

CLINICAL LEAD AND TRAINING DIRECTORS' NEWSLETTER
JANUARY 2024 - Theme; BRUISE



A bruise, also called a contusion (pronounced: kun-TOO-zhen), happens when a part of the body is injured and blood from the damaged capillaries (small blood vessels) leaks out. With no place to go, the blood gets trapped under the skin, forming a red or purplish mark that's tender when you touch it — a bruise.

How do you tell if it's a bruise?

At the time of injury or soon after, you will have a bump that looks red or purple. You may have swelling and your skin will likely be tender. After a couple of days, your bruise may look blue or black. After 5-10 days, your bruise may turn green or yellow

Broken blood vessels cause bruises to form on your skin. Blood vessels are tubes that carry blood throughout your body. Blood vessels can break or leak like a cracked pipe. This causes blood to seep out of your blood vessel and pool underneath your skin, as there isn't an opening (wound) for your blood to get out of your body. The pooling of blood causes a visible sign of a bruise on your skin (skin discoloration). Your blood cells (platelets) are your body's plumbers to repair the leak in your blood vessels. Platelets stop bleeding within your body to heal your bruise.

Four stages of bruises:

It's usually red right after the injury. Within a day or two, it turns purplish or black and blue. In 5 to 10 days, it may be green or yellow. In 10 to 14 days, it's yellowy-brown or light brown

Three signs of bruises:
The main symptoms of a bruise are pain, swelling, and skin discoloration. A bruise begins as a pinkish, red color that can be very tender to touch.

Red bruises indicate	During the healing process, a bruise will usually go through the following color changes: Within 24 hours of an injury: A bruise often starts red because fresh, oxygen-rich blood pools underneath the skin. Darker skin may not show noticeable reddening but may appear darker
Unhealthy bruise	Bruising that lasts more than two weeks. Frequent, large bruises. A lump in the bruised area (hematoma). Painful swelling. Pain that lingers days after the injury

How do you know if a bruise is more serious?

Go see your doctor if you have:

- ✓ A black eye with vision problems.
- ✓ A bruise that lasts for more than 2 weeks.
- ✓ Large bruises that happen often.
- ✓ A lump in the bruised area (hematoma)
- ✓ Painful swelling.
- ✓ Pain that lasts for days after the injury.
- ✓ A bruise that keeps coming back in the same area.
- ✓ Unexplained bruising.

However, if you spot bruises in more unusual places including your back, unexplained bruising on your legs and even on your hands, it might be a reason to seek medical support. In children, we'd classify it as unusual if there were bruises on their bum, face, ears, chest or their heads.




Blue, purple or black color is serious bruise

After 1-2 days the blood that has leaked out begins to lose oxygen and change color. Depending on the size, location and severity of your bruise, it could appear shades of blue, purple or black.




Aside from the common bruise, bleeding into the skin or mucous membranes is a very significant sign and should always be checked out by a health care provider. Redness of the skin (erythema) should not be mistaken for bleeding.

Bruises are very common and will affect everyone at some point in their life. Bruises can occur from a fall, accident, sports injury or medical procedure. People older than 65 years are more likely to bruise, along with women and people assigned female at birth.

There are several ways that your blood vessels could break, including:

-  An injury or physical trauma to your body.
-  Aging skin
-  Diagnosis and Tests

There are some bleeding disorders and medical conditions that may make you more prone to bruising, including:

-  Having cancer or liver disease.
-  Having family members who bruise easily.
-  Taking medications to thin blood or stop clotting, such as aspirin or blood thinners.

