

Cast: Hip Spica Checklist for the Care of the Child

Note to Health Care Provider: Send this checklist home with parents. Refer to the Helping Hand, *Cast: Hip Spica or Body Cast*, HH-II-14.

<input type="checkbox"/>	1. Keep the cast uncovered until completely dry. Protective petaling tape will not stick to a wet cast.
<input type="checkbox"/>	2. Change the child's position every 2 to 3 hours while awake. Use pillows for positioning child on sides, stomach and back.
<input type="checkbox"/>	3. <u>When the child is not toilet trained:</u>
<input type="checkbox"/>	A. Petal with waterproof tape around the diaper area of the cast. This tape can be washed off OR removed and replaced if heavily soiled. Other rough edges of the cast can be petaled with moleskin.
<input type="checkbox"/>	B. Tuck edges of a small diaper or plastic backed sanitary napkin up inside the cast about 1 inch. This will cover the groin area and catch urine and stool. The diaper may be held in place with an elastic belt going around the waist and between the legs. DO NOT place the diaper over the cast because the urine from the diaper will soak into the cast material and cause a foul odor.
<input type="checkbox"/>	C. Check small diaper often (every hour) while the child is awake. Change soiled diapers immediately.
<input type="checkbox"/>	D. Position the child with the head slightly higher than the body. This way gravity will help to drain urine and stool into the diaper and not into the cast.
<input type="checkbox"/>	E. If the cast gets wet, wash the skin with soap and water as usual or use Peri-Wash spray. Then scrub the outside of the cast with a damp cloth and mild soap or Peri-Wash spray. Dry the cast thoroughly with a blow dryer on COOL setting. This may take several hours if the cast is very wet.

Continued on page 2

<input type="checkbox"/>	4. For toilet trained children:
<input type="checkbox"/>	A. Boys: Use a urinal and bedpan. Help will be needed to clean thoroughly.
<input type="checkbox"/>	B. Girls: Use a paper cup turned upside down placed in front of the groin to direct urine down into the bedpan, or use a female urinal. Use a bedpan for bowel movements and help your child with cleaning.
<input type="checkbox"/>	C. Position your child with the head slightly higher than the body. This way gravity will help to drain urine and stool into the urinal or bedpan.

Nationwide Children’s Homecare casting supplies and Nationwide Children’s Hospital Orthopedic Clinic will give you further instructions. For more information call the Orthopedic Clinic at (614) 722-5175, Monday through Friday between 8:00 a.m. and 4:30 p.m.