

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: January 2013	Review date: January 2016
_____ is nursed in <input type="checkbox"/> Thomas Splint <input type="checkbox"/> Gallows Traction <input type="checkbox"/> Skin Traction <input type="checkbox"/> Skeletal Traction <input type="checkbox"/> Halo traction <input type="checkbox"/> Pelvic Traction <input type="checkbox"/> Other _____		<ul style="list-style-type: none"> • Maintain limb alignment • Reduce muscle spasm • Alleviate pain 		
Commenced, date, time and signature	No.	Nursing Intervention	Discontinued, date, time and signature	
		<ul style="list-style-type: none"> • Observe neurovascular status as per care plan 11 • Monitor skin integrity as a complication of bed rest. 		
	1.	Thomas splint		
		<ul style="list-style-type: none"> • Ensure/maintain correct positioning of splint • Observe bandage and strapping is secure and wrinkle free • Observe pressure areas daily (heels, elbows + buttocks), monitor all other bony prominences. • Nurse heels free from mattress. • Observe skin condition at each position change • If tension cord is used ensure all cords are taut and run free in pulleys. • If weights are used ensure they are free from obstruction.... Record daily. • Elevate end of bed to provide counter traction 		
	2.	Gallows traction		
		<ul style="list-style-type: none"> • Maintain correct positioning of traction • Remove bandage, observe skin integrity and bony prominences daily. • Ensure strapping is secure • Ensure traction cord is taut • Ensure traction frame is secure • Nurse buttocks free from mattress. • Record expansion programme • Ensure all knots are secure and bound back onto themselves with adhesive tape. 		
	3.	Skeletal traction		
		<ul style="list-style-type: none"> • Maintain correct positioning of traction • Observe skin condition and bony prominences daily • Ensure traction cord is taut and runs free in pullys • Ensure all knots are secure and bound back onto themselves with adhesive tape • Ensure all weights are free from obstruction and record daily _____ • Ensure pinsite care is undertaken as per care plan. 		

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

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