CARE OF CLIENT IN TRACTION

T R A C T I O N

Temperature
Ropes Hang Freely
Alignment
Circulation Check (5 P's)
Type & Location of Fracture
Increase Fluid Intake
Overhead Trapeze
No Weights On Bed Or Floor

Extremity Infection
NURSING CARE FOR SPRAINS AND STRAINS

R Ice Compression Elevation
I
C
E

*CRUTCH-WALKING* UP *STAIRS*
GOOD GOES TO HEAVEN
BAD GOES TO HELL
HIP FRACTURE

- Bucks Traction, Immobility (Trochanter Roll or Sand Bags)
- Surgery - Internal Fixation

I can’t move my leg!

Nursing Priorities
- Hydration
- Respiratory Support
- Circulation Checks
- Pain Control
- Prevention of Immobility Complications
- Hx of Chronic Conditions and Medications

MUSCULOSKELETAL ANATOMY TIPS

- TENDONSE
  - Connect Muscle To Bone

- LIGAMENTS
  - Connect Bone To Bone
OSTEOPOROSIS
(After Menopause — ↓ Estrogen)

Slender, female, Caucasian, alcohol users, smokers and steroid users... are highest at risk.

OSTEOPOROSIS RISK FACTORS

- Alcohol Use
- Corticosteroid Use
- Calcium Low
- Estrogen Low
- Smoking
- Sedentary Lifestyle

“Access” (leads to) Osteoporosis