

Injuries to the abdominal region require prompt medical aid. If the liver, spleen or pancreas is damaged, profuse internal bleeding can occur. Injury to the bowel can cause the contents to spill into the abdominal cavity causing infection. Shock is also a complication of these types of injuries.

## Causes:

- ☆ Car accidents
- ☆ Bike accidents
- ☆ Hard and heavy blows or falls
- ☆ Sport
- ☆ Swallowing foreign objects.

## Signs and Symptoms may include:

- Pain
- Pale, cold clammy skin
- Bleeding from the anus or genitals if injured.
- Blood stained vomit or urine.
- Breathing noises
- Tenderness
- Bruising, and/or swelling
- Protruding Intestines

## Treatment:

Follow the Basic First Aid Plan to assess the casualty

- ✓ Assist the casualty into a comfortable position.
- ✓ Usually with the head raised slightly and the knees flexed will relieve the pressure or placed in the fetal position.
- ✓ Cover protruding intestines with plastic wrap, a non-stick dressing or if not available, a wet dressing could be used.
- ✓ Monitor vital signs.
- ✓ Seek medical aid immediately.
- ✓ Give NIL BY MOUTH.
- ✓ Treat other associated injuries.

**DO NOT  
PUSH THE INTESTINES BACK  
INTO THE ABDOMINAL CAVITY**

## Appendicitis:

The appendix is a thin, worm shaped pouch about 9cm long, and is attached to the large intestine. It has no function, but when it becomes inflamed, the condition is called Appendicitis. Appendicitis is treated by surgery. The casualty will have pain in the abdomen or lower right side, rigidity of abdominal muscles, swelling and high temperature – febrile.

## Treatment

Follow the Basic First Aid Plan to assess the casualty

- ✓ Loosen clothing.
- ✓ Lay casualty down.
- ✓ Elevate legs or bend knees or place in the fetal position.
- ✓ NIL BY MOUTH.
- ✓ Seek medical advice.
- ✓ If the casualty is more comfortable they may lay in the lateral position with their legs flexed.

If an Ambulance is required - call immediately - do not delay

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