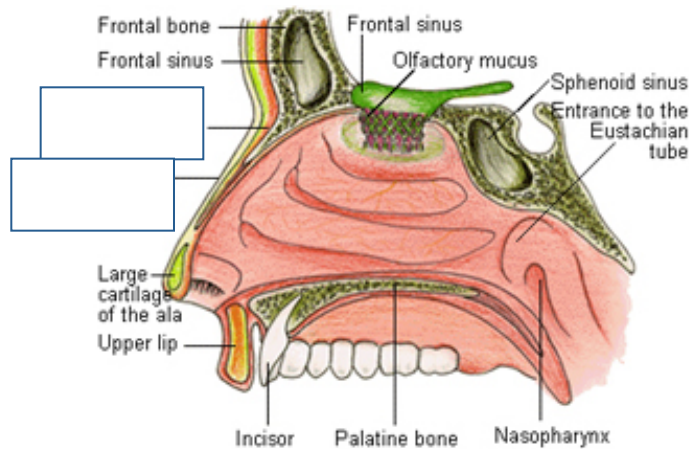


Unit 4.1 – Face and Head Injuries

Nose Injuries



1) Nosebleed

Nosebleeds can be caused by trauma to the nose, or they can start spontaneously. The amount of blood varies.

Treatment:

- Determine history: ensure no _____ injury involved
- Have the patient pinch their nose and tilt their head slightly _____
- It usually takes 10-20 minutes for the wound to clot, and so encourage your patient to keep their nose pinched
- Tell the patient to avoid _____

2) Broken Nose

Broken nose is most commonly caused by contact sports, physical altercations, or a blow to the face.

Key Symptoms:

- Pain, Tenderness, Swelling, Bruising
- Bent or misshapen nose
- Difficulty breathing through nose

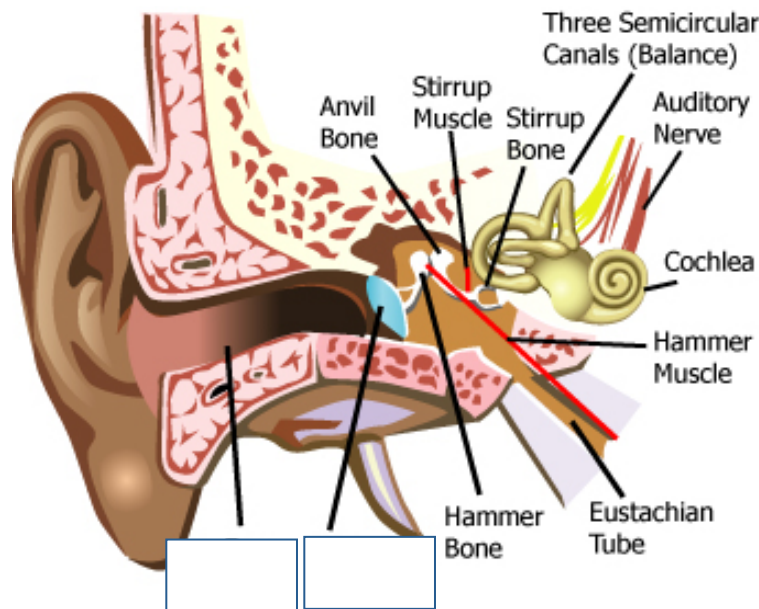
Treatment:

- Determine history: ensure no _____ injury
- Tilt head forward
- Use _____ to treat swelling
- Get medical attention

Related Complications

- 1) Spinal Injury
- 2) Cartilage Damage
- 3) Deviated Septum

Ear Injuries



1) Object in the ear Canal

An object in the ear canal can be difficult to remove because the ear canal is a tube of solid _____ lined with _____. This can be very painful.

Treatment:

- 1) Do NOT use _____
- 2) For an insect in the ear, try using _____
- 3) Use _____ to dislodge object, and if that fails get medical attention

2) Ruptured Eardrum

Pain, hearing loss, dizziness, ringing in the ear, and ruptured eardrums can be caused by inserting objects into the ear, sudden changes in pressure, or very loud noises.

