

## Quick Cast Card

Indication	Forearm fractures Children with distal or midshaft radius and/or ulnar fractures. Children with distal radius and/or ulnar fracture over the age of 8 can be managed with a well molded Below Elbow POP
Upper Limit	2-3 fingers above the mid-shaft of the humerus
Lower Limit	Distal palmar crease
Position	Elbow at 90°, forearm and wrist in neutral, fingers free, shoulder relaxed. Arm is held by thumb and across the finger tips



### Gather materials:

- Soffban
- Plaster of Paris rolls
- Measured plaster slab - See Above Elbow Backslab page for slab instructions
- Plaster sheers

### Applying the cast:

- 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.
- 50% overlap results in 2 layers. 66% overlap results in 3 layers.
- Apply the above elbow backslab and gently mould . Cut off any slab that extends beyond the cast limits
- Starting distally to the injury, unroll the plaster of Paris rolls over the limb, taking care not to pull excessive tension.
- The first layer of plaster should complete two full rotations directly over each other prior to advancing the roll down the limb.
- Upon reaching the hand, ensure the plaster layer don't extend beyond the distal palmar crease
- Advance the cast between the thumb and fore-finger by creating a curved cut.
- 2 layers of plaster between thumb and fore finger are sufficient.
- Upon completing the first roll of plaster fold the soft ban edges back over the plaster layer to create an edge at the distal and proximal aspects.
- Repeat the plaster roll wrap again starting proximally, capturing the rolled back softban edges, and advancing down the limb creating 6-8 layer total layers of plaster.
- Laminate plaster layers by rubbing plaster between flat palms.
- Place the drying cast on a pillow and allow to set for 20 minutes prior to application of a broad arm sling.

### Discharge:

Have **the** cast checked by a credentialed nurse.

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