

**HANDOUT:** Efficient Reading: Dislocations (3 pages)  
Skill Builders: Key Words & Phrases, Skimming, Scanning

**IN THE WORKPLACE:** People read text for different purposes. Whatever the reason for reading, being able to quickly and accurately find and understand the information you need makes reading both more pleasant and more efficient.

Refer to the excerpt from the text **How to Treat a Dislocation** to complete the tasks and locate answers to the questions.

Being able to predict content from titles and sub-titles in a document is an effective strategy to make it easier to understand the content and read faster and more efficiently.

1. **Before** reading the text, and just thinking about title, list 2 things you think will be mentioned in the text.

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2. **Before** reading the text, look at the information below about the author. What do you think the author's purpose in writing will be? Write it in 1 sentence.

Author: Anthony Stark, Emergency Medical Responder (EMR). EMRs are specially trained to administer first aid in medical emergencies but are not trained as emergency medical technicians or paramedics.

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3. **Next** read the text. What is the author's intent in writing? (For example, the author is writing to warn, inform, persuade...) Write your answer in 1 sentence.

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4. What is 1 question you could ask that the text answers?

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5. What is a related question that the text does NOT answer?

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6. Using another source, find the answer to the question you identified in number 5. Identify your source.

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7. Does the excerpt want you to read more of this text or a similar one? Why or why not?

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## Excerpt from *How to Treat a Dislocation*

A dislocation occurs when two bones that come together in a joint come out of their normal positions. Symptoms of a dislocation include severe pain, immobilization, and deformity of the joint area. Dislocations can occur to nearly any joint of the body, including the shoulders, elbows, knees, hips and ankles; they are also seen in the smaller joints of the fingers and toes. Dislocations are considered urgent situations that require medical care, but you can learn how to treat a dislocation until the patient can receive professional medical help.

### Initial Evaluation of the Dislocation

- Cover the dislocated joint with something sterile. It is important to take steps to prevent an infection, especially if there is any broken skin around the area of the dislocation.
- Wait until professional medical personnel arrive before attempting to wash or in any way "clean" the wound (if there is a wound, or if there are any areas of broken skin). Attempting to do so without the proper sterilizing equipment or medical training increases the chance of infection rather than decreasing it.

### Immobilize the joint.

- Try to use nonstick gauze if there is an open wound. Note that it is very important not to try and re-position or re-align the joint in any way. This can cause further harm, and it is best to simply immobilize it in the position it is in and to wait for a trained medical professional to definitively treat the dislocation.
- Be sure to immobilize both above and below the dislocated joint to ensure maximum stability while awaiting medical treatment.
- If it is the shoulder that is dislocated, you can use a sling (or make a sling by tying a long piece of fabric into a circle) to immobilize it. Make sure the sling holds the limb against the body. Instead of just wrapping the sling around the neck, try wrapping it around the torso before tying it at the neck.
- If it is another joint such as a knee or elbow, a splint is your best bet. Splints can be constructed of sticks or another stabilizing device and tape or fabric strips to hold the splint in place.

Ref. Stark, A. (2019). How to Treat a Dislocation. <https://www.wikihow.com/Treat-a-Dislocation> (CC BY-NC-SA 3.0)