

Annexes

EQUIPMENT LIST FOR THE LIMB INJURY MANAGEMENT

ICRC ABCDE INITIAL ASSESSMENT

ICRC BURNS OVERVIEW

ICRC THROMBOPROPHYLAXIS GUIDELINE

ICRC TRIAGE

QUANTITY	DESCRIPTION
	PLASTER CASTING MATERIAL (1 kit for 25 wounded patients)
24	BANDAGE, PLASTER OF PARIS, 10cm x 3 cm
60	BANDAGE, PLASTER OF PARIS, 15cm x 3 cm
1	BANDAGE, TUBULAR, co:on, eached, 08cm x 25 cm for POP
100	GLOVE, EXAMINATION, NITRILE, non-sterile, medium (7-8)
1	BANDAGE, TUBULAR, co:on, eached, 06cm x 25 cm for POP
12	BANDAGE PADDING, for POP, 10cmx2.7m, viscose 100%
36	BANDAGE PADDING, for POP, 15cmx2.7m, viscose 100%
	SPLINTS (for 15-20 cases)
20	BANDAGE, GAUZE, 08cmx4m, elasVc, non-sterile
5	SPLINT, KRAMER, 08 cm x 80 cm
10	SPLINT, KRAMER, 12 cm x 100 cm
5	SPLINT, KRAMER, 15 cm x 100 cm
10	BAG, PE plasVc, for garbage, 100L, black, 0.07 mm
4	COTTON, UNBLEACHED, 1 kg for padding
2	CARTON BOX int.200x160x1100mm, double corrugaVon
	PLASTER CASTS REMOVAL (1 kit for 50 Patients)
1	SCISSORS, PLASTER SHEARS, BRUNS, 24 cm
1	SCISSORS, PLASTER SHEARS, STILLE, 37 cm, reinforced blade
1	KNIFE, PLASTER, ESMACH, 18 cm
1	SPREADER, PLASTER, HENNIG, 27cm
1	BREAKER, PLASTER CAST, WOLFF-BOEHLER, 18 cm
1	SCISSORS, PLASTER SHEARS, STILLE-mini, 20 cm for small POP
	TRACTION (1 kit for 50 patients)
1	BIT, DRILL, 3.2 mm. Jacobs chuck, 180/165 mm
1	CHUCK, UNIVERSAL (3-jaw) with T-Handle + locking device
2	ROPE, TRACTION, 3mm x 15m, bow, extension, Boehler
2	BOW, EXTENSION, BOEHLER, 9 x 16 cm
7	NAIL, EXTENSION, STEINMANN, 210 x 4 mm, trocar point
8	BOW, EXTENSION, BOEHLER, 15x21 cm
3	PIN, STEINMANN, 4.0 mm x 150 mm
5	SPLINT, ICRC tracVon frame, ICRC

