

# FIRST AID FOR SPINAL INJURIES

Spinal injuries may be caused by any strong forces affecting the head, back, chest, feet or legs. A person falling from a height may land in a range of positions. The spine is often jarred even when the victim lands face down on the chest. A road traffic accident is a common cause of spinal injury, where the victim is a passenger in a vehicle involved in a collision or where a moving vehicle strikes a pedestrian or other road user.

A spinal injury may occur in sport or recreation, especially in a body contact sport such as rugby, or from striking a submerged object when diving into shallow or murky water. In severe cases, the victim may be paralysed below the level of the injury, e.g. from the waist downwards for a mid or lower back injury (becoming a paraplegic), or from the neck and shoulders downwards if the injury involves the neck spine (becoming a quadriplegic). If the victim is paralysed and floating face down in water, death will occur unless a rapid rescue is performed.

Injuries to the spine are often associated with a head injury and this must be taken into account when assessing the victim and managing the injury.

## Step by Step First Aid Procedure:

### Step: 1

#### **Assess the victim**

- Check the victim's level of consciousness:

#### **If unconscious and breathing normally**

- ~ turn the victim onto the side in the recovery position, avoiding any forwards movement of the head and neck
- ~ if possible, especially if a helper is available, support the head during the turn, but do not delay making the turn to do so.

# Spine Injury Management Education Kit

**World Health Organization**



## **Spine Injury Management Education Kit:**

**Spine Injury Management** National Athletic Trainers' Association, 2002-01-01 Finally there are standard guidelines for managing suspected spine injuries on the field and avoiding secondary injury The Spine Injury Management Education Kit is the ultimate tool for bringing athletic trainers and emergency professionals up to speed on treatment techniques This comprehensive training kit builds on the latest information for treating spine injured athletes and helps you bring to life step by step strategies for ideal care of injured athletes whether they be involved in football lacrosse soccer gymnastics or a variety of other sports The contents of the kit are based on the 2001 landmark report Prehospital Care of the Spine Injured Athlete A Document From the Inter Association Task Force for Appropriate Care of the Spine Injured Athlete Led by the National Athletic Trainers Association NATA the task force consists of representatives from more than 30 emergency medical associations and sports medicine organizations across the country In this report the group presents a uniform protocol for the appropriate management of suspected spine injuries Most important it provides guidelines for helping professionals avoid improper care that could result in secondary injuries These sound guidelines are endorsed by representatives of various health care specialties including the NATA and emergency medical service organizations The Spine Injury Management Education Kit brings together a video CD ROM a palm card and a folded poster for a ready to use training system that will greatly enhance your effectiveness in treating potential spine injuries Video With this valuable visual record you can drive home the vital steps in the complete treatment of athletes with spine injuries Dynamic and concise this video removes any question about how to perform an initial assessment remove athletic equipment immobilize and transport injured athletes provide advanced care for suspected catastrophic spine injury and prevent spine injuries CD ROM This comprehensive education package provides a variety of exciting options for teaching the treatment of the spine injured athlete With a click of a button you can access them all An instructor guide test bank and PowerPoint presentation skillfully combine text and graphics to make spine injury management instruction more exciting and student evaluation more effective Competency worksheets help students track the critical skills they've learned and retained A student booklet puts a handy synopsis of the recommendations for care of the spine injured athlete at students fingertips A complete copy of Prehospital Care of the Spine Injured Athlete A Document From the Inter Association Task Force for Appropriate Care of the Spine Injured Athlete is a document that every on the field health care professional should have Palm Card This laminated quick reference card on the care of the athlete and equipment removal is an effective way to review critical issues before taking action Purchase enough copies so that every student athletic trainer and local emergency care professional can carry one The kit includes one palm card but additional cards can be purchased in packages of 10 Poster This full color visual reminder of the appropriate care of spine injured athletes should be hung prominently in every athletic training room or EMS facility You may purchase additional posters separately There's more than one approach to training students in the correct procedures for proper start

to finish management and care of spine injured athletes This comprehensive education package broadens your options builds your teaching confidence and helps you carry out your vital role of teaching others to care for supervise remove protective athletic equipment from and transport the injured athlete **Spine Surgery 2-Vol Set E-Book** Edward C.

