TREATMENT GUIDELINES FOR HEALTH STAFF

**FRACTURES**

Authorized health and wellness staff may treat suspected fractures as follows:

1. Assess the extent of injury and minimize movement of the bones. If the bone protrudes through the skin the fracture is compound and needs immediate treatment. Irrigate the wound with sterile saline solution and cover loosely with a dry sterile dressing. For compound limb fractures, splint the extremity across the joints above and below the fracture and transport the patient to the emergency department.
2. If the skin is not broken, but there is extensive bruising, subcutaneous bleeding or a firm, tender bulge surrounds the injury, a hematoma may be present. Apply an ice pack, elevate the limb, and immobilize the extremity across the joints above and below the fracture and call the clinician for further treatment.
3. If the injured bone is painful, tender or associated with muscle spasm, with normal motion but without swelling or bruising, immobilize, restrict activity of the extremity, and refer to clinician within 48 hours.
4. For pain, apply an ice pack, elevate the limb, and administer acetaminophen 650- 1000 mg every 4 hours [MDD 4 g] **or** ibuprofen 400-600 mg every 6 hours [MDD 2400 mg].
5. An x-ray should be ordered only after consultation with the clinician.

# WHEN TO REFER TO THE CENTER PHYSICIAN

* If there is obvious deformity suggesting a fracture or dislocation in need of reduction