



First Aid

Title = Soft tissue injuries

Lec no = 7

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وَقُلْ رَبِّ زِدْنِي عِلْمًا

Soft Tissue Injuries

.1 Burns

.2 Chest & Abdominal Wounds

1. Burns

Recognition

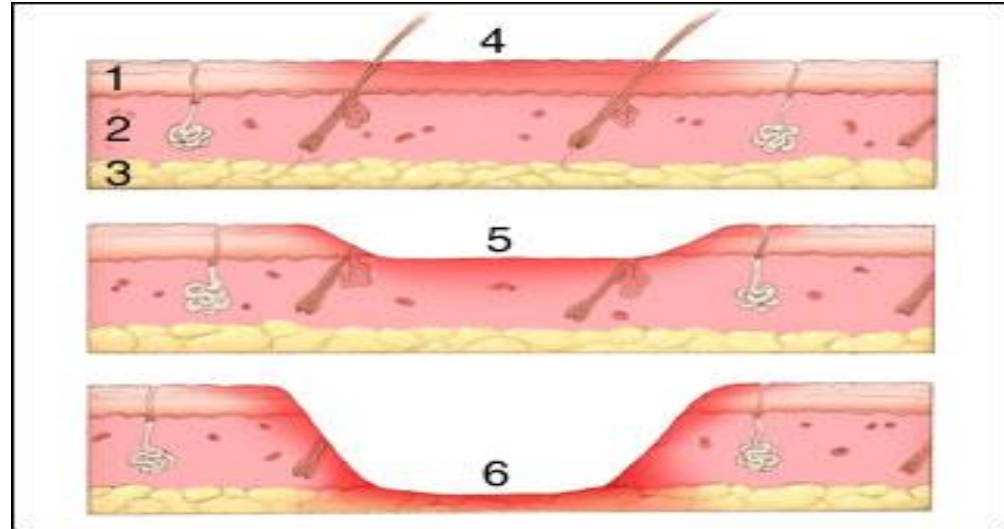
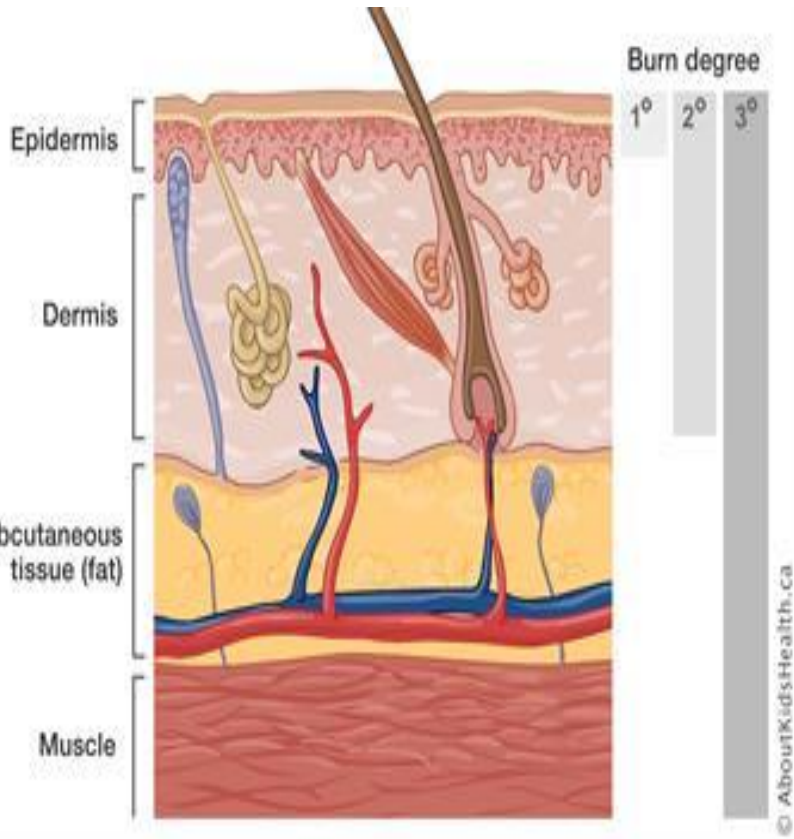
There are 3 degrees of burn:

.1 **First-degree burns** are characterized by **redness** and **pain** at the site

.2 **Second-degree burns** have **blisters** in the center and are surrounded by first degree burns.