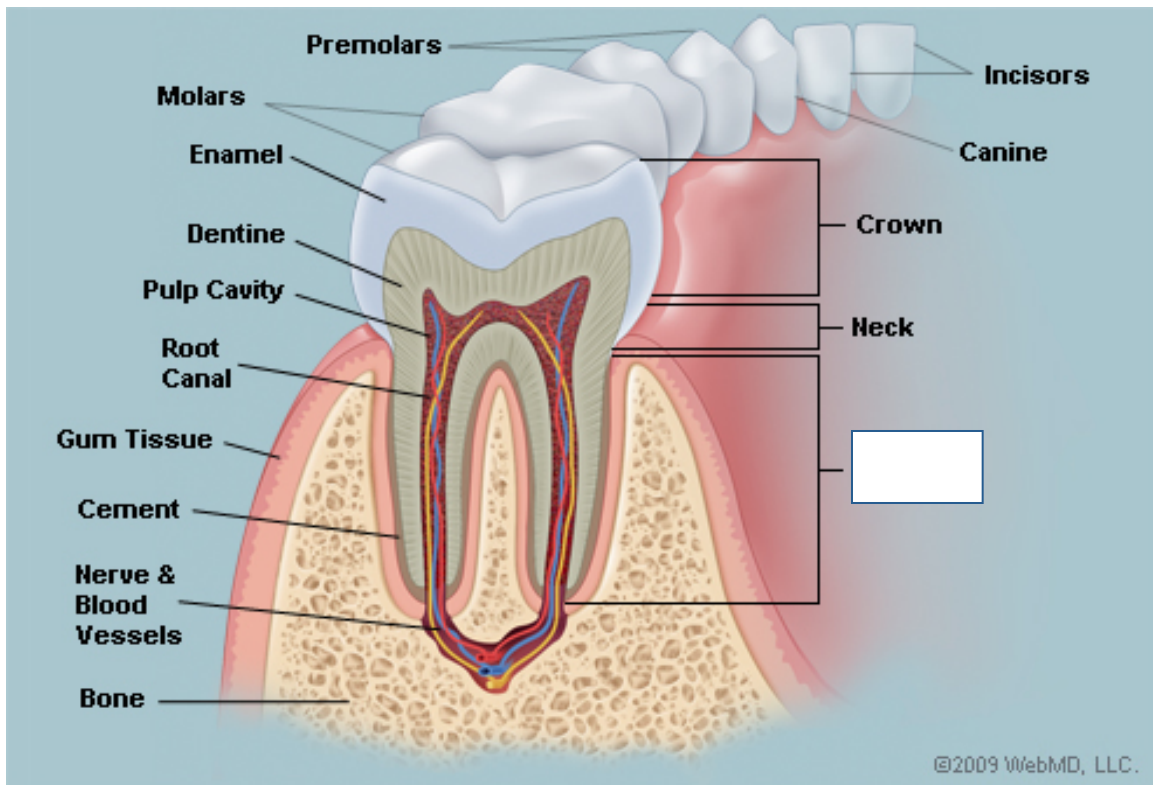
Symptoms:

- Bleeding from the ear
- Bruising or redness
- Dizziness
- Earache
- Loss of hearing
- Nausea and vomiting
- Noises in the ear
- Sensations of an object in the ear
- Swelling
- Visible object in the ear