QUANTITY	DESCRIPTION
	SET, DPC, instruments (2 kit for 50 patients)
1	SCALPEL, HANDLE, No 3 (for blades 10/11/15)
1	SCISSORS, MAYO, 17 cm, curved
1	NEEDLE HOLDER, MAYO-HEGAR, 15 cm, standard
4	FORCEPS, HEMOSTATIC, CRILE, 14 cm, curved
2	FORCEPS, HEMOSTATIC, KOCHER, 14 cm /1x2 teeth, straight
5	FORCEPS, TOWEL CLAMP, BACKAUS, 13 cm
2	FORCEPS, SPONGE, FOERSTER, 24cm, serrated jaws, straight
1	BOWL, ROUND, 100 ml, 80 x 35 mm, stainless steel
1	KIDNEY DISH, large, 275x150x45mm, stainless steel
1	FORCEPS, DRESSING, BLANK, 14.5 cm, atraumaVc serraVon
1	FORCEPS, TISSUE, LANE, 14cm, 1x2 teeth
1	CURETTE, BONE, VOLKMANN, 22 cm, double ended
	AMPUTATION SET (2 kits for 50 patients)
1	SCALPEL, HANDLE, No 4 (for 20 blades)
1	SCISSORS, MAYO, 17 cm, curved
1	SCISSORS, METZENBAUM, 18 cm, curved
1	NEEDLE HOLDER, MAYO-HEGAR, 15 cm
6	FORCEPS, HEMOSTATIC, CRILE, 14 cm curved
4	FORCEPS, HEMOSTATIC, R-OCHSNER,
5	FORCEPS, TOWEL CLAMP, BACKAUS, 13 cm
2	FORCEPS, SPONGE, FOERSTER, 24cm serrated jaws, straight
1	RETRACTOR, VOLKMANN, 22 cm, 3 sharp prongs 10 mm curve
1	RETRACTOR, VOLKMANN, 22 cm, 1 sharp prong, 20 mm curve
1	FILE, BONE, 22 cm x 20 mm, flat
1	RASPATORY, FARABEU, 150x13mm, light curve, sharp
1	CURETTE, BONE, VOLKMANN, 22 cm, double ended
1	RONGEUR, BONE, LUER, 18 cm x 10 mm heavy
1	FORCEPS, BONE CUT., LISTON, 17 cm, standard , straight

QUANTITY	DESCRIPTION
	AMPUTATION SET (2 kits for 50 patients) <i>continued</i>
1	FORCEPS, BONE CUT., LISTON-STILLE, 27 cm, double acVon, straight
1	BOWL, ROUND, 100 ml, 80 x 35 mm stainless steel
1	SAW GIGLI, HANDLE, inpairs
10	SAW GIGLI, WIRE, 50 cm
1	BIT, DRILL, 3.2 mm. Jacobs chuck, 180/165 mm
1	BASKET, STERILIZING
1	SCISSORS, MAYO, 15.5 cm, straight
1	FORCEPS, DRESSING, BLANK, 14.5cm atraumaVc serraVon
1	FORCEPS, TISSUE, LANE, 14cm, 1x2 teeth
1	KIDNEY DISH, medium, 250x140x40mm stainless steel
2	FORCEPS, TISSUE, ALLIS, 15 cm/4x5 teeth, standard
1	PHOTOMACROGRAPHIC AUTOCLAVABLE SCALE, right angle
	BASIC BONE SURGERY, complementary (2 kit for 50 patients)
1	RETRACTOR, VOLKMANN, 22 cm, 1sharp prong 20 mm curve
1	FILE, BONE, 22 cm x 20 mm, flat
1	RASPATORY, FARABEUF, 150x13mm, light curved, sharp
1	MALLET, 23 cm x 28 mm, 490 g, solid
1	OSTEOTOME, STILLE, 20 cm x 15, mm straight
1	OSTEOTOME, STILLE, 20 cm x 20, mm straight
1	GOUGE, STILLE, 20 cm x 15 mm, straight
1	GOUGE, STILLE, 20 cm x 20 mm, straight
1	CURETTE, BONE, VOLKMANN, 22 cm, double-ended
1	RONGEUR, BONE, LUER, 15 cm x 5mm strong curve
1	RONGEUR, BONE, BANE, 18 cm x 5mm curved
1	RONGEUR, BONE, LUER, 18 cm x 10 mm, heavy pa:ern
1	RONGEUR, BONE, STILLE- LUER, 23 cm x 10 mm, double acVon
1	FORCEPS, BONE CUT., LISTON, 17 cm, standard, straight

