

So here we are again with my 5th blog on medical emergencies.

Always let's stick to basics, please.

Secondary Survey

I've been asked by one of our fencers, to discuss treatment of a fractured hip.

First, with any emergency you need to use the mnemonic D.R.C.A.B.C. (Danger, Response, Catastrophic bleed, Airway, Breathing, Circulation) This is known as **The Primary Survey**-basically are they alive or dead.

If the patient is alive and talking to you then you can move onto **The Secondary Survey** or Focused examination, which includes: -

- Measurements of Vital signs (Pulse, Respiratory rate, Mental awareness)
- Pain Assessment (this is measured in a format of 0 to 10)
- History (listen to what the patient tells you)
- Head to toe examination (Looking for any injuries/ deformities)



Please record the Vital signs and take them every 15 minutes. If the patient has any painkillers on them (e.g., Paracetamols, Ibuprofen) and hasn't taken any in the last 4 hours and they are not allergic to them, advise them to take them.

Listen to what the patient tells you, 75 % diagnosis is through history.

If there is a bony deformity you can use the mnemonic (Oh no, not another mnemonic I hear you say !!), SLIPDUCT

- S Swelling
- L Loss of movement
- I Irregularity
- P Pain
- D Deformity
- U Unnatural movement
- C Crepitus (bone grinding against bone-ouch !!)
- T Tenderness

So, to summarise, if a patient is alert and orientated with a fractured hip (they will be in a lot of pain) it's going to be very difficult to move them without any strong analgesia such as Morphine (which only a registered medical professional will carry when on duty).

So provided they are not in any real danger, you need to wait for an emergency ambulance to convey.

If it's a minor bony injury, e.g., fractured clavicle, fractured arm etc, I would suggest, in this present climate that you convey them to the nearest District General Hospital (DGH) for imaging and analgesia

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

www.evexiatraining.co.uk

