DESCHUTES COUNTY ADVILT JAIL

L. Shane Nelson, Sheriff

Facility Physician:

SO-542 Standing Order February 11, 2016

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, 2 tablets up to BID PRN for pain 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 transport to physician's office or emergency room.

III. EVALUATION

A. If symptoms worsen or condition does not improve, contact Facility Provider for orders.

Supersedes: August 22, 2012 Review Date: February 2018

Total Pages: 1