Treatment

- 1) Do _____ put any _____ in the ear
- 2) Get medical attention

Tooth Injury



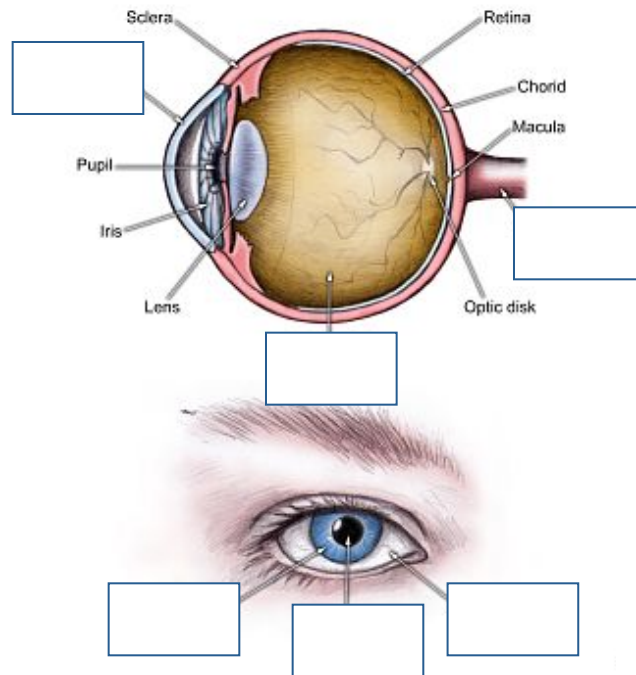
1) Chipped or missing tooth

a chipped or missing tooth may be very painful if it affects the underlying nerves

Treatment

- 1) Stop any bleeding with sterile gauze and pressure
- 2) Locate and save the missing piece of tooth by placing it in _____
- 3) See a _____ immediately

Eye Injuries



There are several serious types of injury to the eye. Because of the sensitive nature of the eye, you must take special care when treating injuries to or around the eye.

1) Stinging/Itchy Eyes / Small Object in Eye

- Recommend that the patient rinse their eyes with _____ and try to avoid scratching.
- If it is a serious or ongoing problem, then advise the person to see their doctor.

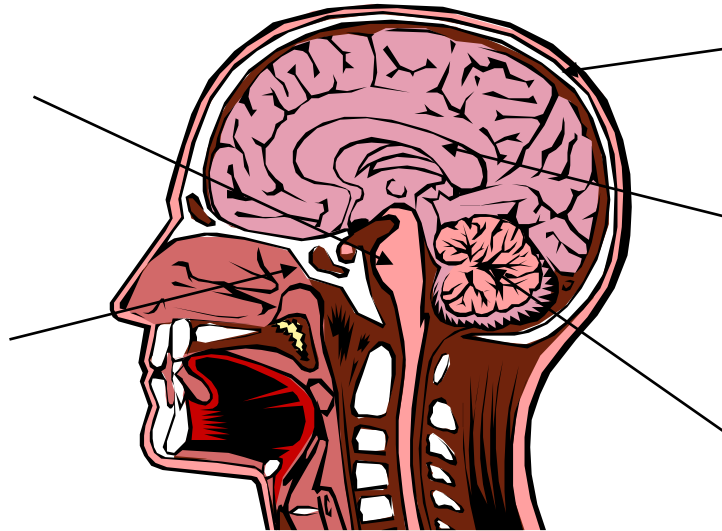
2) Penetrating Wound

- An injury that has cut the surface of the eye is very serious, and EMS should be called right away.
- If there is any fluid coming from the eye, the patient should be placed on their _____ to avoid draining the fluid.
- If possible, the eye should be examined to ensure that there are no additional objects that could cause injury or pain.
- _____ eyes should be covered to avoid _____

3) Protruding Object

- If there is an object stuck in the eye, and that has broken the surface of the eye, it should be treated in the same way as a penetrating wound.
- Stabilize the object in place using gauze, donut bandages, and tape

Head Injuries



- All head injuries must be assessed for the possibility of a _____.
If there is any doubt, treat as a potential spinal injury.
- All patients with a head injury severe enough to have a _____
(no matter how brief) **MUST** get medical attention.

1) Bumped Head:

For a bumped head that does not necessitate spinal precautions, you can use _____ to reduce swelling and you should alert the patient to signs of _____

2) Concussion:

see separate lesson notes

3) Compression (ICP):

Intracranial pressure (ICP) can occur if blood vessels inside the skull _____ causing blood to build up and put _____.

