

**NURSING CARE PLAN No 16**  
**CAST CARE**  
Please use all careplans in conjunction with careplan 1

Full Name: .....

Address: **Addressograph** .....

HCR.....

<b>Care Plan No 16 Problem</b>		<b>CAST CARE Goals</b>		<b>Issue Date: April 2020 Review Date: April 2023</b>	
<p>.....</p> <p>has a:</p> <p><input type="checkbox"/> Plaster of Paris</p> <p><input type="checkbox"/> Back slab</p> <p><input type="checkbox"/> Hip Spica</p> <p><input type="checkbox"/> Body cast</p> <p><input type="checkbox"/> Thermoplastic splint</p> <p>related to</p> <p>.....</p>		<ul style="list-style-type: none"> <li>• Maintain skin integrity</li> <li>• Maintain plaster integrity</li> <li>• Prevent potential problems and early detection of complications with appropriate action.</li> </ul>			
<b>No</b>	<b>NURSING INTERVENTION</b>			Commencement, Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
<b>1</b>	<b>Neurovascular assessment as per care plan 11</b>				
<b>2</b>	<b>General Cast Care</b>				
	<ul style="list-style-type: none"> <li>• Check cast on admission/return from theatre to obtain baseline assessment.</li> <li>• Observe the cast for:               <ul style="list-style-type: none"> <li>○ cracks/ or breakdown</li> <li>○ sharp edges that may cause skin breakdown</li> <li>○ oozing - which should be marked to highlight if oozing has increased (Prior &amp; Miles, 1999)</li> </ul> </li> <li>• Document and report any concerns to Orthopaedic team</li> <li>• Elevate the limb (not more than 4 inches above heart level) to prevent oedema and venous pooling (Trigg &amp; Mohammed, 2010).</li> <li>• Use (Tick appropriate): Collar &amp; Cuff <input type="checkbox"/> Roller towel <input type="checkbox"/> Triangular <input type="checkbox"/> Braun frame <input type="checkbox"/> Pillows <input type="checkbox"/></li> </ul> <p>To elevate the affected limb</p> <ul style="list-style-type: none"> <li>• Encourage the child to mobilize unaffected joints to prevent stiffness.</li> <li>• Liaise with cast care nurse specialist if appropriate.</li> <li>• Liaise with the Orthopaedic team and physiotherapy regarding mobilization (Trigg &amp; Mohammed, 2010)</li> <li>• Liaise with Occupational Therapist if appropriate.</li> </ul> <p>Other</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>				
<b>3</b>	<b>Education</b>				
	<ul style="list-style-type: none"> <li>• Involve parents / guardians in the care of the cast explaining to parents / guardians:</li> <li>• The reason for the cast</li> <li>• The outline of future care</li> <li>• Advise parents and child not to place anything underneath the cast</li> <li>• Provide a contact number for parents/guardians to ring for further advice or support.</li> <li>• Ensure parents/guardians have written and verbal instructions on the care of the cast</li> </ul> <p>.....</p> <p>.....</p>				

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4	Care of a wet or damp cast	Commencement , Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
<ul style="list-style-type: none"> <li>• Handle the cast with the flat surfaces of the hands until completely dry preventing damage to the cast.</li> <li>• Allow the air to circulate around the cast to aid the drying process.</li> <li>• Allow 1 hour for fiberglass cast to dry</li> <li>• Allow 48 hours for Plaster of Paris to dry completely</li> <li>• No weight bearing until cast is dry</li> </ul> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>			

5	Care of a Hip Spica		
<ul style="list-style-type: none"> <li>• Demonstrate nappy changes to parents/guardians and provide appropriate assistance if required.</li> <li>• Educate the parents/guardians regarding Spica care and skin care.</li> <li>• Support.....with pillows when sitting or lying to prevent breaches in skin integrity</li> <li>• Encourage regular position changes to prevent skin damage.</li> <li>• Offer small meals regularly</li> <li>• Provide written information on Spica care to parents/guardians.</li> <li>• Ensure buggy / car seat/wheelchairs are organized and suitable for.....prior to discharge</li> </ul> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>			

**References**

Dougherty and Lister (2015) The Royal Marsden Manual of Clinical Nursing Skills,  
Huband, S. & Trigg, E. (2010) Practices in Children’s Nursing. Guidelines for hospitals and Community.  
Prior, MA. & Miles, S. (1999) Casting: Part 1. Nursing Standard. 13(29) 42-47.  
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