Benzel,2012-05-14 Build a solid foundation of knowledge based on the fundamentals and employ step by step instruction from Spine Surgery Edited by Edward C Benzel this best selling medical reference explores the full spectrum of surgical techniques used in spine surgery and delivers the comprehensive cutting edge guidance you need to achieve successful outcomes Online access thorough updates contributions by leading international authorities an abundance of detailed illustrations and procedural video clips provide everything you need to avoid and manage complex problems Glean essential up to date need to know information in one comprehensive reference that explores the full spectrum of surgical techniques used in spine surgery Hone your surgical skills and technique with intraoperative videos and more than 800 outstanding illustrations demonstrating each technique step by step Grasp and apply the latest knowledge from more than 25 brand new chapters as well as extensive revisions or total rewrites to the majority of existing chapters to present all of the most up to date information available on every aspect of spine surgery including motion preservation technologies endovascular management back pain and psychosocial interactions biomechanics and more Consult with the best Renowned neurosurgery authority Edward C Benzel leads an international team of accomplished neurosurgeons and orthopedic surgeons many new to this edition who provide dependable guidance and share innovative approaches to surgical techniques and complications management Equip yourself to address increasing occurrences of pain among aging and physically active patients Access the information you need where you need it on your laptop or mobile device via expertconsult.com with fully searchable text a wealth of procedural videos online updates from the experts downloadable image gallery and links to PubMed

**Proceedings** National Athletic Trainers Association. Meeting & Clinical Symposia,2002 **ISCoS Textbook on Comprehensive management of Spinal Cord Injuries** Harvinder Singh Chhabra,2015-01-01 SCI needs management by a team comprising of doctors physiotherapists occupational therapists nurses vocational counsellor psychologist assistive technologist orthotist and social worker Since the available textbooks did not address the requirements of all disciplines the need for the proposed textbook was reinforced **Nancy Caroline's Emergency Care in the Streets Essentials**

**Package** American Academy of Orthopaedic Surgeons (AAOS),2022-07-29 Nancy Caroline's Emergency Care in the Streets Essentials Package includes ContentInstructionStudent Learning MaterialsTextbookInstructor GuidePractice Activities Audiobook Assessments Analytics Slides Only available when assigned by instructors Nancy Caroline's Emergency Care in the Streets Ninth Edition is the newest evolution of the premier paramedic education training program This legendary paramedic textbook was first developed by Dr Nancy Caroline in the early 1970s and transformed paramedic education Today lead editors Bob Elling and Barb Aehlert along with the American Academy of Orthopaedic Surgeons are proud to

continue this legacy and set the new gold standard for the paramedics of tomorrow The Ninth Edition offers cutting edge evidence based content that meets or exceeds the most current scientific recommendations developed by the International Liaison Committee on Resuscitation ILCOR and the ECC Guidelines established by the American Heart Association and other resuscitation councils around the world Clear chapter objectives align with the 2019 National EMS Scope of Practice Model and 2021 EMS Education Standards Thoroughly reviewed by medical doctors and subject matter experts the Ninth Edition teaches students the technical skills required of today s paramedic while emphasizing other important professional attributes including critical thinking empathy teamwork communication problem solving and personal well being Taking a systemic approach to the assessment and management of traumatic and medical emergencies and devoting entire chapters to special topics such as mass casualty incidents the Ninth Edition covers the full scope of paramedic practice Some of the key high level updates to the Ninth Edition include the following Language carefully reviewed throughout text to ensure gender neutrality racial inclusivity and nonstigmatizing descriptions of patient conditions NEW Street Smarts boxes throughout the text to emphasize the soft skills expected of today s paramedics Images updated to reflect appropriate PPE in the current COVID 19 setting Added emphasis on current spinal motion restriction guidelines Thoroughly reviewed and updated references statistics and case studies CPR and ACLS algorithms updated throughout text to reflect the current AHA guidelines 2023 2400 pages

**Subject Guide to Books in Print** ,1997      **Resources in Education** ,1977      *Schmidek and Sweet: Operative Neurosurgical Techniques 2-Volume Set* Alfredo Quinones-Hinojosa, MD, FAANS, FACS,2012-06-22

