

OUR LADY'S CHILDREN'S HOSPITAL
NURSING CARE PLAN 16
CAST CARE

(Please use in conjunction with Careplan 1)



Care plan 16 Problem		Cast Care Goals	Issue date: January 2012 Review date: January 2015
<p>_____ has a</p> <p><input type="checkbox"/> Plaster of Paris</p> <p><input type="checkbox"/> Back slab</p> <p><input type="checkbox"/> Hip Spika</p> <p><input type="checkbox"/> Body cast</p> <p><input type="checkbox"/> Thermoplastic splint</p> <p>related to _____</p> <p>_____</p> <p>_____</p>		<ul style="list-style-type: none"> • Maintain skin integrity • Maintain plaster integrity • Prevent potential problems and early detection of complications with appropriate action. 	
Commenced date, time, and signature	No.	Nursing intervention	Discontinued, date, time and signature
	1.	Neurovascular assessment as per care plan 11	
	2.	General cast care	
		<ul style="list-style-type: none"> • Check cast on admission/return from theatre to obtain baseline assessment. • Observe the cast for: <ol style="list-style-type: none"> 1. cracks/ or breakdown 2. sharp edges that may cause skin breakdown 3. oozing- which should be marked to highlight if oozing has increased (Prior & Miles, 1999) • Document and report any concerns to orthopaedic team • Elevate the limb (not more than 4 inches above heart level) to prevent oedema and venous pooling (Trigg & Mohammed, 2010). • Use (Tick appropriate): Collar & Cuff <input type="checkbox"/> Roller towel <input type="checkbox"/> Triangular <input type="checkbox"/> Braun frame <input type="checkbox"/> Pillows <input type="checkbox"/> To elevate the affected limb • Encourage the child to mobilize unaffected joints to prevent stiffness. • Liaise with cast care nurse specialist if appropriate. • Liaise with the Orthopaedic team and physiotherapy regarding mobilization (Trigg & Mohammed, 2010) • Liaise with Occupational Therapist if appropriate. • Other _____ _____ _____ 	
	3.	Education	
		<ul style="list-style-type: none"> • Involve parents/guardians in the care of the cast explaining to parents/guardians: <ol style="list-style-type: none"> 1. The reason for the cast 2. The outline of future care 	

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		<ul style="list-style-type: none"> • Advise parents and child not to place anything underneath the cast • Provide a contact number for parents/guardians to ring for further advice or support. • Ensure parents/guardians have written and verbal instructions on the care of the cast 	
	3.	Care of a wet or damp cast	
		<ul style="list-style-type: none"> • Handle the cast with the flat surfaces of the hands until completely dry preventing damage to the cast. • Allow the air to circulate around the cast to aid the drying process. • Allow 1 hour for fibre glass cast to dry • Allow 48 hours for Plaster of Paris to dry completely • No weight bearing until cast is dry 	
	4.	Care of a Hip Spika	
		<ul style="list-style-type: none"> • Demonstrate nappy changes to parents/guardians and provide appropriate assistance if required. • Educate the parents/guardians regarding Spika care and skin care. • Support _____ with pillows when sitting or lying to prevent breaches in skin integrity • Encourage regular position changes to prevent skin damage. • Offer small meals regularly • Provide written information on Spika care to parents/guardians. • Ensure buggy/car seat/wheelchairs are organized and suitable for _____ prior to discharge. 	
		<p>References</p> <ol style="list-style-type: none"> 1. Huband, S. & Trigg, E. (2010) <i>Practices in Children's Nursing. Guidelines for hospitals and Community.</i> 2. Prior, MA. & Miles, S. (1999) <i>Casting: Part 1. Nursing Standard. 13(29) 42-47.</i> 3. Prior, MA. & Miles, S. (1999) <i>Casting: Part 2 Nursing Standard. 13(29)42-47.</i> 	

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