

Sports

injury & illness treatment and referral information

With all injuries


- Quick assessment ideally by trained first aider: can they get to the sideline? If not, call 111
- At the sideline:
 - Provide immediate treatment
 - Provide information on what to do and where to seek further treatment
- Options for further treatment:
 - Weekdays: call family doctor or Healthline 0800 611 116
 - Weekends: call or go to After Hours: 9am-5pm based at Masterton Medical Centre Phone 06 370 0011

Sprain, strain & possible fracture

Immediate treatment

- Check the injured area

Where to go next:

 **Home:** to rest and follow RICED guidelines if minor swelling and bruising

1 Weekday: call family doctor if in pain or can't use limb as normal

2 Weekends: visit After Hours if can't use limb as normal and very painful

3 ED: go to ED if in severe pain and limb is pale, cold and/or deformed

Cuts & wounds

Immediate treatment

- Clean
- Cover
- Check

Where to go next:

 **Home:** to rest and monitor minor wounds

1 Weekday: call family doctor if gaping wound, has dirt or something inside wound or if not healing after 2 days

2 Weekends: visit After Hours if gaping wound, has dirt or something inside wound


3 ED: go to ED if large or deep wound and large blood loss

Head injury

Immediate treatment

- Check concussion symptoms: unconscious, drowsy, can't move limbs, confused, vomiting

Where to go next:

 **Home:** if minor knock to head to rest and monitor

1 Weekday: call family doctor if any loss of consciousness or in severe pain

2 Weekends: visit After Hours if any loss of consciousness or in severe pain

3 ED: call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body