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Spinal Cord Medicine, Third Edition Steven Kirshblum,Vernon W. Lin,2018-12-28 In this comprehensive clinically directed reference for the diagnosis and treatment of persons with spinal cord injury and related disorders editors of the two leading texts on spinal cord injury SCI medicine have joined together to develop a singular premier resource for professionals in the field Spinal Cord Medicine Third Edition draws on the expertise of seasoned editors and experienced chapter authors to produce one collaborative volume with the most up to date medical clinical and rehabilitative knowledge in spinal cord injury management across the spectrum of care This jointly configured third edition builds on the foundation of both prior texts to reflect the breadth and depth of the specialty Containing 60 state of the art chapters the book is divided into sections covering introduction and assessment acute injury management and surgical considerations medical management neurological and musculoskeletal care rehabilitation recent research advances system based practice and special topics New

and expanded content focuses on the significant changes in the epidemiology of traumatic injury the classification of SCI and the latest medical treatments of multiple medical complications In addition chapters discuss new surgical considerations in acute and chronic SCI and the many advances in technology that impact rehabilitation and patients overall quality of life With chapters authored by respected leaders in spinal cord medicine including those experienced in spinal cord injury medicine physical medicine and rehabilitation neurology neurosurgery therapists and researchers this third edition goes beyond either of the prior volumes to combine the best of both and create a new unified reference that defines the current standard of care for the field Key Features Covers all aspects of spinal cord injury and disease with updates on epidemiology of spinal cord injury the classification of spinal cord injury newer methods of surgical intervention post injury updates to medications advances in rehabilitation and changes in technology Brings together two leading references to create a singular evidence based resource that defines the current standard of care for spinal cord medicine Presents the most current medical clinical and rehabilitation intelligence Chapters written by experts across the spectrum of specialists involved in the care of persons with spinal cord injury Includes access to the downloadable ebook [The Concise Guide to Physiotherapy - 2-Volume Set E-Book](#) Tim Ainslie,2012-08-24 Two volume set contains The Concise Guide to Physiotherapy Volume 1 Assessment and The Concise Guide to Physiotherapy Volume 2 Treatment A blend of resources providing an insight into the non core areas of practice enabling the individual to prepare ahead or refresh knowledge in order to feel confident about managing patients in practice areas not previously encountered Together both volumes are designed to assist undergraduate physiotherapy students and new graduates in confidently assessing and treating patients in a range of physiotherapy specialties outside of the core areas of practice Areas covered include paediatrics geriatrics mental health and rheumatology Valuable content is easily accessible in a small portable format which will be an invaluable reference during placements or practice Each chapter provides a concise overview of the philosophy and the specific assessment processes for each of the 17 practice specialties A wealth of online learning resources are also available with both Volumes these include access to case studies multiple choice questions and a reference list for each chapter In addition there is a bank of downloadable photographs and line drawings relating to each of the 17 chapters Both volumes used together will be an indispensable tool for any physiotherapist Easy access to nuggets of information on 17 non core speciality areas including burns and plastics learning disabilities and rehabilitation A handy quick reference tool for both students and physiotherapists Gives insight into the philosophy of approach that can be taken in either assessing or treating the individual Access to online resources including reference lists an image bank 51 cases studies and over 300 MCQs **Rosen's Emergency Medicine - Concepts and Clinical Practice, 2-Volume Set,Expert Consult Premium Edition - Enhanced Online Features and Print,7** James Adams,2010-01-01 This reference places the latest information at users fingertips and a more streamlined format makes it easy to find the exact information quickly and conveniently Includes access to a companion Web site for additional

