

Quick Cast Card

Indication	<ul style="list-style-type: none">• Humeral fractures• Elbow dislocations• Forearm fractures pre-operatively
Upper Limit	2-3 fingers below the axillar
Lower Limit	Distal palmar crease
Position	Elbow at 90°, forearm and wrist in neutral, fingers free and shoulder relaxed



Gather materials:

- Measured length of slab
- Crepe
- Triangle plaster struts
- Brown tape (3x approximately 10cm lengths)
- Soffban
- Plaster shears

Applying the cast:

- Measure the slab on the unaffected arm- place the child's shoulder and elbow at 90° as pictured, and measure from the upper limit to the lower limit.
- Cut 2 triangles to cover the lateral and medial aspects of the elbow.
- Wrap softban down the arm, completing 2 full rotations around the proximal aspect prior to advancing. Train track soft ban at the elbow and cut a semi-circle in the soft ban to advance the wrap between the thumb and for finger.
- Concertina the slab and submerge into lukewarm water.
- Apply slab from the proximal limit extending down the arm to the fingers and gently mould.
- Submerge and apply medial and lateral triangle plaster struts and gently mould.
- Overwrap with crepe and secure with brown tape.
- Apply an additional length of tape down the ventral aspect of the cast to prevent rolling.
- Allow to dry for 20minutes before applying a broad arm sling.

Discharging and documentation:

- Apply a broad arm sling, and provide education on elevation and slings. Refer to Cast Care Patient Advice sheet and family videos throughout your patient and whānau education.
- Families may prefer a collar and cuff style sling. This can be provided with clear instructions to only use the collar and cuff sling after the initial 48hr period as earlier will damage the cast.
- Provide whānau with copies of cast care and discharge advice.
- Document products used, position, cast type, skin integrity, and pressure injury risk assessment

Discharge:

Have the cast checked by a credentialed nurse.

Discharge with cast care advice and on appropriate cast related pressure injury prevention bundle.