PRACTICAL PEARL: Hand and wrist fractures

INTRODUCTION
- Hand and wrist fractures account for up to 25% of pediatric fractures.

INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE
- 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
- 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
- New England Orthopedic Surgeons (NEOS) 413-388-7806

WHAT TO EXPECT FROM BAYSTATE CHILDREN’S HOSPITAL VISIT
- 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.

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