

Fracture

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Fracture, a term that we hear almost every day in our daily medical life but what is actually a fracture?? Fracture is nothing but the displacement of the bone from its original position, in simple term, a crack or a break in the bone. Fracture could happen anywhere in the body part as long there is a bone available at that area. Most common areas of fracture is wrist, ankle or hip.

Causes of fracture could be many for example

- Any road traffic accident
- Fall with a strong momentum
- Hit with any blunt object
- Sports injury

Types of fracture

Fracture can be divided into a few categories such as, comminuted fracture, spiral fracture, greenstick fracture, hairline fracture, avulsion fracture, compression fracture and lastly open and closed fracture. Each type of this fracture carry their own characteristic and every one of them is dangerous in their own ways.

Symptoms of fracture

Common symptoms of fracture is sharp shooting pain, swelling, bruising, inability to use the limb and sometimes can become deformity if it is left untreated. The symptoms of a fracture depends entirely on the part and the severity of the fracture. If any person who sustain injury complains of any of the mentioned above symptoms, its best to seek IMMEDIATE medical attention.

Fracture imaging

A fracture can be normally diagnosed with a X-ray itself and sometimes computed tomography (CT scan) or magnetic resonance imaging (MRI) will be required to confirm the fracture.

Fracture management

The most important thing to do during a fracture or any condition as matter of fact is enough oxygen. Do not let the people to

crowd the fractured person and indirectly making him suffocate for air. Get the fractured person to not move the effected area to prevent it from getting worse. Try to tie a splint or any supportive equipment to reduce pain and also to facilitate the patient movement till they reach to the medical care. At medical care centres, fracture patient will be put on plaster cast, splint or braces to avoid movement on the fractured area. Surgery is not always an option unless the fracture is severe and needs to be operated and any metal rods or plates needs to be inserted in order to hold the broken together. The fixation does not always have to be internal and can sometimes be external depending on the fracture condition. Pain relief medication will also be given to ease the pain of the patient.

Healing process

The fracture healing process takes about 5 to 12 weeks depending on the age of the victim. Young children's heal faster than adult due to less other health complications such as osteoporosis, diabetes and etc. Victims are advised to not move the effected part as much as they can. Even though the activities of daily living will be affected, it is just temporary and best to get assistance and see your doctor immediately if I have swelling, itchiness, pain or any type of discoloration [1].

Bibliography

1. Louis Solomon., *et al.* "Apley's System of Orthopaedics and Fractures".

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