QUANTITY	DESCRIPTION
	BASIC BONE SURGERY, complementary (2 kit for 50 patients) continued
1	FORCEPS, BONE CUT., LISTON-STILLE, 27 cm, double acVon, angled
2	FORCEPS, BONE HOLD., VERBRUGGE, 27 cm x 12 mm, dismountable
2	RETRACTOR, BONE, HOHMANN, 29 cm x 34 mm
	BONE WIRING & KIRSHNER, (1 kit for 50 patients)
10	WIRE, KIRSCHNER, Ø 1.60mm x 15cm, trocared + round end
10	WIRE, KIRSCHNER, Ø 2.00mm x 15cm, trocared + round end
10	WIRE, KIRSCHNER, Ø 2.50mm x 15cm, trocard + round end
10	WIRE, KIRSCHNER, Ø 1.00mm x 15cm, trocard + round end
1	WIRE, CERCLAGE, 1.00 mm x 10 m, stainless steel, coil
1	WIRE, CERCLAGE, 1.25 mm x 10 m, stainless steel, coil
1	WIRE PASSER, DEMEL, diam. 45 mm x 28 cm, blunt
1	WIRE PASSER, diam 45mm x 23cm, curved to the lei, blunt
1	PLIERS, FLAT NOSE, 16 cm, serrated jaws, heavy pattern
1	VICE GRIP, 18 cm, self locking
1	PLIERS, FLAT NOSE, 14cm, serrated jaws
1	CASE, STERILIZING, 300x140x40mm, perforated with textile filter
1	BASKET, STERILIZING
1	PLIERS, WIRE CUTTING, 26cm, hard wire up to 3.2 mm diameter
	PLASTER CASTS REMOVAL (1 kit for 50 Patients)
1	SCISSORS, PLASTER SHEARS, BRUNS, 24 cm
1	SCISSORS, PLASTER SHEARS, STILLE, 37 cm, reinforced blade
1	KNIFE, PLASTER, ESMACH, 18 cm
1	SPREADER, PLASTER, HENNIG, 27cm
1	BREAKER, PLASTER CAST, WOLFF-BOEHLER, 18 cm
1	SCISSORS, PLASTER SHEARS, STILLE-mini, 20 cm for small POP

QUANTITY	DESCRIPTION
	TRACTION (1 kit for 50 patients)
1	BIT, DRILL, 3.2 mm. Jacobs chuck, 180/165 mm
1	CHUCK, UNIVERSAL (3-jaw) with T-Handle + locking device
2	ROPE, TRACTION, 3mm x 15m, bow, extension, Boehler
2	BOW, EXTENSION, BOEHLER, 9 x 16 cm
7	NAIL, EXTENSION, STEINMANN, 210 x 4 mm, trocar point
8	BOW, EXTENSION, BOEHLER, 15x21 cm
3	PIN, STEINMANN, 4.0 mm x 150 mm
5	SPLINT, ICRC tracVon frame, ICRC
	SKIN GRAFT (2 kit for 50 patients)
5	(dermatome Humby), BLADE
1	SCISSORS, METZENBAUM, 14 cm, curved
5	FORCEPS, TOWEL CLAMP, BACKAUS, 13 cm
1	DERMATOME, HUMBY
2	(dermatome Schink) PLATE, for skin holding
1	CASE, STERILIZING, 300x200x50mm perforated with texVle filter
1	BASKET, STERILIZING
1	BOWL, ROUND, 200ml, 9.5 x 5 cm, stainless steel
1	FORCEPS, DRESSING, BLANK, 14.5 cm atraumaVc serraVon
	SET, DEBRIDEMENT, instruments
1	SCALPEL, HANDLE, No 4 (for blades 20)
1	SCISSORS, MAYO, 17 cm, curved
1	SCISSORS, METZENBAUM, 14 cm, curved
1	SCISSORS, METZENBAUM, 18 cm, curved
1	NEEDLE HOLDER, MAYO-HEGAR, 15cm, standard
1	NEEDLE HOLDER, MAYO-HEGAR, 18cm, standard
8	FORCEPS, HEMOSTATIC, CRILE, 14cm, curved
3	FORCEPS, HEMOSTATIC, R-OCHSNER, 16 cm 1x2 cm teeth, straight

