

BONE FRACTURES IN EMERGENCY SITUATIONS. IMMOBILIZATION

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Compiled in accordance with the curriculum adopted in higher education institutions , it is full of anatomy and physiology of the locomotor apparatus, causes and types of injuries when used in emergency situations, and methods of immobilization and splinting . You will learn about its importance in proper use of bone fracture in the plan of action for transporting it to the treatment facility . Don't panic when you get into an extreme situation and think about what to do first. We believe that this article will be very useful and helpful for our students, that is, future pedagogues and emergency responders.

Anatomy and physiology of the musculoskeletal system**Skelet**

skeleton consists of 206 bones of various shapes and sizes , and forms the ribs (ribs) that form the body. Bone is a dense and strong tissue. The skeleton protects vital internal organs and soft tissues. The skull protects the brain. Ribs protect the heart and lungs. The spine holds the spinal cord.

Some bones are used to make and store red blood cells. Bone fractures are usually painful and cause bleeding . If such bleeding is not stopped, it may endanger the victim's life.

Bones vary in size and shape. They are more fragile in the place where the shape is changed, and they usually break from those points.

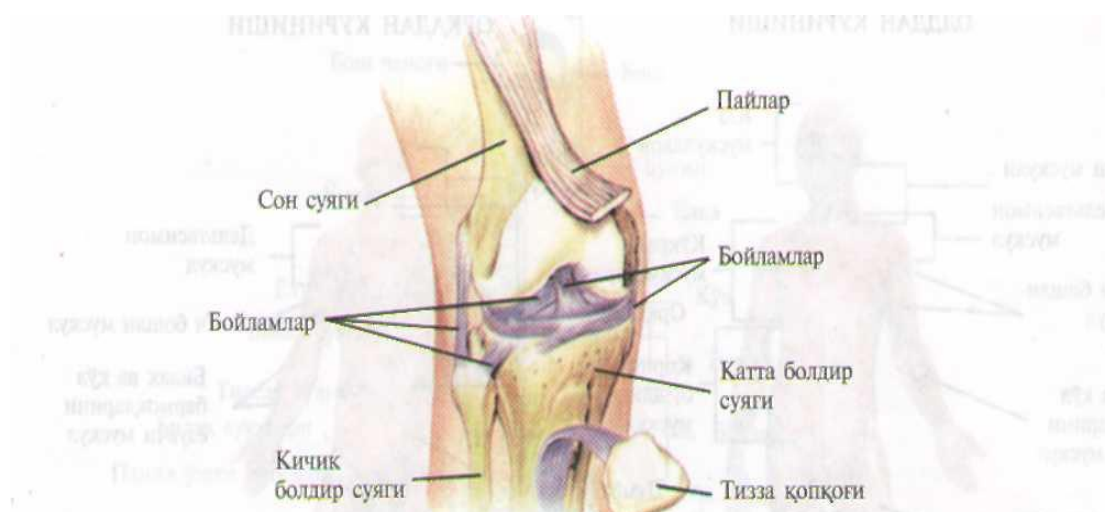
Damage to the musculoskeletal system**Causes and types**

Musculoskeletal injuries are common. They range from simple bruising (bruises) to painful fractures and dislocations. The first aid provided in such an injury is to reduce the pain and eliminate other injuries.

Fractures, muscle and joint injuries, although always painful , are rarely life-threatening. However, if first aid is not provided, their consequences can become serious and even lead to lifelong disability . The musculoskeletal system can be damaged in a variety of situations: falls, awkward and unusual movements , or car accidents.

There are four main types of musculoskeletal injuries :

- fracture,
- exit,
- stretching or breaking of ligaments,
- stretching or tearing of muscles and tendons.



A typical joint consists of two or more bones held in front of each other by ligaments.



Different mechanisms of injury .

