**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

**SPRAIN/DISLOCATION**

Authorized non-health staff may manage sprains and dislocations as follows:

1. Assess the injured joint and surrounding areas for bruising, bleeding, and swelling. When present, apply an ice pack and immobilize the joint with a splint across both sides of the joint.
2. Gently assess joint’s range of motion and if range is compromised immobilize the joint with a splint and refer to a clinician within 24 hours.
3. If joint is tender and swollen and without bleeding/bruising, restrict activity of the joint for three days, apply an ice pack, elevate and offer ibuprofen 400-600 mg every 6 hours [MDD 2400 mg].
4. If daily function is compromised, excuse from duty until the clinician evaluates the patient.

**WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF**

* If the injured joint and surrounding areas are bruised and there is bleeding
* If the joint’s range of motion is reduced or unable to bear weight on affected extremity
* If the joint is tender, swollen, and without bleeding/bruising and the pain does not resolve or recurs within 48 hours
* If fever begins post injury
* If the student does not respond to symptomatic management as outlined above