QUANTITY	DESCRIPTION
	SET, DEBRIDEMENT, instruments <i>continued</i>
5	FORCEPS, TOWEL CLAMP, BACKAUS, 13 cm
2	FORCEPS, SPONGE, FOERSTER, 24cm, serrated jaws, straight
2	RETRACTOR, LANGENBECK, 21 cm, 13x42 mm
1	RETRACTOR, SELF-RET., WEITLANER, 16 cm, 3x4 cm, blunt prongs
1	CURETTE, BONE, VOLKMANN, 22 cm, double ended
1	RONGEUR, BONE, LUER, 18 cm x 10 mm, heavy pattern
1	BOWL, ROUND, 100 ml, 80 x 35 mm, stainless steel
2	FORCEPS, TISSUE, ALLIS, 15 cm/4x5 teeth, standard
1	KIDNEY DISH, large, 275x150x45mm stainless steel
1	FORCEPS, DRESSING, BLANK, 14.5cm, atraumaVc secVon
1	FORCEPS, TISSUE, LANE, 14cm, 1x2 teeth
2	RETRACTOR, VOLKMANN, 22 cm, 3 sharp prongs, 10 mm curve
	SET, LOWER EXTREMITY EXTERNAL FIXATION (1 kit for ~16 patients, depending on injury patterns)
30	LARGE CLAMP
4	ROD D 12 mm L 150 mm
4	ROD D 12 mm L 200 mm
4	ROD D 12 mm L 250 mm
4	ROD D 12 mm L 300 mm
15	SELF-DRILLING, SELF-TAPPING BONE SCREW L 150/40 mm Thread D 6.0-5.6mm
4	SELF-DRILLING SELF-TAPPING L 260/50 mm Thread D 6.0-5.6mm
8	SELF-DRILLING CORTICAL SCREW 120/40 mm Shai D 6 mm Thread D 4.5-3mm
2	SELF-DRILLING PIN 80 mm Thread length 80mm, Thread Ø7 mm, Shai Ø6mm
1	BONE SCREW HAND DRILL
1	ALLEN WRENCH 6 mm
1	SCREW GUIDE, Length 80 mm

QUANTITY	DESCRIPTION
	SET, LOWER EXTREMITY EXTERNAL FIXATION <i>continued</i>
1	SCREW GUIDE, Length 60 mm
1	UNIVERSAL T-WRENCH
1	DRILL BIT D 48 mm X 240 mm Quick Connect
1	STERILIZATION TRAY
	SET, UPPER EXTREMITY EXTERNAL FIXATION (1 kit for ~ 11 patients, depending on injury patterns)
30	Small Clamp
3	Rod D 6 mm L 200 mm
5	Rod D 6 mm L 180 mm
5	Rod D 6 mm L 160 mm
5	Rod D 6 mm L 120 mm
20	Self-Drilling, Self-Tapping Cylindrical Screw Shai D.4mm THREAD 3mm L 100/200 QC
6	Self-Drilling, Self-Tapping Cylindrical Screw Shai D.4mm THREAD 3mm L 120/25 QC
1	T Wrench AO QC Quick Connect
1	Allen Wrench 5 mm
1	Wrist Guide Template With Handle
1	Drill Bit D 2.7 mm L 127 mm Tin Coated - Quick Connect
1	Drill Guide Diameter 2.7 mm
1	SterilizaVon Tray
	SET, DRESSING MATERIALS (SINGLE USE)
2	Bag PE, plasVc for garbage 35 L, grey, 0.06 mm, 58x60cm
2	Iodine Povidone, 10% SoluVon 1L bottle
60	Bandage, ElasVc, 10 cm x 5 cm, constraining
60	BANDAGE, GAUZE, 08cmx4m, elasVc, non sterile
10	BANDAGE, TRIANGULAR, 136 x 96x 96 cm
250	COMPRESS, GAUZE, 10 x 10 cm, 8 plys, 17 thr., ster., 2 pcs