.3 **Third-degree burns** have **black, grey charred flesh**, and penetrate beyond the skin and are surrounded by first and second-degree burns.

Different Types of Burns





1ST DEGREE BURN



2ND DEGREE BURN



3RD DEGREE BURN

FIRST DEGREE BURN



A second-degree burn – notice the **blister center of the burn,** and the surrounding redness.



Burns may be caused by heat (thermal burns),
chemicals (acid / alkali ... Dry vs Wet)

Causes of burns



steam



fire



the sun



electricity



chemicals



radiation

Treatment

(لازم ما تكونه (ice water) ولا نطق (ice))

Thermal burns

Burns should be immediately immersed in cold running water, or shower for large area (Do NOT use ice). This should be maintained for at least 10-15 minutes.

الجارية

بعد
(further damage)

Blistered or open burn wounds should be cleaned and covered with non-adhesive gauze (preferably bactericidal) and (cotton dressing).

المضاد البكتيري

بمنطقة بعد الشاش



بشيل اللي ملتصقة بالحرقه بس مشه اللي بقوة عشانه ما أسبب (further damage)

DO:

- Remove any items of clothing or material **not** firmly stuck to burnt area, especially any material mixed / contaminated with chemicals

ليست عالقة بقوة
مختلطة

- * Apply a Burnshield dressing just larger than the surface area of the burn

* حبيب لو ملتصق حوي بالحرقه شو ممكن أسوي؟

بضيق (normal saline) فبخلك

* بنظف أكثر منه الماحه لأنه ممكن يكون عندي حروق

منه الدرجة الأولى وأنا مشه منتبه عليها



DON'T:

- Remove anything firmly stuck to the burnt area,

- Apply fats, grease, butter or oil based items to the burnt area

شحم

- Use ice or iced water on a burn as this can cause further damage

Chemical burns

(ما تحط ماء قبله الإزالة حتمه لا يتفاعل)

1. Call EMS immediately.
2. If there is a dry chemical, brush it off the skin using paper, cloth, or with a gloved hand.
3. Once the bulk of the dry chemical is gone, flush with running water.
4. If the burn is caused by a wet chemical, flush with water.

Electrocution (Electric shock) : is a related set of injuries caused by direct contact with live electrical connections. The effects can vary from very minor to causing cardiac arrest.



الحذر Caution

- Be aware of **Danger** - The clear danger in this situation is the electrical supply.
- If the victim is still touching a live electrical source, either **turn off the power** to the source, or break the victim's contact with it. Find a nonconductive object (wooden broom handles are commonly used) and break the contact between the victim and the source.
- **Call an ambulance** immediately - all victims of electrocution, whether conscious or unconscious require assessment in hospital.

Electrical burns

لو مكنت محل مبنحط الفيث مثلاً (الإبريد) المدخله بكونه أخف

- Electrical burns look like third-degree burns
- They always come in pairs: and entry wound (smallest) and exit wound (larger).

هذا لما تمك مخرج الكهرباء (سلك معرب مثلاً) بكونه الجسم أقوى

- There is no need to flush with water, as there is neither heat nor chemicals causing further damage. Instead, cover the wounds with nonstick, sterile dressings.

Critical Burns

The following burns require medical attention as soon as possible. They may be life-threatening, disabling, and disfiguring. Call the local emergency number if:

1. Burns that cover more than ten percent of the Body .
2. Burns larger than the victim's palm . كف اليد
3. Burns on the head, neck , face or genitals .
4. Burns to a child younger than five years old or burns to an elderly person. (الصغار عشان نه يفقدوا سوا مثل كمية مع الحروق والكبار عشان نه مناعتهم ضعيفة) ممكن الكبيره يصير عندهم تنحيم بالدم
5. The patient is having difficulty breathing (burns to the airway.) (الحرق قريبه أو في الـ (airway) فجعله انتفاخ وبصير التنفس أصعب)
6. The burns are on more than one body part.
7. Any burns resulting from chemicals or electricity.

3. Chest & Abdominal Wounds

Closed Chest Wounds

1. Chest wounds can be very serious as this area of the body protects the majority of the vital organs.
2. Most chest trauma should receive professional medical attention, so consider calling for an ambulance for any serious chest injury.

