FRACTURE

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Care and Management for Students

GRAHAM W. BETTS-SYMONDS, SRN, RCNT

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MACMILLAN

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To my darling wife Barbara and our dear son Ben

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Foreword

Few people in their lifetime have the opportunity to write a foreword for a book, and still fewer for a book of such obvious quality as this. I am therefore doubly proud to be able both to recommend and to introduce nurses to it.

These days, if a new book is to be useful, it must fill an obvious gap in what is at present available; it must adequately cover a nurse's syllabus; and, equally as important, it must be readable. Here, Mr Betts-Symonds has truly excelled. He obviously loves his subject and writes about it with great feeling and tact. Much of the information contained in his book is not available elsewhere or has to be gathered from general orthopaedic nursing and medical texts. Moreover, Mr Betts-Symonds has tailor-made the book to suit nurses using the 'Process'. This must surely be one of the few clinical books available that are based around the Nursing Process and it is definitely the first in the field of trauma. The correct blending of the salient nursing and medical information is a major triumph. No longer does the nurse have to read up fracture nursing in one book and further medical care in another. Perhaps Graham Betts-Symonds' background of many years of clinical experience in charge of trauma wards, POP rooms and fracture clinics, capped by his becoming a clinical instructor, give him a unique insight into the student's needs and problems. Some of his in-depth description of orthopaedic nursing care is completely unparalleled in present literature, and shows his great feeling and understanding of the patient's condition. The book brings to light just about every conceivable aspect of the nursing care of a patient with a fracture.

The future of nursing depends, to a large extent, on the writings of our own nurse clinical experts. Those who do the job every day must be the best ones to steer us effectively through the 1980s and into the future. If this text is anything to go by, the field of fracture nursing is definitely pointing in the right direction and I wish the book every success.

Prescot, Merseyside, 1983

David Bradley, SRN, ONC

Preface

This book deals with the principal fractures and joint injuries likely to be encountered in any major accident-receiving hospital, and the management and care of such fractures and injuries. The information contained here is essentially devoted to traumatic orthopaedic conditions as opposed to pure orthopaedics.

The aim is to give the student dealing with these injuries sufficient technical insight into the management of fractures and joint injuries for a proper understanding of the reasons behind the specific treatment and care employed. The term 'student' is used in the sense of students of orthopaedics and the book is aimed at the following: the student and pupil nurse; the newly qualified nurse working in a fracture ward or department, who should find it of use in coming to grips with the specialised work of fracture nursing; and perhaps the junior sister/charge nurse who is in the process of becoming expert in the field of traumatic orthopaedics. Learner nurses undergoing training for the orthopaedic diploma or certificate should find that this book supplies much of the theory and practice to cover the trauma part of the course. Physiotherapists and radiographers should find the contents of interest and use in understanding the traumatic orthopaedic side of their work and that of their nursing colleagues. From experience I have found that junior medical staff involved in their first orthopaedic and casualty rotation are often in need of guidance in the nursing management of common fracture and joint injuries. I feel that this book will go some way towards providing this help.

Many books have been written specifically for medical staff; these contain little nursing information. A number of books already exist that concentrate on nursing care but omit the technical information that the nurse might wish to know. He or she then has to refer to medical books. It is hoped that this book will bridge the literary gap between the 'medical' and the 'nursing' books and provide a useful aid to both groups of personnel.

The approach to the care of these patients is directed towards emphasising the individual needs of the patients and the problem-solving methods of the Nursing Process. The nursing care of patients is considered under four headings:

- (1) assessment of the needs of the patient based on his problems;
- (2) planning of the care of the patient based on the problem or needs identified;
- (3) implementation of the care plan;
- (4) evaluation of the care given.

The injuries themselves are mostly considered under the headings recommended in the syllabus of training for nurses:

- (1) associated anatomy;
- (2) causes and predisposing factors;

- (3) clinical features;
- (4) investigations;
- (5) treatment;
- (6) complications;
- (7) social aspects and rehabilitation.

The tabulated presentation of some aspects of the nursing care I have found from experience to be appreciated by students as an easy reference guide to patient care. The student should not regard this tabulation as a series of tasks, but rather as items of nursing care to be considered in relation to the individual needs of the patient as a person. For the purpose of clarity the care plans appear 'typeset'. The student should appreciate that in reality these would be written-in in longhand by the nurse as the needs change.

Finally, I hope that the text presented here will propagate the student's interest in what he or she is doing for the patient and why, leading to a greater understanding of the patient's condition and management, and of the technology and mechanics behind it all.

Brierley Hill, West Midlands, 1983

G. W. B.-S.

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