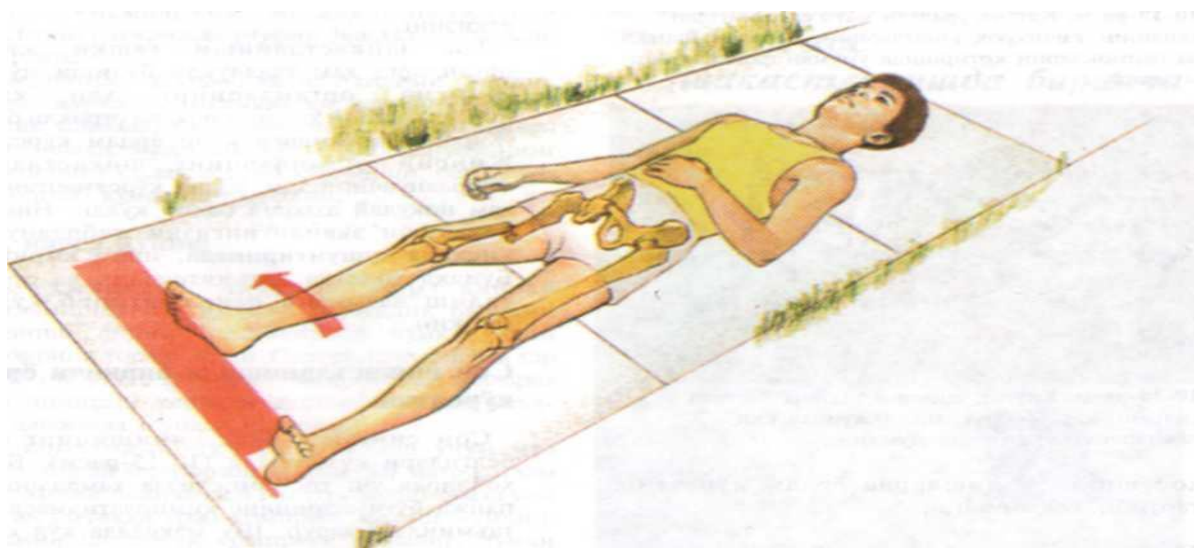
BREAKING

A fracture is a violation of bone integrity. There are complete fractures and partial fractures, such as when the bone is broken into pieces or cracked .

In an open fracture, there is an injury. It occurs when an arm or leg is subjected to excessive stress that causes a bone fracture . The end of a broken bone tears the skin and sticks out, or some object pierces the skin and breaks the bone. Any damage to the soft tissue around the suspected fracture indicates an open fracture . In a closed fracture , the skin is not damaged, so this type of fracture is more common. An open fracture is relatively dangerous because there is a risk of infection or blood loss.



Splitting or cracking of a bone , as well as its complete fracture , are included in a bone fracture. Fracture is not always visible.



Fracture of the femur leads to a specific deformation of the leg . The injured leg appears shorter than the healthy one and may be turned outward .

Exit

Displacement is the displacement of the bone relative to its normal position in the joint. The exit usually occurs under the influence of a large force .

When the head of the bone deviates from its normal position, the ligaments are stretched or torn. The impact of the force caused by the dislocation can cause bone fractures and damage to nearby nerves and blood vessels. The output can be determined by the noticeable distortion of the shape of the joints.

IMMOBILIZATION

Immobilization is immobilization of an injured limb.

When the musculoskeletal system is damaged, sometimes there is bleeding , severe pain, or a bone protrudes . Such an injury is rarely life-threatening. However, if the head, neck , or back

is damaged, walking or breathing becomes difficult as a result of the injury, if many areas are damaged, it is necessary to call for help immediately .

Hold the injured part of the victim's body with the hand and immobilize it with other objects, such as a pillow, blanket, clothes , until help arrives .

ambulance does not come immediately or if you want to take the victim independently in a private vehicle, it is necessary to ensure that the injured part of the body does not move.

As a result of immobilizing the damaged part of the body (immobilizing it), it helps to reduce pain, prevent additional damage, reduce the risk of bleeding, reduce the possibility of blood circulation in the injured part of the body, turn a closed fracture into an open fracture . prevention of e tooth is achieved.

The injured area is immobilized by splinting, applying a tight bandage, or wrapping it with a bandage. A tire is used for this. There are three types of tire: soft, hard and anatomical. A padded blanket, towel, pillow, immobilizing bandage or bandage is used as a soft splint. Solid tire includes board, m e tall slice, cardboard, folded magazine, etc. Anatomic splint uses the victim's own body. For example, the hand can be tied to the victim's chest with a bandage, and the leg can be tied to the healthy leg.

The following should be followed when installing a tire:

1. The damaged area is plastered without changing its position
2. Both the damaged area and the joints located above and below it are boarded together
3. Before and after the treatment, the blood circulation in the injured part of the body should be checked, the fingers or toes should be warm when touched, and the nail should be pink. If there is a complaint about it being worn, the bundle will be released.
4. It is necessary to fasten the board from above and below the damaged area.

Ice is applied to any injury except an open fracture. Cold reduces pain and swelling because it constricts blood vessels. Usually, the cold thing is placed every hour for 15 minutes. If necessary , this is done during the first two days after the injury .

gauze or fabric is placed between the ice compress and the skin . It is also possible to compress the ice by putting it in a polyethylene bag and wrapping it in a used towel . A cold compress is not applied to an open fracture , because pressure on the fractured area causes pain . When the tendons and muscles are stretched, after the swelling returns (usually after 2-3 days), a warm compress is applied to the injured part to increase blood flow . Then the finishing process will speed up.

Elevating the injured area increases blood flow , which in turn reduces swelling.

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