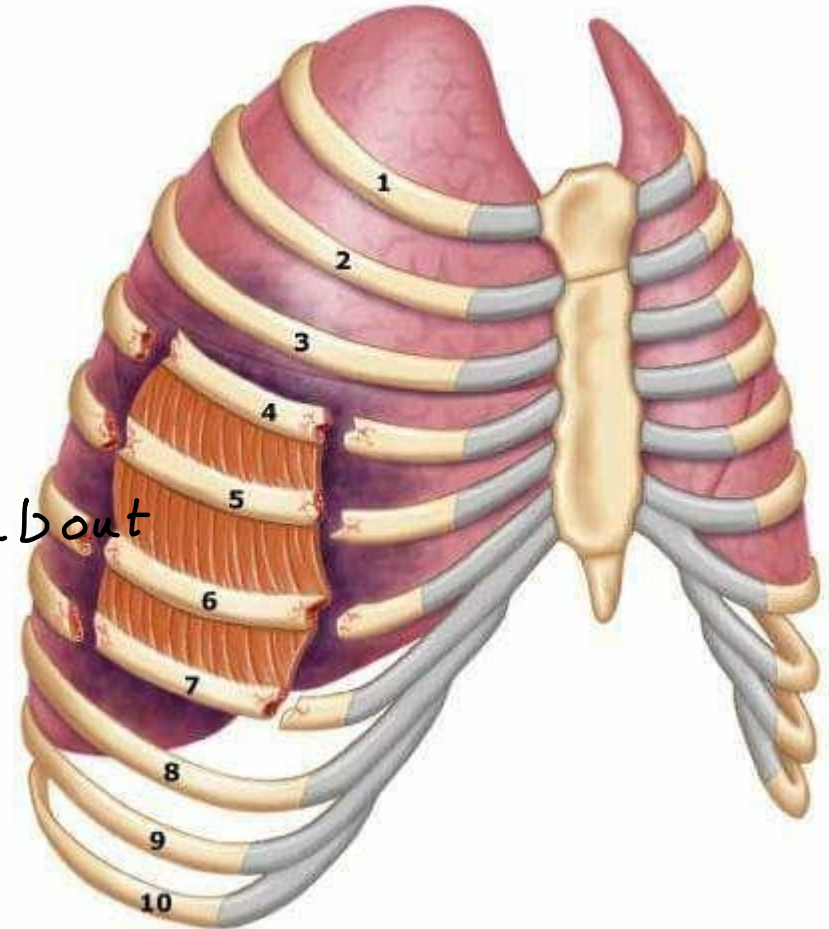
3. The most likely injuries that can be caused with a chest injury include broken ribs.
4. A single broken rib can be very painful for the patient,
5. and a rib fracture carries with it the risk of causing internal injury, such as puncturing the lung, which can lead in turn to the lung collapsing.

انضمار الرئة
(بتصير تنفس)

There are also some specific, more complicated, rib fracture pattern, which include:

قطعة من العظام (في أضلاع أو أكثر)
مكسورة في منطقتين أو أكثر وصارت
تتحرك بحالها

Flail chest: Typically occurs when three or more adjacent **ribs** are fractured two or more places, allow that **segment** of the **thoracic** wall to displace and move independently about the rest of the **chest** wall.



