



C-SPINE INJURY PATIENTS WITH A LANYARD

You have been admitted to the Emergency Department with a neck injury. We are concerned about an injury to the bones in your neck (*also known as the cervical spine or C-spine*)

What will happen now?

First, a nursing assessment will be done: We will ask you some questions about how your injury happened, and your usual medical problems/medications. Your vital signs will also be taken. Sometimes we will place an intravenous cannula (IV luer) into your hand/arm. This is so that we can do blood tests and give you stronger pain relief if needed.

X-rays

Your Doctor, Clinical Nurse Specialist or Nurse Practitioner will examine you and decide if you need an X-ray or CT scan of your neck. Not everyone with a neck injury needs a X-Ray or CT scan. Having a CT scan does involve a small amount of radiation, so we don't like to do the test unless it is necessary. We have a very detailed pathway that is based on international guidelines to help us decide if a scan is needed. A nurse and an orderly will take you to the Radiology department.

Neck lanyard

Your nurse or ambulance officer may have placed a lanyard on your neck. This lanyard is to highlight to hospital staff that you have had an injury to your neck, and that you still need formal examination by a clinician to make sure that your neck is not broken (fractured). Some patients with lanyards will need to have X-Rays, but not everyone.

If there is a fracture (broken bone or vertebrae), movement can cause more injury to your spinal cord.

For this reason, while this lanyard is in place, we would **like you to remain lying flat on your back with as little movement as possible of your neck**. You will need to keep the lanyard on until a doctor has made sure that there are no fractures.

Pain relief

If you are in pain or feeling nauseous, please use the call bell to get the attention of the staff. We could give you extra pain relief or anti sickness medication. We aim to keep you as comfortable as possible during your time in the Emergency Department

Discharge Advice

Take regular pain relief as prescribed.

See your GP or return to ED if you notice any of the following:

- Increasing neck pain despite taking regular pain killers
- Weakness, numbness or tingling in your arms or legs

You may benefit from Physiotherapy. Please contact your local physiotherapist - ask your doctor or Clinical Nurse Specialist for a list of clinics and estimated cost (ACC surcharge, if any)



C-SPINE INJURY PATIENTS WITH A HARD COLLAR

You have been admitted to the Emergency Department with a neck injury. We are concerned about an injury to the bones in your neck (*also known as the cervical spine or C-spine*)

What will happen now?

First, a nursing assessment will be done: We will ask you some questions about how your injury happened, and your usual medical problems/medications. Your vital signs will also be taken. Sometimes we will place an intravenous cannula (IV luer) into your hand/arm. This is so that we can do blood tests and give you stronger pain relief if needed.

X-rays

Your Doctor, Clinical Nurse Specialist or Nurse Practitioner will examine you and decide if you need an X-ray or CT scan of your neck. Not everyone with a neck injury needs a X-Ray or CT scan. Having a CT scan does involve a small amount of radiation, so we don't like to do the test unless it is necessary. We have a very detailed pathway that is based on international guidelines to help us decide if a scan is needed. A nurse and an orderly will take you to the Radiology department.

Neck Collar

During your nursing assessment the nurse may have placed a hard collar to your neck, or if you arrived by ambulance, an ambulance officer may have put one on you.

This collar helps to prevent movement of your neck (C-spine) while we follow our pathway. If there is a fracture (broken bone or vertebrae), movement of an injured C-spine can cause more injury to your spinal cord.

For this reason, while this collar is in place, we would **like you to remain lying flat on your back with as little movement as possible of your neck**. You will need to keep the collar on until a doctor has made sure that there are no fractures. We will aim to get a Doctor to review your X-rays as soon as possible. We understand that wearing a neck collar can be uncomfortable.

Pain relief

If you are in pain or feeling nauseous, please use the call bell to get the attention of the staff. We could give you extra pain relief or anti sickness medication. We aim to keep you as comfortable as possible during your time in the Emergency Department.

Discharge Advice

Take regular pain relief as prescribed.

See your GP or return to ED if you notice any of the following:

- Increasing neck pain despite taking regular pain killers
- Weakness, numbness or tingling in your arms or legs

You may benefit from Physiotherapy. Please contact your local physiotherapist - ask your doctor or Clinical Nurse Specialist for a list of clinics and estimated cost (ACC surcharge, if any)

If you have any other questions or concerns about your treatment options, please ask your doctor or nurse. Please let us know if you are still uncomfortable.