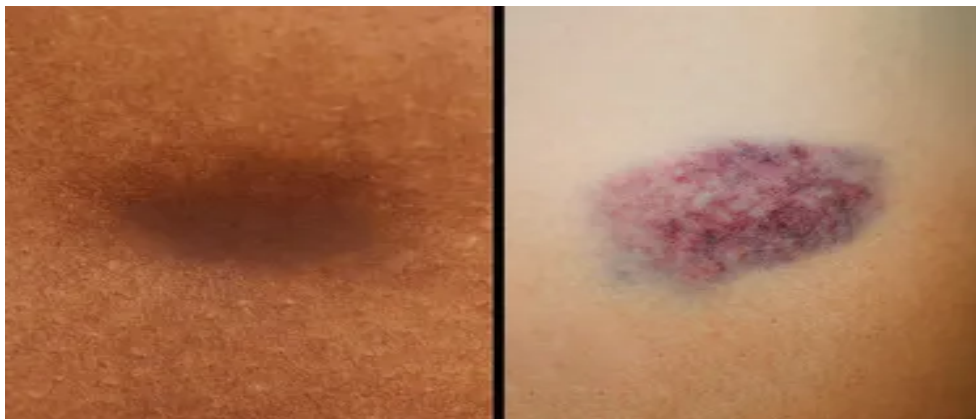
✚ Regularly taking nonsteroidal anti-inflammatory drugs (NSAIDs) for pain relief, including ibuprofen (Advil®) or naproxen (Aleve®).

✚ Having a bleeding disorder such as hemophilia, von Willebrand disease or another blood clotting condition.

✚ Experiencing a low blood platelet count (thrombocytopenia).

✚ Having a vitamin C or vitamin K deficiency.

Bruises are sometimes called black-and-blue marks. They may appear red or purplish at first. If you have a darker skin tone, you may notice purple, dark brown or black bruising. As the area heals, the bruise may turn a lighter shade of brown, green or yellow. Bruises may start out red or purple on people with light skin tones.



If you experience frequent or unexplained bruising, you may order tests to rule out possible causes. These tests include:

- ❖ X-ray to check for bone fractures.
- ❖ Blood tests to check for clotting conditions and vitamin deficiencies.

Management and Treatment

Most bruises fade away and don't need treatment. More severe bruises might need treatment. You can help your bruises heal faster by:

- Resting and elevating the injured area to prevent swelling and to relieve pain.
- Applying ice packs for the first 24 to 48 hours after injury. Wrap the ice pack in a towel and apply ice for no more than 15 minutes at a time. Repeat throughout the day.

- Applying a heating pad or warm compress to the injured area after two days. You can apply heat several times throughout the day.
- Taking pain medication.

Prevention

Everyone experiences bruising. You can take these steps to lower your risk of injury and bruising by:

- Keeping floors and rooms clear of tripping hazards.
- Moving furniture away from doorways and walkways to avoid bumping into hard surfaces.
- Turning on a light or flashlight when walking through poorly lit areas.
- Getting enough vitamins in your diet.
- Good Care plan and Risk assessment
- Monitoring Skin daily
- Waterlow score to identify any issue with skin.
- Daily personal care and moisturizing the skin
- Proper Moving and handling procedure.

People with immune thrombocytopenia have a low platelet count, and bruising can also appear for no reason. Platelets are cells that help the blood to clot and stop bleeding. Factor V deficiency is a rare bleeding disorder wherein people lack the protein coagulation factor

Poor Manual Handling -overstretching the muscles beyond their capacity can lead to inflammation, bruising and pain. Muscular strains and sprains can happen during manual handling, often in the back, arms or wrists.



ASSOCIATED DOCUMENTS (MOBIZIO):

- ✓ SU – Maintaining Comfort and safety
- ✓ SU- Risk Assessment for skin integrity
- ✓ SU- MCA1 form
- ✓ SU- Evaluation
- ✓ SU– Water low score
- ✓ SU- AIDO for any incident
- ✓ SU- Food and Fluid chart
- ✓ SU- Body Map

ASSOCIATED AUDITS (ACCESS CARE COMPLIANCE):

- ✓ Provider Quality Audit
- ✓ Care plan Audit



Shiny Joe (RGN) & Sarah Jones (RNLD)
Clinical Lead & Training Directors

