

OUR LADYS CHILDREN'S HOSPITAL  
NURSING CARE PLAN 14  
TRACTION CARE  
(Use in conjunction with care plan 1)



| Care plan 14 Problem  |     | Traction Care Goals   | Issue date: August 2018                | Review date: August 2021 |
|---|-----|---|--|--------------------------|
| _____ is nursed in<br><input type="checkbox"/> Thomas Splint<br><input type="checkbox"/> Gallows Traction<br><input type="checkbox"/> Skin Traction<br><input type="checkbox"/> Skeletal Traction<br><input type="checkbox"/> Halo traction<br><input type="checkbox"/> Pelvic Traction<br><input type="checkbox"/> Other _____ |     | <ul style="list-style-type: none"> <li>Maintain limb alignment</li> <li>Reduce muscle spasm</li> <li>Alleviate pain</li> </ul>  |  |                          |
| Commenced, date, time and signature   | No. | Nursing Intervention  | Discontinued, date, time and signature |                          |
|   |     | <ul style="list-style-type: none"> <li>Observe neurovascular status as per care plan 11</li> <li>Monitor skin integrity as a complication of bed rest.</li> </ul>   |  |                          |
|   | 1.  | <b>Thomas splint</b>  |  |                          |
|   |     | <ul style="list-style-type: none"> <li>Ensure/maintain correct positioning of splint</li> <li>Observe bandage and strapping is secure and wrinkle free</li> <li>Observe pressure areas daily (heels, elbows + buttocks), monitor all other bony prominences.</li> <li>Nurse heels free from mattress.</li> <li>Observe skin condition at each position change</li> <li>If tension cord is used ensure all cords are taut and run free in pulleys.</li> <li>If weights are used ensure they are free from obstruction.... Record daily.</li> <li>Elevate end of bed to provide counter traction</li> </ul> |  |                          |
|   | 2.  | <b>Gallows traction</b>   |  |                          |
|   |     | <ul style="list-style-type: none"> <li>Maintain correct positioning of traction</li> <li>Remove bandage, observe skin integrity and bony prominences daily.</li> <li>Ensure strapping is secure</li> <li>Ensure traction cord is taut</li> <li>Ensure traction frame is secure</li> <li>Nurse buttocks free from mattress.</li> <li>Record expansion programme</li> <li>Ensure all knots are secure and bound back onto themselves with adhesive tape.</li> </ul>   |  |                          |
|   | 3.  | <b>Skeletal traction</b>  |  |                          |
|   |     | <ul style="list-style-type: none"> <li>Maintain correct positioning of traction</li> <li>Observe skin condition and bony prominences daily</li> <li>Ensure traction cord is taut and runs free in pullys</li> <li>Ensure all knots are secure and bound back onto themselves with adhesive tape</li> <li>Ensure all weights are free from obstruction and record daily _____</li> <li>Ensure pinsite care is undertaken as per care plan.</li> </ul>  |  |                          |

Updated August 2018

Patient Name .....

HCRN .....

Ward.....

OUR LADYS CHILDREN'S HOSPITAL  
NURSING CARE PLAN 14  
TRACTION CARE

(Use in conjunction with care plan 1)



|    |                                |   |
|----|--------------------------------|---|
| 4. | <b>Halo traction Bed/Chair</b> | <ul style="list-style-type: none"> <li>• Observe traction daily to ensure correct position.</li> <li>• Ensure there is adequate space between the Halo ring and the patients head.</li> <li>• Ensure traction cord is taut</li> <li>• Ensure knots are secure and bound back onto themselves with adhesive tape</li> <li>• Ensure weights are free from obstruction and record daily _____</li> <li>• Ensure pinsite care as per care plan 15</li> <li>• Monitor neurological observation 4 hourly report and record deviations</li> <li>• Ensure patient is nursed on oxygen saturation monitor at night.</li> <li>• Elevate bed to provide counter traction</li> <li>• Transfer patient from bed to chair as per Doctors instructions</li> <li>• Ensure Doctor completes daily neurological cranial nerve examination.</li> </ul> |
| 6. | <b>Skin traction</b>           | <ul style="list-style-type: none"> <li>• Observe traction daily to ensure correct position</li> <li>• Ensure traction cord is taut and runs free in pulleys</li> <li>• Ensure all knots are secure and bound back onto themselves using adhesive tape.</li> <li>• Ensure all weights are free from obstruction and recorded daily _____.</li> <li>• Remove bandage daily on Doctors recommendations to review skin condition and bony prominences.</li> </ul>   |
| 7. | <b>Pelvic traction</b>         | <ul style="list-style-type: none"> <li>• Observe traction daily to ensure correct positioning</li> <li>• Observe skin condition and bony prominences daily</li> <li>• Ensure traction cord is taut and runs free in pulleys</li> <li>• Ensure all weights are obstruction free and recorded daily _____.</li> <li>• Ensure all knots are secure and bound back onto themselves with adhesive tape.</li> <li>• Ensure any reduction of traction or alteration to weights is as per Drs instructions.</li> </ul>  |
|    | <b>References.</b>             | <p>Davis, P. &amp; Barr, L. (1999) <i>Principles of Traction</i>. Journal of Orthopaedic Nursing 3, 222-227.</p> <p>Mellett, S. (1998) <i>Care of the Orthopaedic Patient with Traction</i>. Nursing Times, 3(94)</p>   |

Updated August 2018

Patient Name .....

HCRN .....

Ward.....