QUANTITY	DESCRIPTION
	SET, DRESSING MATERIALS (SINGLE USE) <i>continued</i>
300	COMPRESS, GAUZE, 10 x 20 cm, 12 plys, 17 threads, non-ster.
2	COTTON WOOL, 1kg, 100% cotton, hydrophilic
1	DRESSING, ADHESIVE BANDAGE, wound plaster, 6cm x 5m, roll
6	TAPE, ADHESIVE PAPER, 2.5 cm x 10 m, roll
3	TAPE, ADHESIVE PAPER, 5 cm x 10 m, roll
200	GLOVE, EXAMINATION, NITRILE, non sterile, medium (7-8)
1	FORCEPS, DRESSING, BLANK, 14.5cm, atraumaVc serraVon
1	SCISSORS, DRESSING, LISTER, 18 cm
1	BOWL, ROUND, 100 ml, 80 x 35 mm, stainless steel






INITIAL ASSESSMENT OF LIFE THREATENING CONDITIONS FOR HOSPITAL STAFF



ICRC

CATASTROPHIC BLEEDING: <g>ABCDE

Direct pressure/tourniquet

A	B	C	D	E
AIRWAY	BREATHING	CIRCULATION	DISABILITY	EXPOSURE
				
ASSESSMENT	ASSESSMENT	ASSESSMENT	ASSESSMENT	ASSESSMENT
<ul style="list-style-type: none"> Is the patient talking? Look and listen for signs of airway obstruction: stridor/gurgling/snoring Expose the chest. Look, feel, percuss, auscultate for signs of respiratory distress Position of trachea, RR, sats, ABG 	<ul style="list-style-type: none"> Level of consciousness Skin colour, temp, pulse (radial, femoral), BP, ECG Capillary refill time, heart sounds Consciousness (AVPU/GCS) Pupils, motor function, blood glucose Patient medications 	<ul style="list-style-type: none"> Completely undress: examine front to back X-Rays 	<ul style="list-style-type: none"> Hypoglycaemia Alcohol abuse Drug reactions 	<ul style="list-style-type: none"> Hypothermia
EXCLUDE	EXCLUDE	EXCLUDE	EXCLUDE	EXCLUDE
Airway obstruction	Pneumothorax Haemothorax	Haemorrhage	Hypoglycaemia Alcohol abuse Drug reactions	Hypothermia
INTERVENTIONS TO CONSIDER	INTERVENTIONS TO CONSIDER	INTERVENTIONS TO CONSIDER	INTERVENTIONS TO CONSIDER	INTERVENTIONS TO CONSIDER
<ul style="list-style-type: none"> Airway opening manoeuvres/ adjuncts/definitive airway control High flow oxygen and suction C-spine protection 	<ul style="list-style-type: none"> Oxygen Bag-Valve-Mask ventilation Needle decompression Chest tube insertion 	<ul style="list-style-type: none"> Stop bleeding IV access + take blood Restore volume: IV fluids + blood Target systolic BP ~80 (except in case of head injury) 	<ul style="list-style-type: none"> Antidotes Glucose Avoid hypotension 	<ul style="list-style-type: none"> Warm the room Warm IV fluids/blood Cover patient Consider analgesia

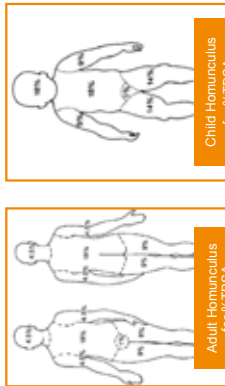
Then move onto secondary survey...