resources     *Pediatric Surgery, 2-Volume Set* Arnold G. Coran, N. Scott Adzick, Thomas M. Krummel, Jean-Martin Laberge, Robert Shamberger, Anthony Caldamone, 2012-02-14 Pediatric Surgery 7th Edition edited by Arnold G Coran Anthony Caldamone N Scott Adzick Thomas M Krummel Jean Martin Laberge and Robert Shamberger features comprehensive up to date guidance on all aspects of childhood surgery including congenital malformations tumors trauma and urologic problems Apply the latest developments in fetal surgery adolescent bariatric surgery minimally invasive surgery in children and tissue engineering for the repair of congenital anomalies such as the separation of conjoined twins you can also access the fully searchable text online at [www.expertconsult.com](http://www.expertconsult.com) making this definitive resource more accessible than ever Get comprehensive coverage of cutting edge technology in pediatric surgical diseases including imaging concepts minimally invasive techniques robotics diagnostic and therapeutic advances and molecular biology and genetics Find information quickly and easily with an intuitive organization by body region and organs Apply the guidance of world renowned experts in pediatric surgery Access the fully searchable text online at [www.expertconsult.com](http://www.expertconsult.com) Stay current on recent developments in fetal surgery adolescent bariatric surgery minimally invasive surgery in children and tissue engineering for the repair of congenital anomalies such as the separation of conjoined twins Master the latest surgeries available for fetal and neonatal patients and provide life saving options at birth Tap into the expertise of new editors who bring fresh perspectives to cutting edge techniques     **Spinal Cord Medicine** Denise I. Campagnolo, Steven Kirshblum, Mark S. Nash, Robert F. Heary, Peter H. Gorman, 2011-12-07 This comprehensive and practical reference is the perfect resource for the medical specialist treating persons with spinal cord injuries The book provides detail about all aspects of spinal cord injury and disease The initial seven chapters present the history anatomy imaging epidemiology and general acute management of spinal cord injury The next eleven chapters deal with medical aspects of spinal cord damage such as pulmonary management and the neurogenic bladder Chapters on rehabilitation are followed by nine chapters dealing with diseases that cause non traumatic spinal cord injury A comprehensive imaging chapter is included with 30 figures which provide the reader with an excellent resource to understand the complex issues of imaging the spine and spinal cord

**Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book** Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, 2011-02-10 With the combined expertise of leading hand surgeons and therapists Rehabilitation of the Hand and Upper Extremity 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and

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*Hagberg and Benumof's Airway Management E-Book* Carin A. Hagberg, 2017-10-09 Anesthesiologists residents and advanced practice practitioners alike rely upon the comprehensive content of Hagberg and Benumof's Airway Management to remain proficient in this essential area The 4th Edition by Drs Carin A Hagberg Carlos A Artime and Michael F Aziz continues the tradition of excellence with coverage of new devices and algorithms new research new outcomes reporting and much more while retaining a concise how to approach carefully chosen illustrations and case examples and analysis throughout Offers expert full color guidance on pre and post intubation techniques and protocols from equipment selection through management of complications Includes the latest ASA guidelines as well as six all new chapters including airway management in nonoperating room locations NORA airway management and outcomes reporting and more Features completely rewritten chapters on airway pharmacology algorithms for management of the difficult airway airway assessment video assisted laryngoscopy and many more Reviews new airway devices and techniques along with indications for and confirmation of tracheal intubation Brings you up to date with the latest devices the DAS extubation algorithm the Vortex approach and emergency cricothyrotomy Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices     **Concise Encyclopedia of Special Education** Cecil R. Reynolds, Elaine Fletcher-Janzen, 2004-03-25 The Concise Encyclopedia of Special Education Second Edition is a comprehensive resource for those working in the fields of special education research and practice Featuring reviews of assessment instruments and teaching approaches legal issues overviews of specific learning disabilities dozens of biographies and more this complete desk reference is an indispensable guide for professionals academics and students alike Named an American Library Association Top 25 Reference of the Year in its First Edition The



Concise Encyclopedia serves as an important reference for the education of handicapped and other exceptional children. Written and edited by highly regarded and respected experts in the fields of special education and psychology, this authoritative resource guide provides a reference base for educators as well as professionals in the areas of psychology, neuropsychology, medicine, health care, social work, and law. Additionally, this acclaimed reference work is essential for administrators, psychologists, diagnosticians, and school counselors as well as parents of the handicapped themselves.

