

Wilderness Wound Care A Practical Approach

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Wilderness Soft Tissue Injury



OVERVIEW



- Definition of a wilderness setting
- Wounds found in the backcountry
- Emotional effects of soft tissue injuries
- Appropriate care in the backcountry for soft tissue injuries
- Physical care of the injured patient

DEFINE WILDERNESS

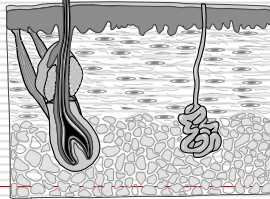
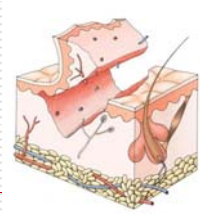
- How do you define Wilderness?
- How do the books define Wilderness?
 - Location, location, location...
- Pioneers were the original backcountry fixers
- Resources?



WHAT'S THE SKINNY

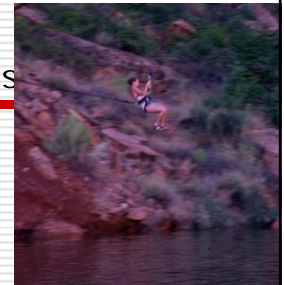


- Layers of the skin?
- Functions of the skin?



Common MOI's

- Biking
- Running
- Hiking
- Boating
- Climbing
- Skiing
- Snowmobiles
- Horseback Riding



Can you do this?

Types of Wounds

- Abrasion
- Laceration
- Avulsion
- Amputation
- Will you find anything different in the backcountry?



What do you see?



"THE CLOSED INJURIES"

- CONTUSIONS
 - epidermis intact, cells are damaged, swelling, pain, discoloration
- HEMATOMA
 - blood pooling below the skin, larger/deeper than contusion, may lose 1 ltr of blood
- CRUSH INJURIES
 - internal organ damage possible, internal bleeding possible



STOP DA BLEEDING!

- DIRECT PRESSURE
- PRESSURE POINTS
- TORNICQUETS



HOW DO THEY FEEL?

- Treat the whole patient, not just the wound
- Are they scared?
- What do they expect?
- What can you do to calm them?



MEDICAL CONTROL ISSUES

- Can this be used on the average call?
 - Options are most likely limited.
- Do you have SOGs?
- Do you have trip waivers?
- Get a Medical Director to help out.
 - No fancy stuff without a doctor approval!



Steps Backcountry Wound Care

- BSI/Scene Safety
- ABC
- Control Bleeding
- Psychological Support
- Now go through evacuation list...



Evacuation Guidelines

- Location of patient
- Location of wound
- Depth of wound
- Size of wound
- Infection potential
- Age of patient



STAY....OR EVACUATE?

YOU HAVE CHOSEN TO STAY

- Wound cleaning is everything
 - What is needed for this?
 - Cleaning may take a while
 - Clean water
- If it needs to be packed, evacuate



It is clean, now what?

- Lay the skin flat
- Steri strip is preferred
- Stitching is it an option
 - Infection is greater
 - Practicing medicine?
- Antibiotics?
- Healing time?



Steri Strips Option

- Sizing
- Tincture
- Placement
- Op Site
- Now you can see the wound



Sutures

- Clean
- Remember high rate of infection
- Only with Medical Direction/Control and an SOG
- Tying the knots
- Sharpes Container?



In Conclusion



- Remember to treat the whole patient
- Remember to clean the wound
- Sterri strips may be better than sutures
- Remember your EVAC Guidelines

Are you "Self Smart?"

Closing Argument

- Thank You
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