

| FORM | | |
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| TITLE: Cast - Application / Removal of Plaster Cast | DOCUMENT NO: NU-CNC-652 | Page 1 of 3 |
| ISSUING DEPARTMENT: Nursing Division ISSUED BY: Nursing Education and Development DATE REVISED: 28 MAR 2016 VERSION NUMBER: 1 | APPROVED BY: Christina Lim Poh Ying, Chief Nurse | |

Competency outcome:

1. Demonstrate safe and correct application and removal of plaster cast.

Instructions for Assessors

1. Assess ALL performance standards in this assessment form.
2. Provide verbal comments when employee does not meet the particular performance standard.
3. Schedule a reassessment within four weeks if needed (the employee must meet ALL performance standards).

| Performance Standards | |
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| A | Special Consideration |
| 1. | State SKH Nursing departmental guidelines on: <ul style="list-style-type: none"> • application of Plaster Cast (NU-NCP-605) • removal of Plaster Cast (NU-NCP-607) |
| B | Preparatory Phase |
| 1. | Verify order for the type of cast application or for removal of cast |
| 2. | Obtain requisites for cast application and/or removal |
| 3. | Verify patient's identity using two identifiers |
| 4. | Explain procedure and purpose to patient |
| C | Performance Phase |
| 1. | <u>Application of Cast</u> Assess skin condition for: <ul style="list-style-type: none"> • skin colour • presence of skin breakdown • bruising • movement and sensation of the limb |
| 2. | Protect patient's clothing from spillage of water during the procedure |
| 3. | Assist patient to identify a desired position for cast application |
| 4. | Perform hand hygiene |
| 5. | Instruct assistant to hold affected limb in required position |
| 6. | Measure and cut the required length of stockinette |
| 7. | Apply stockinette over affected limb |

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|--|--|-------------|
| TITLE: Cast - Application / Removal of Plaster Cast | DOCUMENT NO: NU-CNC-652 | Page 2 of 3 |
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| Performance Standards | |
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| 8. | <p>Wrap soft wool evenly and smoothly over the stockinette. Ensure adequate padding over bony prominences.</p> <p>Note: <i>Ensure adequate paddings to prevent complications and poor fit</i></p> |
| 9. | <p>Perform casting as follows:</p> <ul style="list-style-type: none"> • Select correct size of casting roll • Dip roll in water with one end tilted at an angle to release trapped air • Remove roll from water and gently squeeze excess water • Apply roll evenly, smoothly and firmly around limb • Ensure roll overlaps two-third of the previous turn • Mold the cast evenly with both hands • Trim rough edges if necessary • Support limb on a soft protected surface to prevent pressure • Allow cast to set and dry |
| 10. | <p>Assess neurovascular status:</p> <ul style="list-style-type: none"> • Observe skin color distal to the cast • Feel temperature of the skin below the cast • Check for capillary refill, warmth, color and excessive pain or occurrence of numbness |
| 11. | Elevate limb in a sling or pillow as appropriate |
| 12. | Perform hand hygiene |
| 13. | Provide patient education on care of plaster |
| 14. | <p><u>Removal and Bivalving of Cast</u></p> <p>Instruct patient to report sensation of heat or discomfort during procedure</p> |
| 15. | Mark the area to be bivalve; avoid bony prominences |
| 16. | Perform bivalving. Use plaster spreaders to separate cast during procedure |
| 17. | Cut padding with plaster scissors and remove cast |
| 18. | <p>Clean the limb and inspect for skin colour, capillary refill, pulses, temperature, pain, movement, sensation or other abnormalities</p> <p>Note: <i>Inspect skin condition for plaster sore</i></p> |
| 19. | Perform hand hygiene |

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| Performance Standards | |
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| 20. | Apply dressing as ordered |
| D | Follow-up Phase |
| 1. | Document : <ul style="list-style-type: none"> • Date and time of procedure • Skin condition of the affected limb |
| 2. | Educate patient on skin care and passive limb exercises |
| 3. | Apply moisturiser to the affected area as required / as ordered |
| 4. | Perform neurovascular status assessment and inform complications e.g. compartment syndrome, vascular compromise, plaster sore, swelling or increase pain |

**Delete where applicable*