نقط التنفس المتناقض

من نفس بعضه

معنا قفص

FLAIL CHEST: PARADOXICAL BREATHING

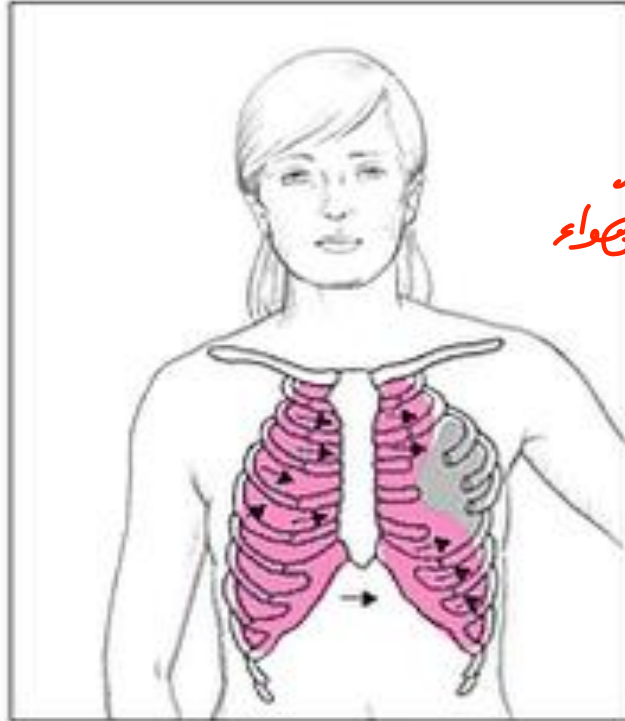
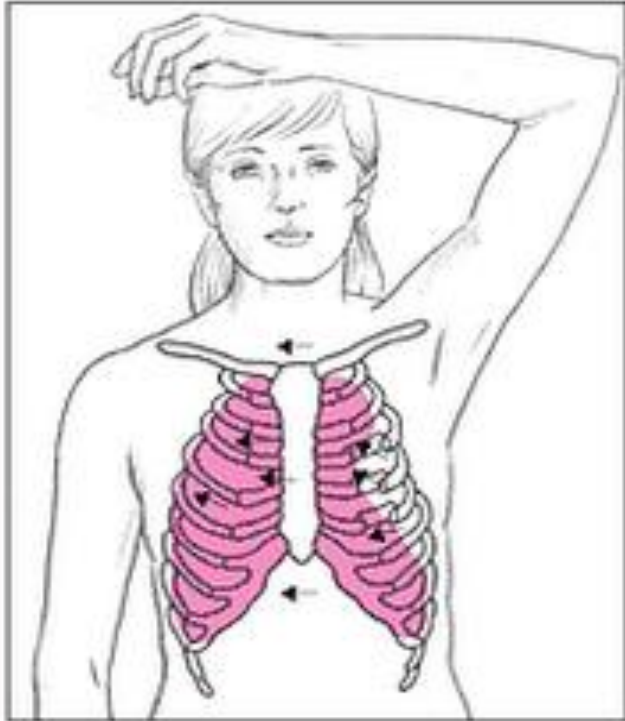
A patient with a blunt chest injury may develop flail chest, in which a portion of the chest "caves in." This results in paradoxical breathing, described below.

Inhalation

- Injured chest wall collapses in.
- Uninjured chest wall moves out.

