-2: Applying a SAM Splint



1. Stabilize the injured limb. Form the SAM splint.

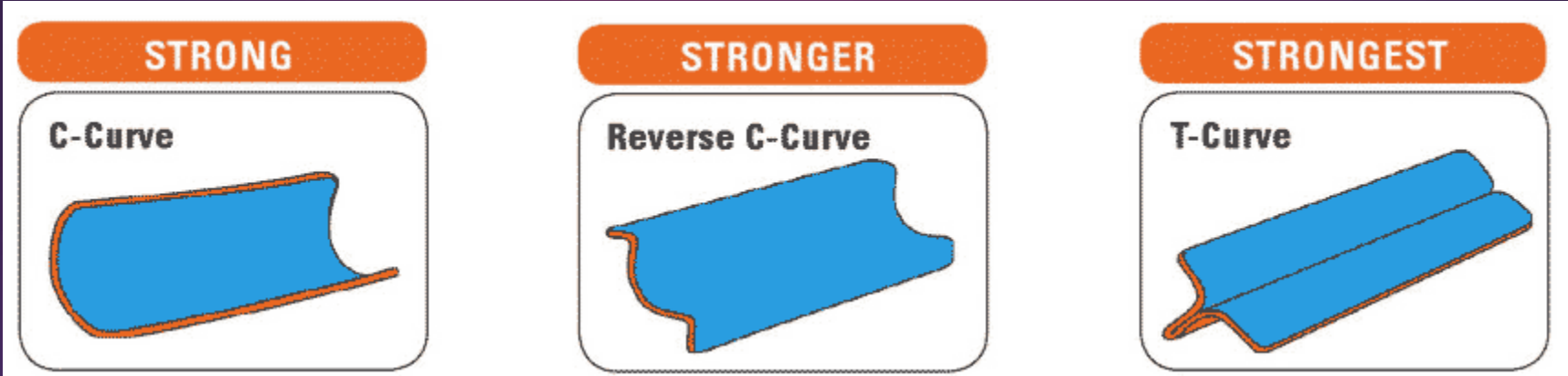


2. Place the splint under the injured limb.



3. Secure with gauze.

# Ways to bend and use the SAM splint





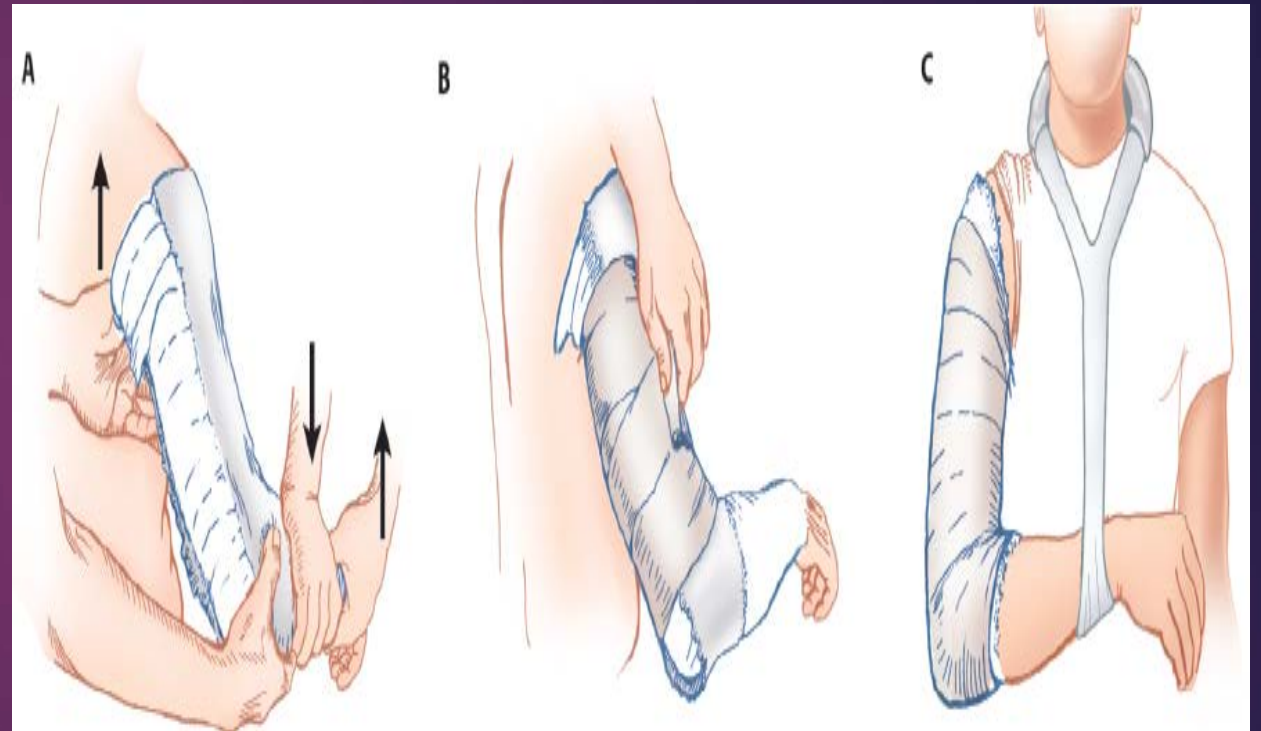
# Basic Forearm splinting



# Forearm versus Sugar-Tong



# Upper Arm Splinting



# What about the ankle?





# What about on a broken finger?



How would you immobilize a leg or knee injury?







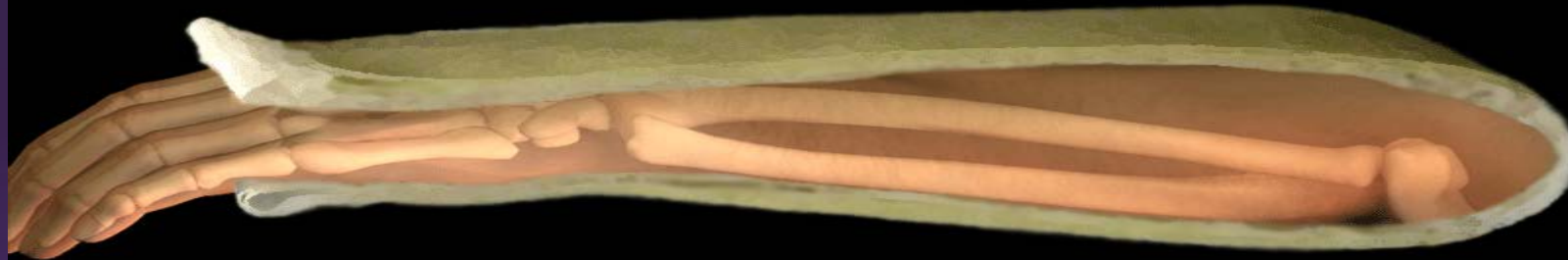
Let's Practice!

What splint would you use for this arm injury?



# Let's try it!

Sugar-Tong Splint



FPnotebook.com

Long Arm Splint



FPnotebook.com

# What about this finger?





Only if you feel comfortable reducing an injury, should you. Early reduction is best for all displaced fractures. Send them for reduction as soon as possible!



# Don't have a popsicle? Only have a straight forearm splint...

-Just extend the splint straight to the end of the fingers





What splint would you use on this leg injury?



Let's try it!



Please use this site as a splinting  
reference!

It is wonderful!!

[https://www.aafp.org/afp/2009/0901/p491.h  
tml](https://www.aafp.org/afp/2009/0901/p491.html)



# Splinting tips:

- Always after splinting check neurovascular status.
- Make sure wrap is not too tight.

Coban is great but when not carefully applied can be too constrictive.

- Check both ends of the splint. Make sure the hard surface of the rigid splint is covered with protective material for the patient.
- Keep the area elevated above the level of the heart!
- All injuries do better the less swelling that is associated.

Severe swelling can lead to fracture blisters and wound complications if surgery is necessary.

The End!!  
Any Questions??

