

Fractures

Literature Review

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Fractures

A fracture is defined as a complete or incomplete disruption in the continuity of bone structure and classified by type and severity of the injury (Boyer, 2010). When a person experiences a fracture, they must seek treatment as quickly as possible to avoid any long term damage. There are many types of fractures and many causes for fractures. In this paper, several of these types and causes will be reviewed.

Ipsilateral simultaneous fracture of the trochlea involving the lateral end clavicle and distal end radius: a rare combination and a unique mechanism of injury.

Some types of fractures are rare to see. An example of this would be an isolated fracture of the trochlea in the elbow. This bone is located deep inside the elbow and protected by other bones. This type of fracture can occur when a person has repeatedly dislocated their elbow or have other conditions such as tennis elbow. In the article, this type of fracture is discussed as an isolated incident which cause is almost always motor vehicle accidents. It mentions ways of repairing this type of injury, which most of the time involves internal fixation (Osman, Braiki, Alaya, Naouar, & Ayeche, 2016).

Key Points (note that the key points is flush to the far left)

The critical points of this article involved how to approach the treatment of such an injury. In a normal fracture situation, the skin or area around the fracture is displaced or swollen, and it is easy to identify where the damage has occurred. In the event of an isolated trochlear fracture, there may be no clues to what damage has been done. Often with these injuries, they are not easily identified on an x-ray and could be overlooked as a fracture. A CT scan can detect the

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fracture then the surgeon must fix it. With this type of fracture, the only way to assist with healing is to use screws to hold the pieces of the trochlea together (Osman, Braiki, Alaya, Naouar, & Ayeche, 2016).

Assumptions

I am very familiar with this type of injury as I have experienced it. A motor vehicle accident caused my fracture, and the radiologist almost missed my fracture of the trochlea. My surgeon told me that he had to discuss and confirm with other medical professionals on how to correct the injury as he had never seen one before. Much like the article explained, it was fixed with two titanium screws and required extensive physical therapy afterward. This particular fracture needs more research done so that medical doctors can know what to look for and how to correct it.

Deficit/Conclusion

The conclusion of the article was exact in stating that the treatment of an isolated trochlea fracture is successful. In most cases, it does involve internal fixation with screws followed by physical therapy; there is a good outcome for any people who suffer this type of injury (Osman, Braiki, Alaya, Naouar, & Ayeche, 2016).

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Key Points

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Conclusion

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References

Boyer, M. J. (2010). *Study guide to accompany Brunner and Suddarths textbook of medical-surgical nursing*. Philadelphia, PA: Lippincott Williams & Wilkins.

Osman, W., Braiki, M., Alaya, Z., Naouar, N., & Ayeche, M. B. (2016). Combined Isolated Laugier's Fracture and Distal Radial Fracture: Management and Literature Review on the Mechanism of Injury. *Case Reports in Orthopedics, 2016*, 1-6. doi: 10.1155/2016/7631425