

Where should I be?

1
Home
(Self Care)

2
General
Practice (GP)
& After Hours

3
Emergency (ED)

Sports Injury

Treatment and
referral information

With all injuries:

- **QUICK ASSESSMENT**
Ideally by a trained first aider:
Can the patient get to the sideline? If not, call 111.
- **AT THE SIDELINE:**
 - Provide immediate treatment
 - Provide information on what to do and where to seek further treatment.
- **OPTIONS FOR FURTHER TREATMENT:**

Weekdays:

Call your general practice (GP) or Healthline on 0800 611 116.

Weekends:

For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.

ALL: If concerned, call local doctor or Healthline 0800 611 116. If an emergency, call 111 or go to ED.

Sprain, strain & possible fracture

IMMEDIATE TREATMENT

Check the injured area

Where to go next

Home (Self Care)



To rest and follow RICED guidelines if minor swelling and bruising.

Weekday

1

Call your general practice (GP) if in pain or can't use limb as normal.

Weekend

2

Visit an after hours service if can't use limb as normal and its very painful.

Emergency

3

Go to the Emergency Department if in severe pain and limb is pale, cold and/or deformed.

Cuts and wounds

IMMEDIATE TREATMENT

Clean Cover Check

Where to go next

Home (Self Care)



To rest and monitor minor wounds.

Weekday

- 1 Call your general practice (GP) if wound is gaping, has something in it, or is not healing after 2 days.

Weekend

- 2 Visit an after hours service if wound is gaping, has dirt or something else in it.

Emergency

- 3 Go to the Emergency Department if wound is large or deep and there is large blood loss.

Head injury

IMMEDIATE TREATMENT

Check concussion symptoms: unconscious, drowsy, can't move limbs, vomiting

Where to go next

Home (Self Care)



To rest and monitor, if minor knock to head.

Weekday

- 1 Call your general practice (GP) if in severe pain or brief loss of consciousness.

Weekend

- 2 Visit an after hours service if any loss of consciousness or in severe pain.

Emergency

- 3 Call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body.

Important numbers

Emergency - DIAL 111

Urgent / after hours care

- For urgent or after hours care, contact your general practice in the first instance for advice.
- Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.

Medical Centres

Aramoho Health	06 343 9050
Bulls Medical	06 322 1222
Gonville Health	06 344 4090
Impilo Family Practice	06 345 5477
Ruapehu Health	06 385 4211
Springvale Medical	06 344 5885
St Johns Medical	06 348 7775
Stewart St Surgery	06 327 8884
Taihape Health	06 388 0926
Te Oranganui Whanganui	06 349 0037
Te Oranganui Waverley	06 346 5193
Wicksteed House	06 349 1800
Castlecliff Health	06 349 0002
Eastcare Medical	06 343 8225
Jabulani Medical Centre	06 345 2720

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