BURNS OVERVIEW
FOR HOSPITAL STAFF



ICRC

SIMPLIFIED CALCULATION OF PERCENTAGE TOTAL BODY SURFACE AREA (%TBSA)



Adult: Homunculus for %TBSA

Child: Homunculus for %TBSA




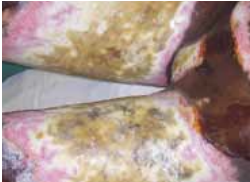
OR USE PATIENT'S PALM TO CALCULATE %TBSA
1 PALM (WITHOUT FINGERS) = 1%TBSA

FLUID REQUIREMENTS IN FIRST 48 HOURS

HOURS SINCE BURN	FLUID REQUIREMENTS
0-24 HOURS	$2 \text{ ml/kg} \times \% \text{TBSA of Pains to date}$ (1/2 in first 8 hours, 1/2 in following 16 hours)
24-48 HOURS	To be guided by urine output = Target Urine Output = 0.5 ml/kg/hr

SPECIAL CONSIDERATIONS:

- Burns > 50%TBSA: Use 50%TBSA in calculation above
- Inhalation injury/electric burns: Have increased fluid requirements, use 3 ml/kg x %TBSA

SKIN DEPTH	SUPERFICIAL	SUPERFICIAL PARTIAL THICKNESS	DEEP PARTIAL THICKNESS	FULL THICKNESS
	Superficial epidermis	Complete epidermis, superficial (capillary) dermis	Complete epidermis, deep dermis	Complete epidermis and dermis extend beyond the dermis
APPEARANCE				
	Erythema, no blisters, dry	Erythema, moist, blisters, rapid capillary refill	Blotchy red/pale, extensive blisters, sluggish capillary return, dryer than superficial partial thickness burns	White, charred, leathery, eschar, dry
TREATMENT	First aid	First aid Consider clean up under anaesthesia Dressing	First aid Clean up under anaesthesia Dressing May require skin grafting	First aid Clean up under anaesthesia Debridement Split skin grafting
HEALING TIME	<5 days	5-21 days	Variable	Months-years
OUTCOME	No residual scarring	Minimal scarring	Scarring	If untreated: severe disfigurement, permanent impairment
SPECIAL COMMENTS	Superficial epidermal burns are NOT included in the assessment of % TBSA burn.			



ADULT VENOUS THROMBOEMBOLISM PROPHYLAXIS

FOR HOSPITAL STAFF

ICRC

ASSESS DVT RISK FOR ALL ADULT PATIENTS ON ADMISSION AND ON CHANGE IN CLINICAL CONDITION

PATIENT DVT RISK ASSESSMENT	Score
• Major abdominal or thoracic surgery OR	2
• Surgery involves pelvis or lower limb and total anaesthetic and surgical time >60 minutes OR	
• Total anaesthetic and surgical time >90 minutes	
Acute multiple trauma/spinal cord injury/hip, pelvis or leg fracture	2
Acute surgical admission with inflammatory condition	2
Burns >20% BSA	2
Reduced mobility >3 days	1
Age >40 years	1
Dehydration	1
1/+ Significant medical comorbidity (i.e. cardiac/metabolic/ endocrine/respiratory/inflammatory conditions)	1
Personal/family history of DVT/PE	1
Obese (BMI >30kg/m ²)	1
Active cancer/treatment	1
Hormone therapy (CoC/HRT)	1
Varicose veins with phlebitis	1
Pregnancy or <6 weeks post partum	1

Regardless of patient risk, encourage early mobilization and ensure adequate hydration

SCORE = 0 or 1 → **PATIENT LOW RISK FOR DVT**

- Keep patient well hydrated, encourage early mobilization
- Re-assess if clinical situation changes

SCORE = ≥ 2 → **PATIENT AT INCREASED RISK OF DVT**

ASSESS BLEEDING RISK FACTORS

- Active bleeding
- Uncontrolled systolic hypertension (≥230/120mmHg)
- Acute stroke
- Acquired bleeding disorders (acute liver failure, liver failure with coagulopathy, be aware LFT monitoring will not always be available)
- Untreated inherited bleeding disorders (haemophilia, von Willebrand's disease)
- Concurrent use of anticoagulants
- Unacceptable consequences of potential bleeding into vital sites i.e. brain/spinal cord/eye
- Acute thrombocytopenia (platelets <75x10⁹/L, be aware platelet monitoring will not always be available)

CONSIDERATIONS FOR SURGERY

- Last dose of Enoxaparin to be given 12 hours before lumbar puncture/epidural/spinal anaesthesia
- For all surgeries listed in 'Patient DVT Risk Assessment', graduated compression stockings are to be used during surgery (unless surgery is on lower limbs)
- Enoxaparin to re-commence 12 hours post surgery

YES TO ANY RISK FACTOR?

