

## **Nosebleed**

(CLSM 8:10)

Nosebleeds can be caused by trauma to the nose, or they can start spontaneously. Some may bleed a lot, but they can usually be controlled.

### **Treatment:**

- Determine history: ensure no \_\_\_\_\_ injury involved
- Have the patient pinch their nose and tilt their head slightly \_\_\_\_\_
- It usually takes 10-20 minutes for the wound to clot, and so encourage your patient to keep their nose pinched for at least \_\_\_\_\_
- Tell the patient to avoid rubbing, blowing, or picking the nose (this could restart bleeding)

Also recommend that the patient avoid sudden motions, diving boards, and going to the bottom of the pool.

## **Eye Injuries**

(CLSM 8:14-15)

There are several serious types of injury to the eye. Because of the sensitive nature of the eye, you must take special care when treating injuries to or around the eye.

### **Stinging/Itchy Eyes / Small Object in Eye**

- If peoples' eyes are irritated by the pool water, ensure that all chemicals are within acceptable ranges.
- Recommend that the patient rinse their eyes with \_\_\_\_\_ and try to avoid scratching.
- If it is a serious or ongoing problem, then advise the person to see their doctor.

### **Penetrating Wound**

- An injury that has cut the surface of the eye is very serious, and EMS should be called right away.
- If there is any fluid coming from the eye, the patient should be placed on their \_\_\_\_\_ to avoid draining the fluid.
- If possible, the eye should be examined to ensure that there are no additional objects that could cause injury or pain.
- \_\_\_\_\_ eyes should be covered to avoid \_\_\_\_\_

### **Protruding Object**

- If there is an object stuck in the eye, and that has broken the surface of the eye, it should be treated in the same way as a penetrating wound.
- Stabilize the object in place using gauze, donut bandages, and tape