

# Fractures and Burns

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## Burns

- Burns are caused when the body is exposed to more heat energy than it can absorb without damage
- The skin and sometimes the underlying tissue is damaged
- They may involve complications due to fluid loss and infection

## Causes

- Thermal
- Phosphorous

## Depth

### Superficial:

- Limited to the epidermis
- Skin is red and painful
- No blistering
- Complications are rare
- Sunburn is an example

### Partial thickness:

- Destroys the epidermis and affects the dermis
- Looks like a “wet wound”
- Blisters may form
- Painful due to exposed nerve endings
- Susceptible to infection

### Full thickness:

- Affects the epidermis, dermis and underlying structures
- Charred or waxy grey
- Not usually painful due to destruction of nerve endings
- Also prone to infection

## General Treatment of Burns

- Stop the burning process
- Remove rings and constricting clothing
- Immerse or douse in water for at least 10 minutes
- Take care not to cool the whole patient
- Cover to protect it from infection

## DO NOT

- Burst blisters
- Apply lotions or creams
- Touch the burn
- Use fluffy dressings

## Phosphorous Burns

- Continue to burn while open to air
- Remove all contaminated clothing and phosphorous
- Immerse in water - as a minimum wrap with wet dressings

## Fractures

A break in the continuity of the bone

## Fractures-Signs and Symptoms

- Pain
- Deformity
- Shortening/bowing
- Swelling
- Guarding/loss of use
- Tender
- Bruising
- Grating/crepitus

## Splinting

- Mainstay of treatment is immobilisation through splinting
- Helps prevent further blood loss
- Provides pain relief
- Helps prevent closed fractures becoming open

## DO NOT

- Press down on protruding bone ends
- Attempt to push exposed bone ends back beneath the skin
- Move the casualty unnecessarily or before the limb is secure
- Let the casualty eat or drink

## Dislocations

Displacement of a bone end from its joint

### Signs and symptoms:

- Pain
- Loss of motion
- Deformity

Danger lies in the compromise of the nerve and blood supply