

**Certificate in Integrative Palliative Care – 3**  
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**Week-12**  
**Lecture 91: Making A Splint**

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Hello everyone. Since we are learning about first aid, there are few basic equipment's, these may be handmade equipments or whatever resources are available, you have to make use of it to stabilize the victim or sometimes to stabilize the part which is injured or fractured. One of such equipment is splint and we are going to learn about how to make splint.

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## PROLOGUE

- A splint is a piece of medical equipment used to keep an injured body part from moving and to protect it from any further damage.
- Splinting is often used to stabilize a broken bone
- It can also be used if you have a severe strain or sprain in one of your limbs.
- Placed properly, a rigid splint will help ease the pain of an injury by making sure that the wounded area doesn't move.
- If you or a loved one is injured at home or during an activity, such as hiking, you can create a temporary splint from materials around you.

So, splint is a piece of medical equipment used to keep an injured body part from moving or to protect it from the any further damage. So, you stabilize that injured body part. So, further movement will not damage it further.

Splinting is often used to stabilize the broken bone usually used for the fracture and all. It can also be used if you have a severe strain or sprain. If you sprain an ankle or any other joint you can make it stabilize by using a splint. Place properly a rigid splint will help ease the pain of the injury, this will not only stabilize the joint, but it will also reduce the pain which usually occurs during with the movement of the limb.

And if you or a loved one is injured at home or during an activity such as hiking, you can create a temporary splint from any material which is available around you.

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These are the different types of splint made up of wood or any other material.

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**What you'll need for splinting an injury...**

**THE FIRST THING YOU'LL NEED WHEN MAKING A SPLINT IS SOMETHING RIGID TO STABILIZE THE FRACTURE. ITEMS YOU CAN USE INCLUDE:**

- A rolled-up newspaper
- A heavy stick
- A board or plank
- A rolled-up towel

So various material which can be used which is available around you in the surrounding. A rolled up newspaper, many newspaper rolled up and made a rigid splint can be used as a splint and a heavy stick a board or a plank or a rolled up towel also you can be used as a splint.

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What you will need for splinting an injury.

If you are using a something with sharp edges or something that might cause splinters such as stick or board be sure to pad it well or by wrapping with the cloth. So if your splint has got sharp edges, you wrap it with a cloth and make it padded. You will, you will also need something to fasten the homemade splint in the place. So, by putting a splint you have to fasten with the limb. So, you will need something like a belt or a bandage or a rope to fix the splint with the limb.

Try not to place commercial tape such as duct tape sometimes that adhesive tape used in electricity fixation and all such thing which might be having some materials chemicals which is harmful to the skin of the person. So try to fix it with the rope or a cloth or a bandage something like that.

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**How to Apply a Splint?**

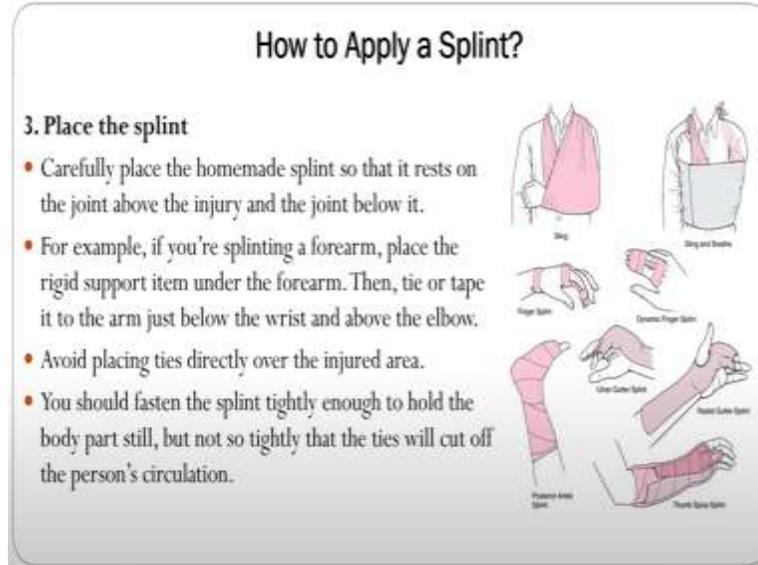
**You can follow the instructions below to learn how to apply a splint:**

- 1. Attend to any bleeding**
  - Attend to bleeding, if any, before you attempt to place the splint. You can stop the bleeding by putting pressure directly on the wound.
- 2. Apply padding**
  - Then, apply a bandage, a square of gauze, or a piece of cloth.
  - Don't try to move the body part that needs to be splinted. By trying to realign a misshapen body part or broken bone, you may accidentally cause more damage.

How to apply a splint you can follow the instruction below to learn how to apply a splint First of all attend to any bleedings. Usually sometimes with the fracture particularly compound fracture where the bone is exposed through the skin one might find bleeding. So attend to bleeding if any before you attempt to place the splint.