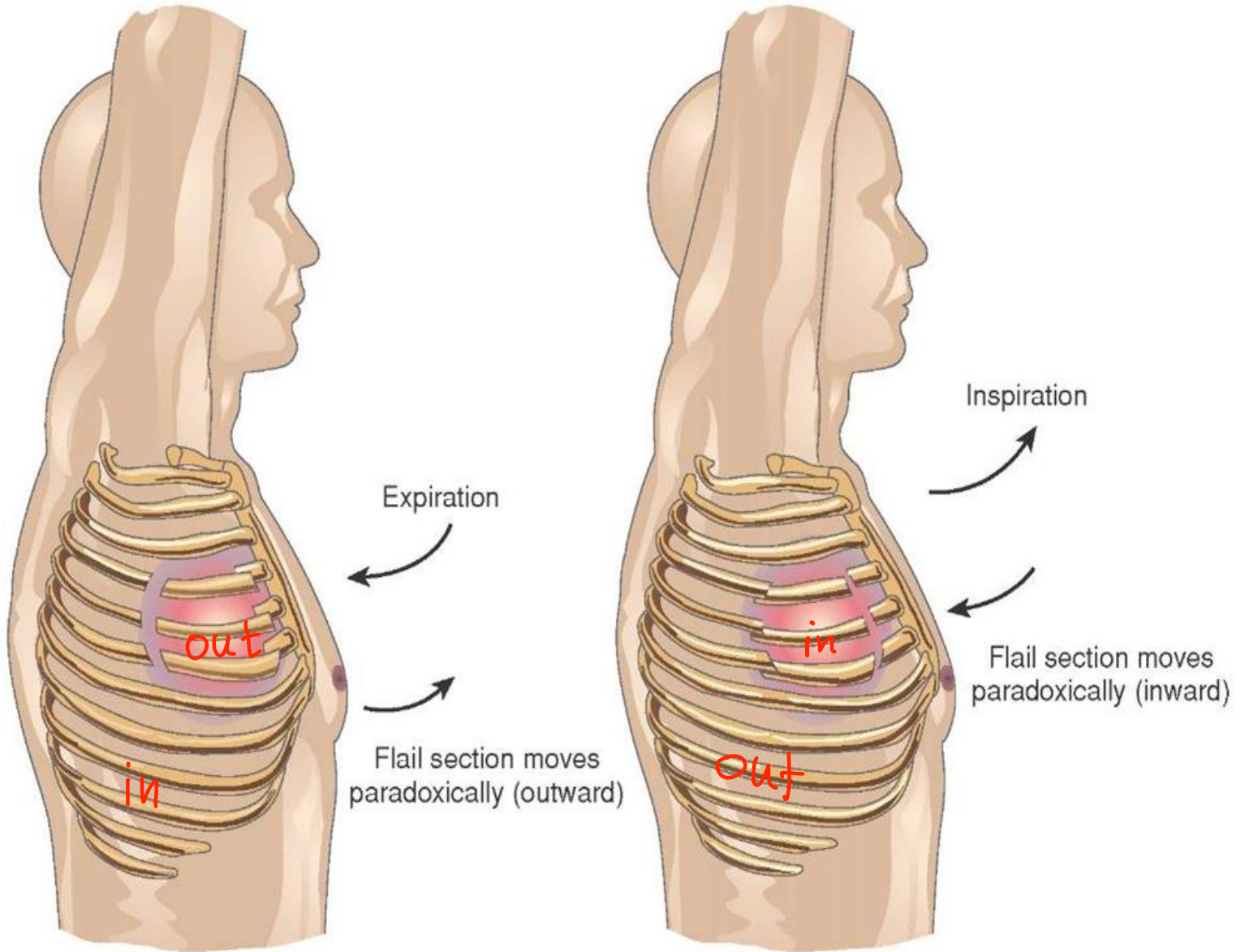
Exhalation

- Injured chest wall moves out.
- Uninjured chest wall moves in.



سلي صح
بالاستنشاقه
أنا بسفط لجوا
: هائي المنطقه
رح تنشفط لجوا
وباقي الصدر بطلع
لبترا

بالذفيه انا بطلع
الهواء لبترا
: هائي المنطقه
رح تطلع لبترا
وباقي الصدر رح يضل
لجوا لأنه فاضي منه الهواء



