



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
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May 2020

You may want to read chapter 15 in Medical Guide for Seafarers.

Assignment 1

Explain the terms:

Direct tenderness:

Indirect tenderness:

Assignment 2

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

Assignment 3

Which observations would you make, with a suspected fracture?

Assignment 4

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

Assignment 5

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

R: _____

I: _____

C: _____

E: _____



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