

Name: _____

Date: _____

Intro to Sports Medicine

Block 4A

Unit 6 Notes	Injuries to Soft Tissue
Questions/Main Ideas	Notetaking Column
1. What are the two types of wounds? Provide an example for each.	<ul style="list-style-type: none">• Open wounds- cuts, scrapes, lacerations, avulsions- bleeding outside• Closed wounds- bruise, internal bleeding- bleeding inside
2. What is a bruise?	<ul style="list-style-type: none">• Bleeding under the skin caused by damage to soft tissues and blood vessels
3. What is a scrape?	<ul style="list-style-type: none">• Skin that has been rubbed or scraped away. Is usually painful. Dirt and foreign matter can enter the wound, cleaning is important to prevent infection.
4. What is a cut? What does a cut damage?	<ul style="list-style-type: none">• Deep cuts can damage nerves, large blood vessels and other soft tissues.• Cuts bleed freely, and deep cuts can bleed severely.
5. Describe in detail what an avulsion is.	<ul style="list-style-type: none">• An avulsion is a cut in which soft tissue is partially or completely torn away.• Often deeper tissues are damaged causing significant bleeding.

<p>6. What is a puncture wound? What is the protocol when you have an embedded object in you?</p>	<ul style="list-style-type: none"> • Puncture wounds often do not bleed a lot and can easily become infected. • Can damage major blood vessels or internal organs • An embedded object should only be removed by EMS personnel.
<p>7. What is external bleeding? How do you control it?</p>	<ul style="list-style-type: none"> • Bleeding that occurs externally. Applying pressure can help stop bleeding
<p>8. What is internal bleeding?</p>	<ul style="list-style-type: none"> • Bleeding on the inside. • If internal bleeding is suspected, the person needs medical help immediately as it can be life threatening.
<p>9. When a person is burned, what symptoms/characteristics should you look for to help aid in your decision to provide immediate medical attention?</p>	<ul style="list-style-type: none"> • Burns involving: breathing difficulty, covering more than one body part, burns to the head, neck, hands, feet or genitals, burns to a child or elderly person, burns resulting from chemicals, explosions or electricity.
<p>10. Can a burn be life threatening?</p>	<ul style="list-style-type: none"> • A critical burn, fitting the description above (#9) can be life threatening.
<p>11. What is a superficial burn (1st degree) and the characteristics of it?</p>	<ul style="list-style-type: none"> • Burn involving top layer of skin. Skin is red and dry- usually painful and swelling to the area may occur. • Usually heals within a week without permanent scarring.

12. What is a deep burn (2 nd degree) and its characteristics?	<ul style="list-style-type: none"> • Involves top layer of skin • Skin is red, usually painful- has blisters that may open and weep clear fluid, making skin appear wet. • Usually heals in 3 to 4 weeks and may scar
13. What is a deep burn (3 rd degree) and its characteristics?	<ul style="list-style-type: none"> • May destroy all layers of skin and some of the underlying structures of fat, muscles, bones and nerves. • Skin may be brown or black (charred) with the tissues underneath appearing white and can either be extremely painful or painless (because nerve damage) • Healing may require medical assistance and scarring is likely.
14. What is the protocol for first aid on a burn?	<ul style="list-style-type: none"> • In the event of a burn, stop the burn • Cool the burn _except electrical burns) • Prevent infections • Minimize shock
15. What type of burn should you avoid cooling the burn?	<ul style="list-style-type: none"> • Electrical Burn
16. In the event of a burn victim, what should you do?	<ul style="list-style-type: none"> • Remove from burn • Cool burn- running water, soaked towels- keep towels cool • Loosely cover the burn with dry sterile dressings • Comfort and reassure athlete until medical help arrives
17. In the event of a burn victim, what shouldn't you do?	<ul style="list-style-type: none"> • Do not touch burn with anything other than clean sterile coverings • Remove any pieces of cloth or clothing that stick to the burn area. Medical professionals will clean area • Try to clean a severe burn • Break blisters • Put any kind of ointment on a severe burn
Summary	Use this space to write a two or three sentence summary of what you just read.

