



Health Services

University of Oklahoma Student Affairs

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We pledge to treat you with dignity and respect and to provide you with competent and compassionate therapeutic services.

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Accreditation Association for Ambulatory Health Care, Inc.

Signs/Symptoms

Pain
Swelling
Loss of motion
Discoloration
Deformity

Treatment

- Follow R.I.C.E. principle
- Seek medical attention

What is Shock?

Shock is a condition that results from the failure of the circulatory system. Shock is often the final stage before death in a serious injury.

Signs/Symptoms

Altered consciousness
Restlessness/irritability
Rapid, weak pulse
Pale or bluish, cool, moist skin
Excessive thirst
Nausea or vomiting

Treatment

Call 911 or local emergency number
Have victim rest comfortably
Maintain body temperature
Control external bleeding
Elevate legs (12 inches)
Do **not** give food or drink

Preventing Disease Transmission

Although the actual risk for contracting a disease while providing first aid is relatively low, practicing the following tips can reduce the risk even lower.

- Avoid contact with bodily fluids whenever possible
- Use barriers (e.g., latex gloves)
- Practice good hygiene; wash hands before and after providing care; do **not** eat or drink while providing care
- Be prepared; have a first aid kit ready

Special Cases

Bites and Stings

Bites and stings from bees, wasps, hornets, fire ants, and scorpions can cause minor symptoms including pain, swelling at bite site, redness, itching, and/or burning. Multiple stings may cause a toxic reaction with common symptoms including headache, muscle cramps, fever, drowsiness, or unconsciousness. Treatment for these special cases include the following:

Stings Gently lift the stinger out of the skin by passing a fingernail across the surface of the skin. Wash the site of the sting with cold water and apply ice if available. A paste made of salt or baking soda and water may also provide some relief.

Spider Bites Black widow (marked with red or orange hour glass) and brown recluse (fiddle back) spiders are poisonous spiders. If extreme pain or other symptoms are experienced after being bitten by a spider, place an ice pack or cold compress on the bite and seek medical attention at once. Take the spider to the medical facility if possible.

Ticks Ticks should be removed by using tweezers, grasping the tick's head (not the body) as close to the skin as possible, and pulling steadily. After removal, dispose of the tick without touching it and disinfect the bite with alcohol. Removal of the entire tick is necessary because any part left in the skin can continue to release toxic substances, bacteria, or viruses. Medical attention is necessary if any of the following symptoms develop within 1-10 days after a tick bite: loss of appetite, feeling ill, rash, chills, fever, severe headache, or pain behind the eyes.

Ticks can transmit diseases such as Rocky Mountain Spotted Fever (wood tick or dog tick), tick fever (erlichiosis), and lyme disease (deer tick). Remember, not all ticks are dangerous. Ticks are usually prevalent in early budding, bushy, wooded, mountain and tall grass areas.

Reference

www.redcross.org (American Red Cross)



basic First aid

At some point in life almost everyone will encounter a situation that requires immediate medical attention. Most of the time these situations occur with little or no warning and an individual's response may mean the difference between life and death. With this in mind, it is important to become familiar with the common signs/symptoms of various injuries and how to properly respond to these conditions. Becoming familiar with basic first aid tips could save a life!

What are Soft Tissue Injuries?

Soft tissue injuries are defined as any injury to the skin or layers beneath the skin including fat and muscle.

Types of Soft Tissue Injuries

- 1 Closed wound** Closed wounds occur when the tissue beneath the skin's surface is damaged (e.g., bruise).
- 2 Open wound** Open wounds occur when there is a break in the skin's surface. There are several types of open wounds including the following:
 - Abrasion – skin is rubbed or scraped away
 - Incision/Laceration – split or cut in the skin; can be jagged or smooth
 - Avulsion – portion of skin or other soft tissue partially or completely torn away
 - Puncture – skin pierced by sharp or pointed object

How are Soft Tissue Injuries Treated?

The treatment of a soft tissue injury depends on the type and severity of the injury.

1 Closed Wound

Minor: Follow the **R.I.C.E.** principle

Severe: Call 911 or local emergency number immediately

R . I . C . E .

R – Rest; keep weight off the injured area

I – Ice; apply ice to injured area for 20 minutes every hour for the first 72 hours (first 24 hours are the most critical); place cloth between ice and skin

C – Compression; wrap the injured area with elastic compression material (e.g., ACE bandage) to help reduce swelling and to immobilize the area; be sure the injured area is not wrapped too tight

E– Elevate; if possible, raise the injured area above heart level

2 Open Wound

Minor

Clean wound with soap and warm water

Apply antibiotic ointment

Cover with band-aid or dry, sterile dressing

Severe

Apply direct pressure to wound using a dry, sterile dressing

Elevate wound above heart level

Apply a pressure bandage

Apply pressure to pressure points if necessary (Brachial and/or Femoral Arteries)

Monitor vital signs (i.e., breathing, pulse, etc.)

Call 911 or local emergency number if bleeding does not stop or if the victim shows any signs/symptoms of shock

Signs of Infection

Open wounds can become infected. Signs of infection may include the following:

Increased pain

Redness, swelling around the wound

Warmth and/or throbbing sensation

Pus and/or foul odor coming from the wound

Fever

Red streaks coming out and away from the wound

Treatment

Clean infected area with soap and warm water

Apply warm compress

Apply antibiotic ointment

Cover with band aid or dry, sterile dressing

Seek medical attention when necessary

Remember...the tetanus vaccine is recommended routinely every 10 years. A contaminated wound may require a booster if the last booster was more than 5 years ago.

What are Musculoskeletal Injuries?

Musculoskeletal injuries are defined as any injury to the muscles, bones, joints, ligaments, and/or tendons. Although these injuries are almost always painful, they are rarely life-threatening.

Two Types of Musculoskeletal Injuries:

Sprain- partial or complete tearing of ligaments and other tissues at a joint (e.g., knee, ankle)

Strain- stretching or tearing of muscles or tendons (e.g., back, neck)