

PRACTICAL PEARL: Hand and wrist fractures

INTRODUCTION	<ul style="list-style-type: none"> Hand and wrist fractures account for up to 25% of pediatric fractures. <p>https://urldefense.proofpoint.com/v2/url?u=http-3A_www.ncbi.nlm.nih.gov_pmc_articles_PMC3702757_d=BQIFAg&c=BLF1codk7grE_TTA02F6JwR5DiXMTPyNdcZpbXT_1iEc&r=iHbxIX0_bYlvKd3dbQPsj_cMsgH98wbGEj_hCd1cvQCmSLI2EehL3XwTYOLB3k&m=HDEauLiPhonHC4g7SeKQKr2XMeMI627cN7KbiY_h1JgA&s=8Q2W7dTwsbzRWKLwl_O1mB-ec_iMzIOFzOzmDtAuHE&e</p>
INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE	<ul style="list-style-type: none"> Following a careful clinical exam, radiographic evaluation is essential for confirming the diagnosis and guiding the appropriate treatment of hand and wrist injuries. Alumafoam finger splints are appropriate for initial treatment of finger injuries. Velcro wrist splints are indicated for wrist injuries. Immobilization will provide pain relief and stabilization of fracture until a definitive treatment plan can be instituted.
WHEN TO REFER	<ul style="list-style-type: none"> Concerning physical exam findings (swelling, deformity of a digit or joint, open injuries) Radiographs confirming diagnosis of fracture should prompt referral for orthopedic evaluation and treatment.
HOW TO REFER	<ul style="list-style-type: none"> New England Orthopedic Surgeons (NEOS) 413-388-7806
WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT	<ul style="list-style-type: none"> The providers at NEOS will review the clinical information and XR report and will schedule an appointment within an appropriate time period for the injury. At the time of the visit, providers will assess the injury and institute an appropriate treatment plan which may range from some period of immobilization to surgical intervention when indicated.

Author: **Jacqueline Vanderzanden, MD**
Hand Surgeon, NEOS
March 2016

Contact: Baystatechildrenshospital@baystatehealth.org