

Basic Trauma Care :

We come across road traffic accidents of various degrees in our practice, from minor cuts and burns to poly trauma cases involving more than one organs. One needs to be cautious and extremely watchful for any underlying injury which isn't visible initially but telltale signs are present.

Things to do :

1. Check for vital signs - at site / in the clinic

Pulse - Regular / Tachycardia

BP - Hypotension

Respiration - Regular / Tachypnea

Level of consciousness - Awake / Drowsy

2. Any obvious bleeding is to be reduced by bandaging / application of tourniquet.

3. Dressing / suturing of wounds where facilities available.

4. Splinting for possible fracture of limbs.

5. Injuries to be noted and written in case of referral to hospital.

Things Not to do :

1. Avoid moving patient especially his neck without stabilization.

2. Any liquid intake to be strictly avoided.