You can stop the bleeding by putting pressure on the bleeding site and this pressure you you should see the watch and apply the pressure for 5 to 7 minutes that you can stop the minor bleeding. Then apply padding, then apply a bandage or a square of gauze or a piece of cloth on the wound and do not try to move the body part that needs to be splinted. Do not try the fractured part or a sprained part of the body which will worsen the thing. So try to move it as little as possible. By trying to realign a misshapen body part or broken bone you may accidentally cause more damage.

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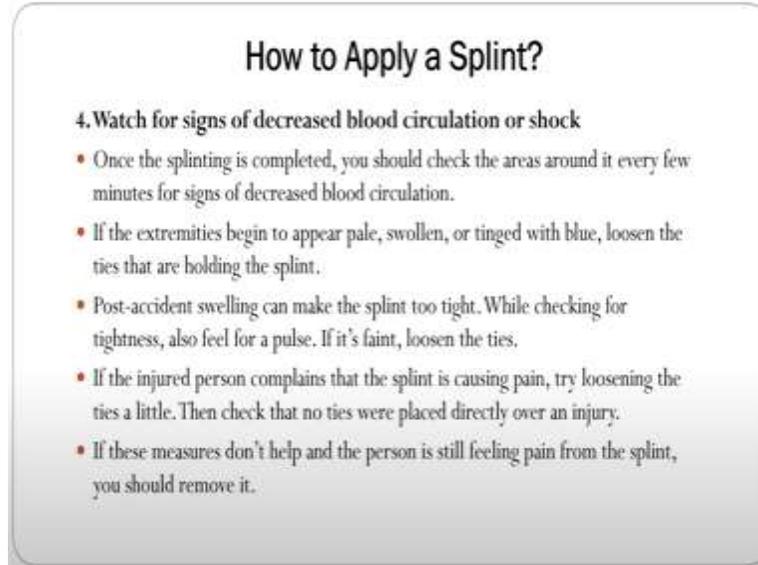


Place the splint. Carefully place the homemade splint so that it rests on the joint above and the above the injury and joint below the injury. Suppose your injury is somewhere mid arm, then you have to cover wrist and you have to cover elbow as well. So, joint above the injury and joint below the injury then you apply the split. See in this if fracture is somewhere here you this joint is included and the joint above is also included up to the elbow.

So, carefully place the homemade splint so that it rests on the joint above the injury and joint below it. This we already explained. Avoid placing tie directly over injured part. So, when you tie it up the tie should not come directly on the injured part in, you should fasten the splint tightly enough to hold the body part still. So, when you fasten the splint it should not be too tight that it will obstruct the circulation of the blood.

It should not be too loose that it does not serve the purpose. So, after applying the splint check for the circulation by pressing the nails or seeing the nail fingers whether it is pink. By pressing it becomes white when you release the pressure it becomes pink means circulation is normal in that limb. These are the various splint one can use for the hand, this hand whole of the hand is tied up with the chest wall, splint for the fingers, splint for the ankle joint, for the wrist joint and for the hand.

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### How to Apply a Splint?

**4. Watch for signs of decreased blood circulation or shock**

- Once the splinting is completed, you should check the areas around it every few minutes for signs of decreased blood circulation.
- If the extremities begin to appear pale, swollen, or tinged with blue, loosen the ties that are holding the splint.
- Post-accident swelling can make the splint too tight. While checking for tightness, also feel for a pulse. If it's faint, loosen the ties.
- If the injured person complains that the splint is causing pain, try loosening the ties a little. Then check that no ties were placed directly over an injury.
- If these measures don't help and the person is still feeling pain from the splint, you should remove it.

Once splinting is completed you should check the area around it every few minutes for sign of blood circulation.

So, after putting the splint you keep observing the patient. If the extremities begin to appear pale or swollen means your bandage is too tight, loosen it. Post accident swelling can make the splint too tight. So, after few hours or few minutes like after half an hour the swelling may increase and that will tighten your splint. So, in this case you keep on observing if you feel the circulation is affected again loosen the splint.

If the injured person complains that splint is causing pain by then it is too tight. In this situation also you loosen the splint wrap on the splint. If these measures don't help the person is still feeling pain from the splint you should remove it. After applying splint if pain is worsening patient feels too tight if circulation is affected you remove the splint.

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### How to Apply a Splint?

**5. Seek medical help**

- After you've applied the splint and the injured body part is no longer able to move, call 911 or your local emergency services. You can also take your loved one to the nearest urgent care clinic or emergency room (ER).
- They'll need to receive a checkup and further treatment.

After you have applied the splint the injured body part is no longer able to move, then you can call for the help on 112.

This is not our here we call 112 in our Indian scenario. You can also take your loved one to the nearest urgent care clinic or emergency room. You will need to receive checkup and further treatment.

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### Splinting the Hand

The hand is an especially difficult area to immobilize. Here are some tips for making your own hand splint.

**1. Control any bleeding**

- First, treat any open wounds and control any bleeding.