NO

PHARMACOLOGICAL DVT PROPHYLAXIS

ENOXAPARIN 40mg SC/OD
(Unless contraindicated i.e. allergy, GI ulcer)
(20mg SC/OD in case of severe liver/kidney impairment/patient <45kg)
If possible: check platelets prior to starting Enoxaparin

YES

MECHANICAL DVT PROPHYLAXIS

- Provide patient with graduated compression stockings
- Only consider pharmacological DVT prophylaxis if risk of DVT outweighs the risk of bleeding.

MAJOR RECONSTRUCTIVE ORTHOPAEDIC SURGERY PERFORMED?

YES

CONTINUE PHARMACOLOGICAL PROPHYLAXIS FOR 14 DAYS (OR UNTIL MOBILIZED IF > 14 DAYS)

NO

CONTINUE PHARMACOLOGICAL PROPHYLAXIS FOR 7 DAYS

DISCHARGE

- Do not delay discharge due to DVT prophylaxis
- Do not continue DVT prophylaxis on discharge
- Counsel patient on signs and symptoms of DVT/PE

MONITOR PATIENT FOR CLINICAL SIGNS OF HEPARIN INDUCED THROMBOCYTOPENIA*

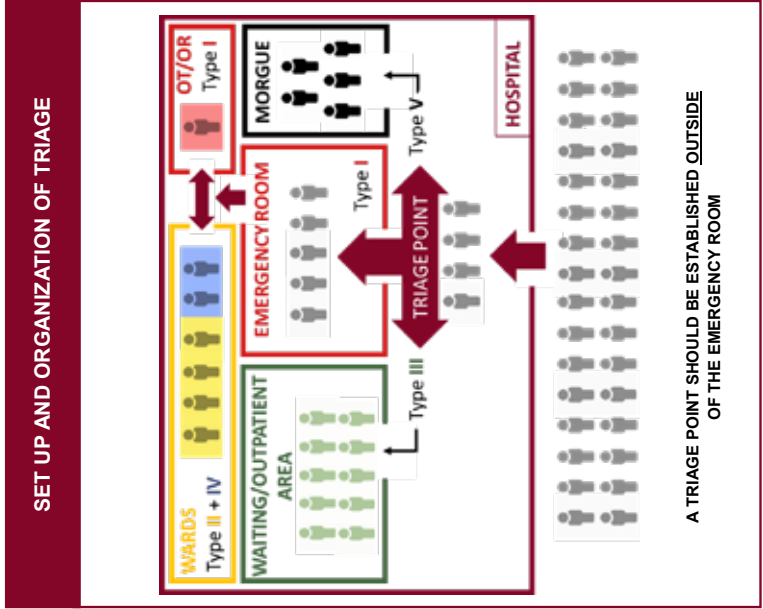
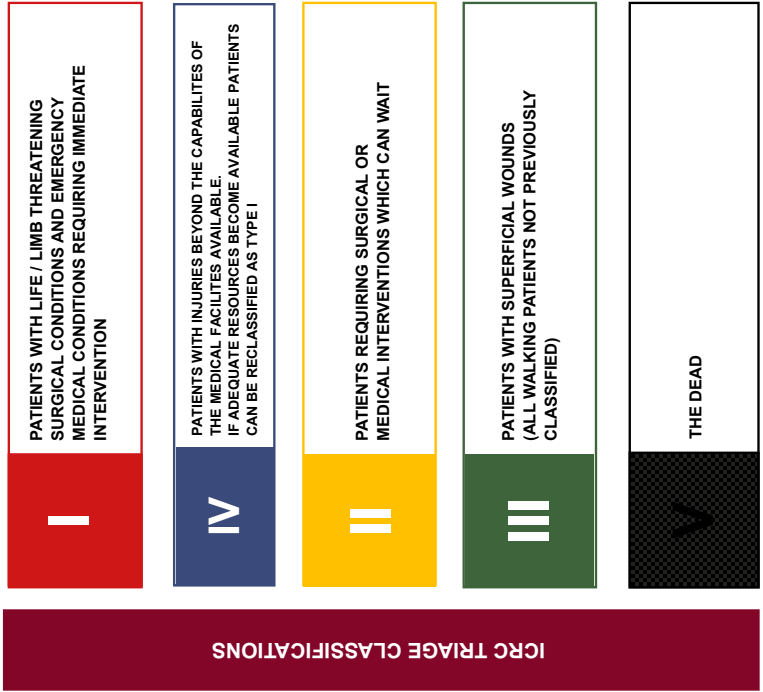
If platelet monitoring available: check platelets twice a week from day 4-14