Signs and Symptoms

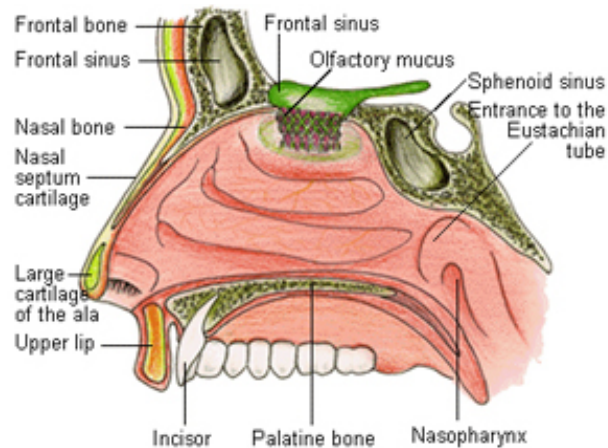
4) Basal Skull Fracture:

Signs and Symptoms



4.1 Face and Head Injuries

Nose Injuries



1) Nosebleed

Nosebleeds can be caused by trauma to the nose, or they can start spontaneously. The amount of blood varies.

Treatment:

- Determine history: ensure no _____ injury involved
- Have the patient pinch their nose and tilt their head slightly _____
- It usually takes 10-20 minutes for the wound to clot, and so encourage your patient to keep their nose pinched for at least _____
- Tell the patient to avoid rubbing, blowing, or picking the nose (this could restart bleeding)

2) Broken Nose

Broken nose is most commonly caused by contact sports, physical altercations, or a blow to the face.

Key Symptoms:

- Pain, Tenderness, Swelling, Bruising
- Bent or misshapen nose
- Difficulty breathing through nose

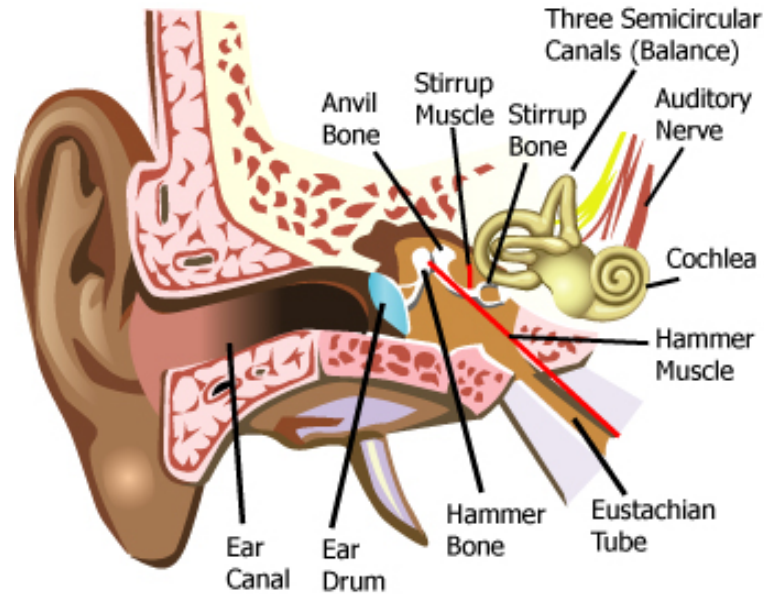
Treatment:

- Determine history: ensure no _____ injury
- Tilt head forward
- Use ice to treat swelling
- Get medical attention

Related Complications

- 4) Spinal Injury
- 5) Cartilage Damage
- 6) Deviated Septum

Ear Injuries



1) Object in the ear Canal

An object in the ear canal can be difficult to remove because the ear canal is a tube of solid bone lined with sensitive skin. This can be very painful.

Treatment:

- 4) Do NOT use tweezers
- 5) For an insect in the ear, try using vegetable oil
- 6) Use gravity to dislodge object, and if that fails get medical attention

2) Ruptured Eardrum

Pain, hearing loss, dizziness, ringing in the ear, and ruptured eardrums can be caused by inserting objects into the ear, sudden changes in pressure, or very loud noises.