Recognition

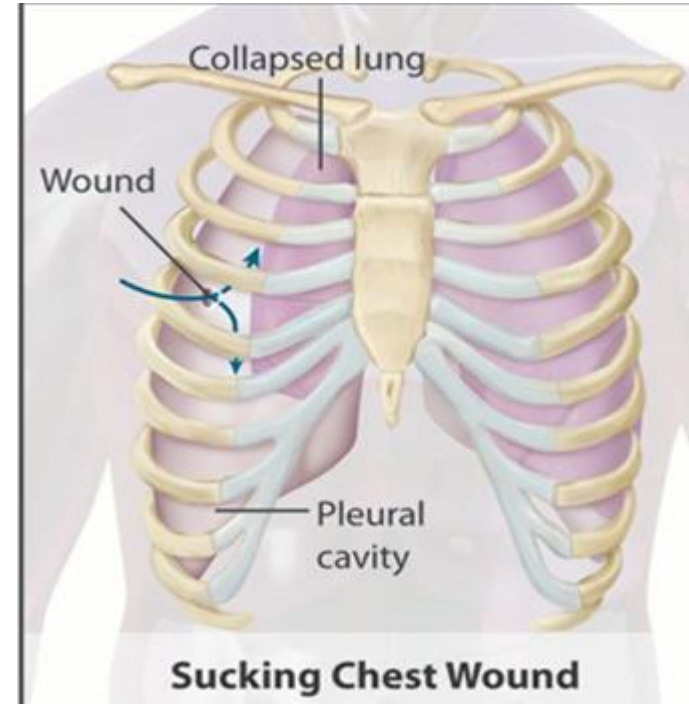
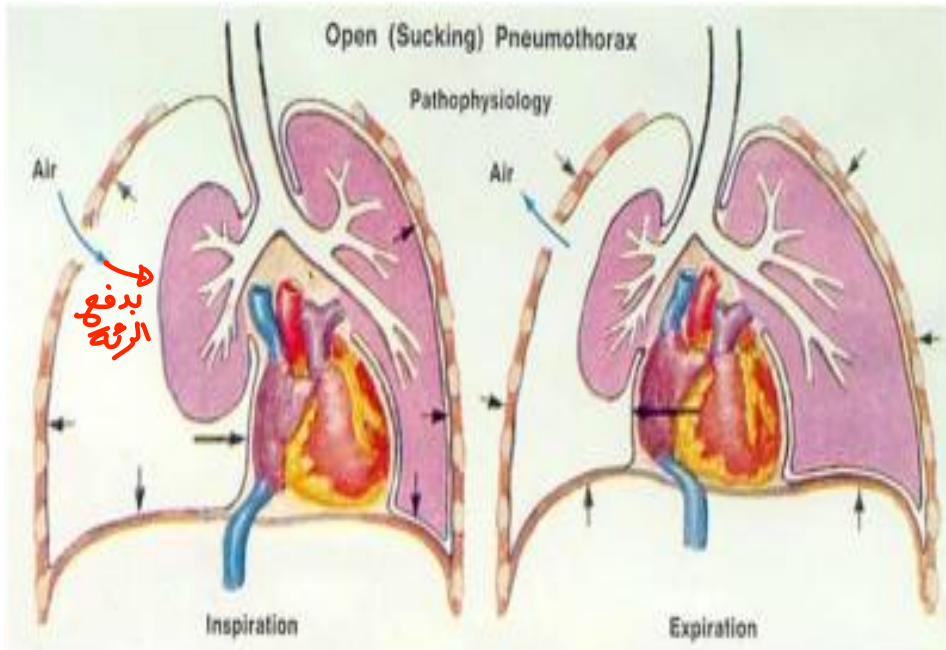
- Trouble breathing ^{مشكلة}
- Shallow breathing ^{صعوبة}
- Tenderness at site of injury ^{ألم}
- Deformity & bruising of chest ^{(ببينة معاني) كدمات تشوه}
- Pain upon movement/deep breathing/coughing
- Cyanosis
- May cough up blood
- Crackling sensation in skin if lung is punctured
(إذا كانت الرئة متقوية بنسج صوت اسمه (crackling) يشبه بصوت الأرجيلة)

فبتحصه صداد الصوت على الجلد

Open Chest Wounds

جرح بصير له شفتة بالهواء للخارج
صدر صواء
An open pneumothorax or sucking chest wound
- the chest wall has been penetrated (by knife, bullet, falling onto a sharp object...).

رصاصة



Recognition

- An open chest wound (Entrance wound)
- Trouble breathing
- Sucking sound as air passes through opening in chest wall

Treatment

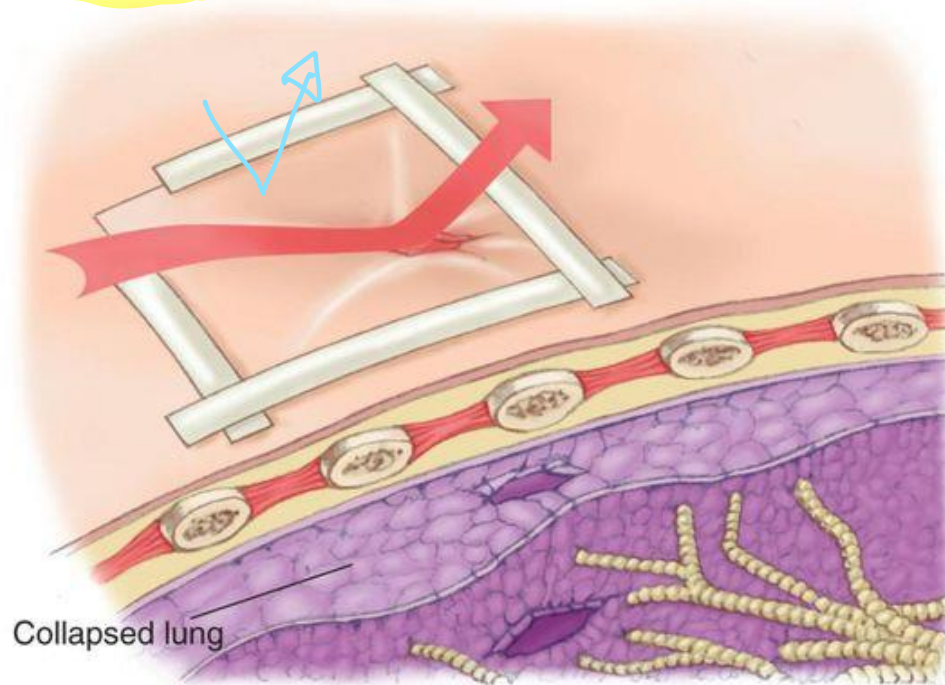
- Call for an ambulance
- Assess ABCs and intervene as necessary
- Flutter valve over wound : (A ^{رفرفة} flutter valve (also known as the Heimlich valve) is a one-way valve used in respiratory medicine to prevent air from travelling back . (يعتد منه بئرا لجول)

