

Strains, Sprains, Minor Trauma of Extremity - Level I

**STRAINS, SPRAINS, MINOR TRAUMA OF
EXTREMITY**

Level I

Skill Level: LPN, RN

Definition: Minor injury involving soft tissue. There is a reasonable expectation the problem will resolve in a short amount of time if patient adheres to treatment.

MILD	
<p>Subjective:</p> <ul style="list-style-type: none"> • Patient complains of localized pain. • Usually worse with movement and usually improved with rest or a specific position. • Pain with little or no radiation. • Usually there will be a recent trauma. • Sometimes a chronic condition that is now increasingly painful. 	<p>Assessment: "Alteration in Comfort"</p> <ul style="list-style-type: none"> • Pain complaint related to recent trauma. • Impaired physical mobility related to musculoskeletal impairment or recent trauma.
<p>Objective:</p> <ul style="list-style-type: none"> • Pain worse with movement and better at rest. • No evidence of infection, such as; redness or heat. • Range of motion normal to slightly diminished. • No deformity or asymmetry when compared to other side. • Color, motor function, sensation distal to injury is intact. • Muscle tightness may be present. 	<p>Plan:</p> <p>Patient education and self-care items for this protocol include:</p> <ul style="list-style-type: none"> • After checking for allergies to medications may suggest: <ul style="list-style-type: none"> --Ibuprofen 200mg 1-2 QID prn from unit. --Tylenol or ASA 2 QID prn from unit if intolerant to Ibuprofen. **See below <p>At nursing discretion <u>may</u> use any of the below:</p> <ul style="list-style-type: none"> • Consider work and/or sports restriction. • Ice and elevate x 24 hours if swelling. • Heat prn thereafter. • Educational/stretch handout if available. • Instruct patient to return if not resolved in one week. <p style="text-align: right;">(CONT)</p>

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	<ul style="list-style-type: none">• If available meds not effective, may use Naprosyn 500 mg BID prn for pain for 5 days. (Always second line)• <u>**Naprosyn, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.</u>• Consider level II protocol.
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Nursing Education:

1. Absent or diminished peripheral pulse requires immediate physician attention.
2. Frequently the complaints of pain are worse a few days after the initial trauma.
3. Fractures of the wrist may be missed. Refer and splint patients with unexplained pain of the wrist with a recent history of trauma to the provider.
4. Sometimes there may be muscle tightness. This is different from muscle spasm which is a sudden, sometimes violent involuntary and abnormal muscular contraction.
5. Establish consistency (or lack of consistency) between mechanism of injury, objective findings, and pain complaints if possible.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

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2/24/2015

Medical Director

Date

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