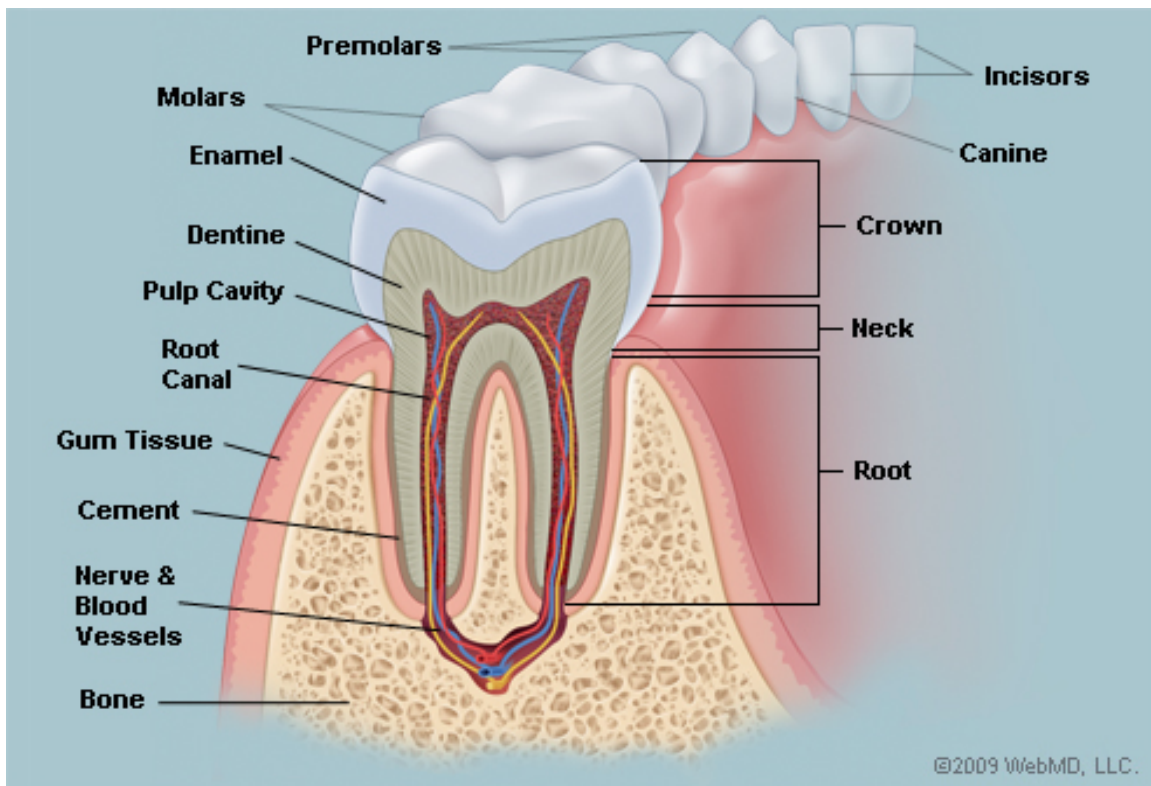
Symptoms:

- Bleeding from the ear
- Bruising or redness
- Dizziness
- Earache
- Loss of hearing
- Nausea and vomiting
- Noises in the ear
- Sensations of an object in the ear
- Swelling
- Visible object in the ear

Treatment

- 3) Do not put any liquid in the ear
- 4) Get medical attention

Tooth Injury



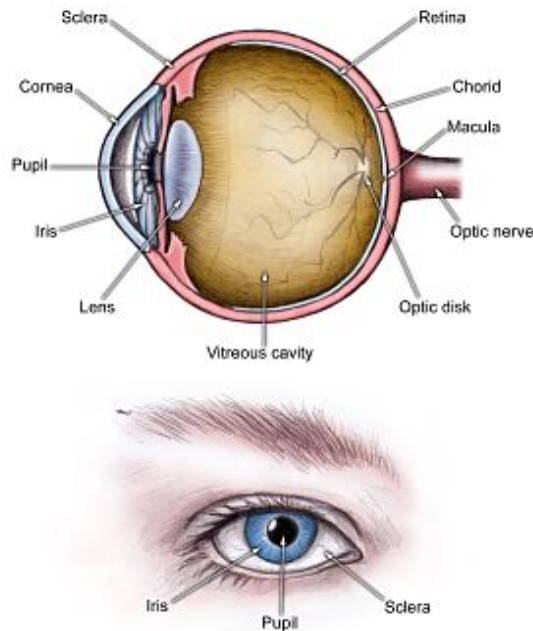
1) Chipped or missing tooth

a chipped or missing tooth may be very painful if it affects the underlying nerves