Get some sort of plastic that is ^{نوع} bigger than the wound.
first aid kits will have a ready-to-use valve. ^{جاهز للإستخدام}

Tape the plastic patch over the wound on ^{لصق البلاستيكة} only 3 sides.
The 4th side is left open, allowing air to ^{بالخروج} escape. This opening should be at the bottom.

Occlusive and Flutter-Valve Dressings

On inspiration, dressing seals wound, preventing air entry



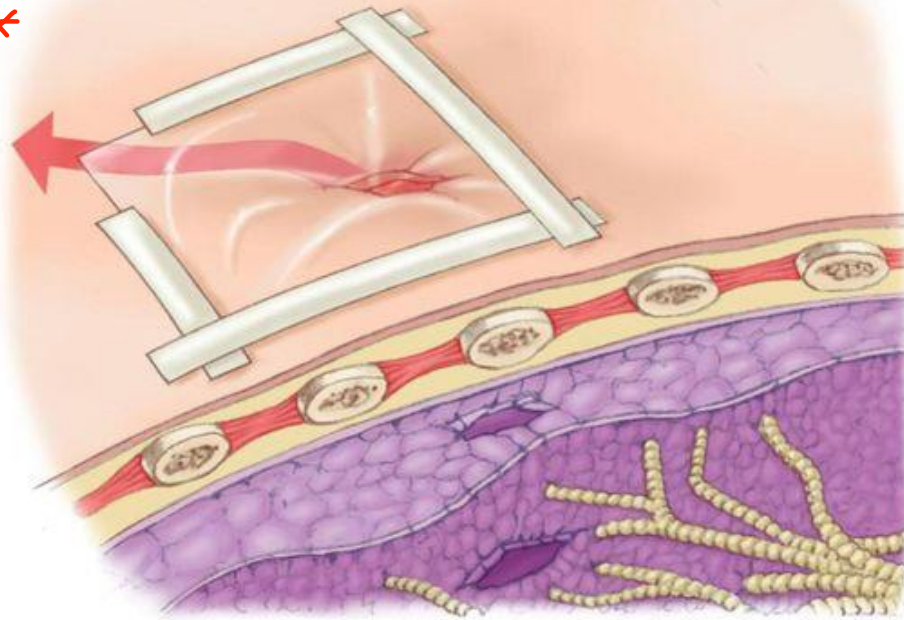
* ٤٦ ييجي هوا بعلمية الشهيق بضرب بالبللا ستيك وطلع لبرا و ما يفلد

Creating a flutter valve to allow air to escape from the chest cavity.

Occlusive and Flutter-Valve Dressings

Expiration allows trapped air to escape through untaped section of dressing

* بالنزير الصمغ يطلع
وبهرب منه هذه المنطقة
المنفتوحة



Creating a flutter valve to allow air to escape from the chest cavity.

Abdominal Injuries



If a trauma injury has caused the victim's internal organs to protrude outside the abdominal wall, **do not push them back in.** (بلاش تغطاه لهم العواء أو تمزعهم...)
Instead, **cover the organs with a moist, sterile dressing** (رطب * مصقنم) (not paper products - use gauze). Do not allow the victim to eat or drink, though they may complain of extreme thirst. (رح يقلك انا عشان ما تظليه)

Call an ambulance and **monitor ABCs** until the emergency medical team arrives.

* رح يصوروا المريضة عشان ما يصير مضاعفات
* رح يعملوا له عملية جراحية

* لأنه ما بدنا يصير جفاف