**2. Place an object in the palm of the hand**

- Then place a wad of cloth in the palm of the injured person's hand. A washcloth, a ball of socks, or a tennis ball can work well.
- Ask the person to close their fingers loosely around the object.

Splinting of hand. So, first and foremost again remember, control any bleeding, first treat any open wound like there is a wound.

So, clean the wound, do the dressing with antiseptic solution or antibiotic ointment and control bleeding. Place an object in the palm of the hand. Then place a bed of cloth in the palm of the injured person's hand and a washcloth, a ball of socks or a tennis ball can work well. Ask the person to close the finger loosely around the object.

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### Splinting the Hand

**3. Apply padding**

- After the person's fingers are closed around the object, loosely place padding between their fingers.
- Next, use a large piece of cloth or gauze to wrap the whole hand from the fingertips to the wrist. The cloth should go across the hand, from the thumb to the pinkie.

**4. Secure the padding**

- Finally, secure the cloth with tape or ties. Make sure to leave the fingertips uncovered. This will allow you to check for signs of poor circulation.

**5. Seek medical help**

- Once the hand splint is on, seek medical attention at an ER or urgent care center as soon as possible.



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And then you apply padding like this after the person's fingers are closed around the object loosely place padding between the fingers and then you apply the splint.

Next use a large piece of cloth or gauze to wrap the whole hand from fingertips up to the wrist. Here padding are put between the fingers you know to keep them separate. And then you secure the padding with the cloth or tap like this this is the elastocrepe bandage and make sure to leave the fingertips uncovered see to it that fingertips are not covered inside the splint or inside the bandage so you can check the circulation on the on the nails you know by pressing the nail you can check circulation intermittently. Or you can see nails becoming blue when the circulation almost stops. After the splinting is over, you seek the medical help or take the victim to a nearest hospital setup or an emergency room.

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These are the finger splint flexible bands, these are also available and we you can in this flexible band you can put the wrist or arm or something like that. This type of bands are available and it has to be fixed up with a bandage or a wrap or a cloth.

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Splinting the leg, again this knee joint is splinted where this flexible band are kept from knee joint, few inches above and few inches below and then it is fixed up with the bandage or a Elastocrepe bandage.

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**When to contact a medical professional?**

**YOU SHOULD SEEK IMMEDIATE MEDICAL HELP SHOULD ANY OF THE FOLLOWING CONDITIONS OCCUR:**

- Bone protruding through the skin
- An open wound at the injured site
- Loss of pulse at the injured site
- Loss of sensation in the injured limb
- Fingers or Toes That Have Turned Blue And Lost Sensation
- A Feeling Of warmth around the injured site



When to contact medical professional. You should seek immediate medical help should any of the following condition occurs just remember you are trained volunteer in first aid and you are you are not a medical expert.

So many are in many situation you have to depend on medical expert for their advice so these are the condition when you immediately you should call doctor or a team of healthcare professional. When bone is produce protruding through the skin and open wound at the injured site at the, suppose fracture is here but along with that there is a wound also open up wound which requires stitching or a proper cleaning. Loss of pulse at the injured side. Suppose this victim is injured here, but his pulse on the leg, on the foot is not palpable.

Pulse is not absent. Then this is an emergency where you need medical help. Loss of sensation in the injured limb. Patient is not able to feel any sensation. Fingers or toes that have turned blue and lost sensation. Because of this injury, the whole food taste become blue or there is a loss of sensation and feeling of warmth around the injured site.

Then these are the condition in this you do not interfere in this matter and just wait for medical professional to come.

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## **THE TAKEAWAY**

- When faced with an emergency injury, your first action should be arranging proper medical attention for the injured person.
- While waiting for qualified help or to assist with transportation, a homemade splint can be effective first aid.
- You must, however, carefully follow instructions so that your splinting doesn't make the injury worse.

When faced with an emergency injury your first action should be proper medical attention for the injured person. As soon as you come to know there is somebody injured first of all you tell somebody to contact a medical emergency ward or a emergency team or a medical professional. While waiting for the professional to arrive and or or to assist with the transportation a homemade splint can be effective first aid after that you try to help the victim by providing, make him comfortable put his injured limb in a splint try to stop the bleeding try to do dressing of cut and wound if possible. But you must however carefully follow instructions so that your splinting does not make injury worse.

So after splinting you must remember there is proper circulation of the blood, there is no increase in pain, there is no increase in swelling which is causing the splint too tight or under the pressure and there is no loss of sensation in that limb all such things you have to check and then only carry on with your splint and wait for the medical doctor to come and take away the patient

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**REFERENCES**



Medically  
reviewed by William  
Morrison, M.D. —  
Written by Debra  
Stang — Updated on  
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These are the references for this presentation So making a splint is a very simple and very effective method to treat a injured limb but one should be very, very sure that whatever you are doing is going to help the victim and not worsen the injury. So, by splinting a limb you can help a patient by reducing the further damage, by reducing his pain and you can make patient comfortable till medical help arrives. Thank you very much.