



Enhancing Emergent Care in Athletic Training: Wound Closure

Tatsiana Singh PA, MS
Elizabeth Neil MS, LAT, ATC

NO CONFLICT

1. The views expressed in these slides and the today's discussion are mine
2. My views may not be the same as the views of my company's clients or my colleagues

Learning Objectives

1. Differentiate between various types of wounds and identify the wound types that are more likely to benefit from closure in the field.
2. Perform a step-by-step wound examination.
3. Prepare a wound for closure.
4. Choose an appropriate wound closure material depending on the type of the wound.
5. Demonstrate ability to perform wound closure by using suture (via simple interrupted technique), tissue adhesive, or staples.

WHY WE USE SUTURING TO CLOSE WOUNDS

1. To stop bleeding
2. To facilitate faster and successful healing
3. To decrease chances of infection
4. To minimize scarring

HOW TO PREPARE WOUNDS FOR CLOSURE

1. Make the patient comfortable
2. Inspect the wound
3. Irrigate the wound
4. Control bleeding
5. Inject anesthetic around the wound

TO ANESTHETIZE THE WOUND

1. Use Lidocaine 1% or 2% with or without epinephrine
2. A linear wound of 2-3 inches in length will require approximately 5 cc of Lidocaine (use a 5-10 cc syringe)
3. 25 gauge needle of 1/5-1 inch in length can be used for majority of the wounds



DO NO HARM

NEVER USE LIDOCAINE WITH EPINEPHRINE ON DIGITS OF THE EXTREMITIES



Suture Material

Nylon (monofilament) 3-0 to 4-0 suture is suitable for closure of the majority of the wounds



Suturing Techniques – Simple Interrupted

PATIENT EDUCATION

1. Keep the wound clean dry and safe
2. Keep an eye for signs of infection (redness, swelling, drainage, warmth)



SUTURING IN AT

RURAL HEALTHCARE





LET'S SUTURE



QUESTIONS?

A red pen is positioned vertically on the right side of the image, resting on a silver CD or DVD. The background is a dark teal color with a subtle, out-of-focus pattern of light green and blue bokeh. A black horizontal band runs across the middle of the image, serving as a background for the text.

THANK YOU!