

BURNS

Define:

Burn: A traumatic injury to the skin (and sometimes underlying tissue as well) caused by contact with extreme heat, chemicals, radiation, or electricity.

Critical Burn: A burn that is life threatening or potentially disfiguring or disabling, and it requires immediate medical attention.

What are the sources of burns?

1. Electricity
2. Exposure to chemicals
3. Exposure to nuclear radiation
4. Explosion

A 1st degree burn is also called a **superficial** burn.

- | | |
|-----------------------|----------------------|
| a. Superficial | c. Full Thickness |
| b. Partial Thickness | d. None of the above |

A 2nd degree burn is also called a **partial-thickness** burn.

- | | |
|-----------------------------|----------------------|
| a. Superficial | c. Full Thickness |
| b. Partial Thickness | d. None of the above |

A 3rd degree burn is also called a **full-thickness** burn.

- | | |
|----------------------|--------------------------|
| a. Superficial | c. Full Thickness |
| b. Partial Thickness | d. None of the above |

Read the characteristics of burns below and classify it according to the type of burn. Write the letter of the correct answer on the blank.

A. Superficial B. Partial Thickness C. Full Thickness

B skin is red & painful with blisters & swelling

A skin is red but no blisters form

C skin is often charred (burnt)

C involves ALL layers of the skin

A involves ONLY the TOP layer of skin

B involves the TOP FEW layers of skin

A heals within a week with no scarring

- C** healing often requires medical assistance & likely to scar
- B** heals in 3-4 weeks, may scar

Give 3 examples of critical burns.

Example: The burn covers a large surface of the body.

- 1) Sun poisoning
- 2) Blisters from hot liquids
- 3) Burned by a fire

If it is determined that a burn is critical, **get immediate medical attention.**

Sequence the steps in caring for a minor burn victim

- | | |
|-------------|---|
| 1. E | A. Use ointment to prevent infections |
| 2. B | B. Remove victim from the source of the burn |
| 3. D | C. Cover with a loose sterile bandage |
| 4. A | D. Cool with cool water |
| 5. C | E. Check area for safety |

True or False: circle the correct answer

If a person has a 2nd or 3rd degree burn you should run water over it for longer than a 1st degree burn because the wound is deeper.

TRUE **FALSE**

Never remove clothing that is stuck to a burn

TRUE FALSE

If a person has a burn that has blistered, pop the blister to speed up healing time

TRUE **FALSE**

2nd & 3rd degree burns need to be cleaned out immediately to prevent infection getting into the body

TRUE FALSE

Severe burns covering large parts of the body may need more intensive treatments such as intravenous (IV) antibiotics to prevent infection or IV fluids to replace fluids lost when skin was burned.

MUSCLE, BONE, & JOINT INJURIES

Define the following terms:

Fracture: A complete break, chip or crack in bone

Dislocation: A bone is moved out of place at a joint

Sprain: The tearing of ligaments at a joint

Strain: The tearing of tendons or muscles

What is the R.I.C.E principle? What does each letter stand for?

R – Rest

I – Ice

C – Cold

E – Elevate

The RICE method is a simple self-care technique that helps reduce swelling, ease pain, and speed up healing.

List and describe the 3 types of splints discussed in the Google Slides & that I showed you in the video. I need the name of the splint and also how it is utilized.

Anatomic Splint – **Uses the person's own body as a splint**

Soft Splint – **Uses a soft object like a towel or shirt**

Rigid Splint – **Uses a hard object like a stick or board**