BEWARE!

***HEPARIN INDUCED THROMBOCYTOPENIA**
Signs: External bleeding, purpura, petechia

DVT
Signs: Pain, swelling, erythema and tenderness of affected limb

PE
Signs: Breathlessness, chest pain, sudden collapse





MANAGEMENT OF FEMUR FRACTURES

FOR HOSPITAL STAFF

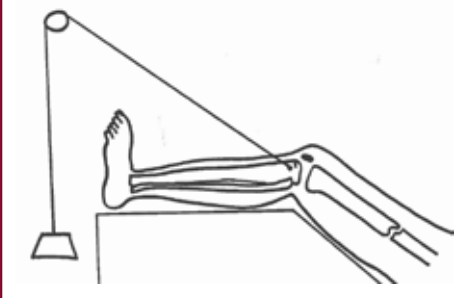
ICRC

MEMBER OF MULTIDISCIPLINARY TEAM MANAGING PATIENT WITH A FEMUR FRACTURE

	SURGEON	NURSE	PHYSIOTHERAPIST
WEEK 1 AFTER INJURY DAY 1 DAY 3 DAY 5 DAY 7	Debridement Reduction Skeletal Traction* Decrease traction weight to 7% body weight Delayed Primary Closure X-ray and if required, adjust traction position +/- weight	DAILY	DAILY
WEEK 2 WEEKS AFTER INJURY WEEK 3 WEEK 6	X-RAYS: Weekly for week 1-3, then monthly until consolidation DAILY: Review patient's clinical condition. Perform re-debridement if necessary CONSIDER REMOVAL OF TRACTION: Based on clinical and X-Ray evidence of consolidation	DAILY	DAILY
		WOUND: No dressing changes. Inspect dressing, if signs of infection inform the surgeon PIN SITE: Clean with saline solution and dress daily. Inform surgeon if signs of infection GENERAL: Check leg position 2x/day. Beware of pressure sores	NON-AFFECTED BODY PARTS: Active mobilizing and strengthening as well as functional care to prevent bedrest complications AFFECTED LEG: After discussion with surgeon and considering pain level, mobilise affected leg: aim for passive → assisted knee flexion/extension
		Consider patient's mental health status	AFFECTED LEG: Aim for assisted → active knee maximum range of movement AFFECTED LEG: Aim for active knee maximum range of movement According to guidelines, provide walking aids and start gait training with gradual increase of weight-bearing

NOTE: In some situations, portable X-Rays are not available. In this case patients should not be removed from traction in order to perform an X-ray, reassessment of consolidation should then be clinical

*BROUN-BÖHLER FRAME



TRACTION IS APPLIED THROUGH A TIBIAL PIN

- 2.5cm distal to and 2.5cm posterior to the tibial tubercle

WEIGHT CALCULATION

- Weight depends on fracture type
- Guide: 1kg per 10kg/body weight to start

CORRECT LEG POSITION

- Hip: Slight abduction, flexion and 30° external rotation
- Knee: On angle of frame