Treatment

- 4) Stop any bleeding with sterile gauze and pressure
- 5) Locate and save the missing piece of tooth by placing it in milk
- 6) See a dentist immediately

7) Eye Injuries



There are several serious types of injury to the eye. Because of the sensitive nature of the eye, you must take special care when treating injuries to or around the eye.

1) Stinging/Itchy Eyes / Small Object in Eye

- Recommend that the patient rinse their eyes with _____ and try to avoid scratching.
- If it is a serious or ongoing problem, then advise the person to see their doctor.

2) Penetrating Wound

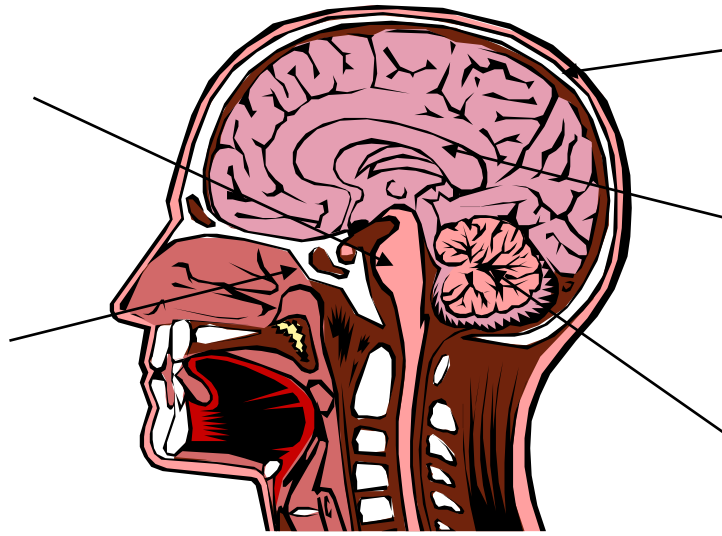
- An injury that has cut the surface of the eye is very serious, and EMS should be called right away.
- If there is any fluid coming from the eye, the patient should be placed on their _____ to avoid draining the fluid.
- If possible, the eye should be examined to ensure that there are no additional objects that could cause injury or pain.
- _____ eyes should be covered to avoid _____

3) Protruding Object

- If there is an object stuck in the eye, and that has broken the surface of the eye, it should be treated in the same way as a penetrating wound.
- Stabilize the object in place using gauze, donut bandages, and tape

Head Injuries

- All head injuries must be assessed for the possibility of a spinal injury. If there is any doubt, treat as a potential spinal injury.
- All patients with a head injury severe enough to have a loss of consciousness (no matter how brief) MUST have medical attention.



Bumped Head:

For a bumped head that does not necessitate spinal precautions, you can use ice to reduce swelling and you should alert the patient to signs of concussion.

Concussion:

The bones in the head are quite strong and protective, but the brain tissues inside the skull are quite fragile. A concussion is a brief short-circuit in the brain that does not do any damage to the actual brain tissue.

Signs and Symptoms

- Temporary loss of consciousness
- Disorientation
- Agitation
- Loss of memory
- Ringing in Ears
- Dizziness
- Vision difficulties
- Nausea
- Shock

Compression (ICP):

Intracranial pressure (ICP) can occur if blood vessels inside the skull are ruptured causing blood to build up and put pressure on the brain.

Signs and Symptoms

- Decreasing level of consciousness
- Laboured breathing and Snoring sounds
- Pupils may be slow to react or unequal
- Seizures
- Paralysis
- Warm, dry skin
- Strong pulse

Basal Skull Fracture:

A fracture of this area will not be visible externally

Signs and Symptoms

- Clear fluid from nose and ears
- Bleeding from ears
- Bruising and swelling behind the ears (Battle's sign)
- Bruising around the eyes (raccoon eyes)