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.*

- 1. Keep the cast uncovered until completely dry. Protective petaling tape will not stick to a wet cast.

- 2. Change the child’s position every 2 to 3 hours while awake. Use pillows for positioning child on sides, stomach and back.

- 3. **When the child is not toilet trained:**
  - 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.
  - 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.
  - C. Check small diaper often (every hour) while the child is awake. Change soiled diapers immediately.
  - 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.
  - 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*
4. **For toilet trained children:**

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<tr>
<td>A. <strong>Boys:</strong></td>
<td>Use a urinal and bedpan. Help will be needed to clean thoroughly.</td>
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<td>B. <strong>Girls:</strong></td>
<td>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.</td>
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<tr>
<td>C.</td>
<td>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.</td>
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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.