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STANDING ORDER

SPRAINS AND STRAINS

I. ASSESSMENTS

- A. Obtain history of injury and cause of sprain/strain.
- B. Take vital signs, including temperature if indicated.
- C. Assess for swelling, pain, loss of function, bruising.

II. MANAGEMENT

- A. Give APAP 325 mg, two (2) tablets up to BID PRN for pain and/or Ibuprofen 400 mg BID, may be purchased on A.M. and P.M. medication pass.
- B. Apply frozen cold packs for 15-20 minutes intermittently for 12-36 hours.
- C. If loss of function occurs, immobilize injured part and arrange for evaluation by facility provider or transport to immediate care or Emergency Department if after hours.

III. EVALUATION

- A. If symptoms worsen or condition does not improve, contact Medical Director for orders.