

TEST YOURSELF FRACTURES AND RICE

Structure of pamphlet

Test your own knowledge on the subject Fractures and RICE - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 97-114 and in the videos related to the book.

Find the correct answers at the end of the pamphlet. However, test your knowledge, before you read the answers.



Stay up-dated

Find all self-training assignments at our webpage www.dma.dk

You may ask us questions at cms@dma.dk

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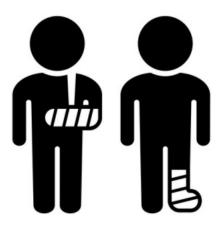
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You may want to read chapter 15 in **Assignment 4 Medical Guide for Seafarers.** Which questions would you ask the patient when you suspect a fracture? **Assignment 1** Explain the terms: Direct tenderness: Indirect tenderness: **Assignment 5 Assignment 2** What is the significance of the letters in RICE? When would you apply the How many layers of plaster do you need on hands/arms and legs (in case of a principles? fracture)? R: 1: C:

E:

Assignment 3

Which observations would you make, with a suspected fracture?





A support bandage (elastic bandage) must be firm, but should not cause tingling to toes or fingers distal to the bandage.

Did you know?

The skeleton consists of 206 individual bones, and represents approx.18 % of the body weight.

When a bone is exposed to great force it may break. (fracture)

A fracture may be open
- Skin is damaged
Or closed – skin over fracture is not damaged.

The most serious complications to fractures are infections and damage to blood vessels or nerves.

Prevent fractures with physical activity and muscle-building type of training,

Answers to the assignments:

Assignment 1

Explain the terms:

Direct tenderness: To identify direct tenderness; Apply pressure at the suspected fracture site. Pain will appear where you apply pressure. Medical Guide for Seafarers, p 99

Indirect tenderness: Identify indirect tenderness by pulling/pushing at joints on each side of the suspected fracture. Pain will come from fracture site.

Medical Guide for Seafarers, p 99

Assignment 2

How many layers of plaster do you need on hands/arms and legs (in case of a fracture)?

Hands/arms: 8

Legs: 12

Medical Guide for Seafarers, p 108

Assignment 3

Which observations would you make, with a suspected fracture?

- Is the skin intact?
- Can patient move fingers/toes?
- Is position of leg/arm "normal"?
- Record vitals?
- Check pulse and capillary response distal to suspected fracture site?
- Any signs of internal bleeding or shock?

Medical Guide for Seafarers, pp 98-100

Assignment 4

Which questions would you ask the patient when you suspect a fracture?

- How did it happen?
- When did it happen?
- Where is the pain?
- Are you dizzy/feel nausea or have a headache Do you have any breathing difficulty?
- Do you have any stomach pain?
- Is feeling in hands/feet the same on right and left?
- Can you move your fingers/toes, arms/legs normally?
- Do you take any medicine/any allergies?
- When was your last tetanus vaccination?

Medical Guide for Seafarers, p 98

Assignment 5

What is the significance of the letters in RICE? When would you apply the principles?

R: Rest

I: Ice

C: Compression

E: Elevation

In case of sprains and/or suspected damage to ligaments

Medical Guide for Seafarers, p 104