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**Lewis's Medical-Surgical Nursing 6th Australia and New Zealand Edition** Diane Brown, Thomas Buckley, Robyn Aitken, Helen Edwards, 2023-11-28

Lewis's Medical-Surgical Nursing has long been considered a comprehensive and reliable resource for nursing students preparing for their transition into clinical practice. This sixth edition has been fully updated to incorporate the latest research, data, current clinical practice procedures, and guidelines. The text addresses core skills and knowledge that students need to pass their exams and go on to provide expert clinical care. It prepares nurses to assess patients, understand underlying diseases and their signs and symptoms, and go on to plan and deliver care. The text encourages readers to develop their clinical reasoning and problem-solving skills in order to apply theory to their work. This edition has been produced by leading expert nursing academics and clinicians who bring a strengthened focus on inclusion and diversity. Provides a person-centred holistic approach to patient assessment and care. Complex concepts are illustrated with figures, tables, summaries, and reflections of best practice. Case studies throughout, based on real-life medical/surgical scenarios, help students to apply theory to real life. Clinical practice features offer practical guidance for students. Underpinned by the nursing process framework. Instructor resources on Evolve: Image collection, PowerPoint slides. Student and Instructor resources on Evolve: Answer guidelines for clinical reasoning questions in case studies, Student case studies, Fluids and electrolytes tutorial, eNursing Care Plans, Clinical Cases, Case Study Review questions and answers with answer rationale, Conceptual Care Map, Createo. Refreshed and up-to-date evidence, statistics, standards, and procedures. Updated chapters on the deteriorating patient and advanced life support to reflect recent international ILCOR and national ARC practice guidelines. New chapter on caring for individuals with intellectual disability and autism. Increased focus throughout on culturally safe care that aims to improve access to services and improved health outcomes for Māori.

Aboriginal and Torres Strait Islander people Focus on the impact of COVID 19 Enhanced content on gender equity mental health intellectual disability and autism harm minimisation for people experiencing the effects of alcohol and other drugs patient safety and nurses wellbeing and safety at work Updated Evolve resources for students and instructors

**Preliminary guidance for a package of high-priority health services for humanitarian response (H3 package)**

World Health Organization,2024-07-10 The H3 Package defines a set of prioritized health interventions that can feasibly be delivered to populations affected by humanitarian crises during protracted emergencies It has been designed to promote accountability of humanitarian partners to affected populations and assist with linkages to national service packages This work was developed by the Global Health Cluster and WHO in collaboration with humanitarian partners The H3 Package is a starting point and should be adapted to fit the local burden of disease service delivery platforms and existing health system capacity The H3 Package is accessible through WHO s online portal the Service Planning Delivery Implementation SPDI Platform which can be used for this contextualization [National Library of Medicine Audiovisuals Catalog](#) National Library of Medicine (U.S.), **ACCCN's Critical Care Nursing** Leanne Aitken,Andrea Marshall,Wendy Chaboyer,2016-01-04 With each edition ACCCN s Critical Care Nursing has built on its highly respected reputation Its contributors aim to encourage and challenge practising critical care nurses and students to develop world class critical care nursing skills in order to ensure delivery of the highest quality care Endorsed by the Australian College of Critical Care Nurses ACCCN this 3rd edition presents the expertise of foremost critical care leaders and features the most recent evidence based research and up to date advances in clinical practice technology procedures and standards Expanded to reflect the universal core elements of critical care nursing practice authors Aitken Marshall and Chaboyer have retained the specific information that captures the unique elements of contemporary critical care nursing in Australia New Zealand and other similar practice environments Structured in three sections ACCCN s Critical Care Nursing 3rd Edition addresses all aspects of critical care nursing including patient care and organisational issues while highlighting some of the unique and complex aspects of specialty critical care nursing practice such as paediatric considerations trauma management and organ donation Presented in three sections Scope of Critical Care Principles and Practice of Critical Care Speciality Practice Focus on concepts that underpin practice essential physical psychological social and cultural care New case studies elaborate on relevant care topics Research vignettes explore a range of topics Practice tips highlight areas of care particularly relevant to daily clinical practice Learning activities support knowledge reflective learning and understanding Additional case studies with answers available on evolve NEW chapter on Postanaesthesia recovery Revised coverage of metabolic and nutritional considerations for the critically ill patient Aligned with the NEW ACCCN Standards for Practice

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