KINE 2320 Introduction to Athletic Training  
Wound Care Lab #2

Objectives:

1. The student will review, practice, and demonstrate competency in the proper technique for applying steri-strips to a laceration.

2. The student will learn and practice the proper technique for aspirating and dressing a friction blister.

Materials Needed:

Laceration Care  
- Steri-strips  
- Gloves  
- Saline  
- Gauze  
- QDA  
- Cotton-tipped applicator  
- Scissors

Blister Care  
- Gloves  
- Syringe  
- Saline  
- 2nd skin  
- Antibiotic ointment  
- Donut pad  
- Pre-wrap  
- Elastic tape

LAB ACTIVITY #1  
Procedures:

1. Your partner should draw a small laceration (approx. 1”) on his/her face or one of his/her extremities.
2. Gather the wound care supplies that you will need to manage this wound.
3. Following universal precautions, clean and dress the wound, using steri-strips to close the wound.
4. Assume that you are closing and dressing the wound with plans for referring your partner to a physician for sutures.

LAB ACTIVITY #2  
Procedures:

1. Secure a simulated blister on your partner in one of the following locations:
   a. posterior heel
   b. plantar surface of the great toe
   c. ball of the foot
   d. mid longitudinal arch
2. Gather the blister care supplies that you will need to manage a friction blister.
3. Place the needle of the syringe at the base of the blister.
4. Gently aspirate the fluid from the blister.
5. Using a gauze pad, milk out any remaining fluid that is still contained within the blister.
6. Cut a donut pad, such that the hole is just barely larger than the size of the blister.
7. Apply 2nd skin or antibiotic ointment to the blister.
8. Secure the donut pad to the blister using pre-wrap and elastic tape.
Discussion:
Case #1: One of your basketball athletes comes off the court mid-way through practice complaining of a friction blister on his heel. He is anxious to get back into practice, but wants to know what you can do to help him. What steps would you take in treating this athlete?

Case #2: One of your cross country athletes reports to the athletic training room after practice. She shows you that she has a blood blister on the bottom of her great toe and says that it is very sore. What steps would you take in treating this blister?

What if anything is different about these two situations (i.e. your immediate treatment goals, treatment procedures, etc.)?

What steps could you recommend to either of these athletes to prevent blisters in the future?