

Caring for a Resident in Traction

A cast or traction may be used to immobilize fractured hips. Traction is also used for other types of broken bones. Traction may be used to reduce pressure and pain due to injury or to relieve muscle spasms.

A resident in traction will need special care. The traction assembly must never be disconnected. Keep the weights off the floor. Do not add or remove weights for any reason.

Keep the resident in good alignment. Good skin care is essential. Position the resident as directed by the nurse. Skin will rapidly deteriorate over pressure points. Perform range of motion exercises as directed.

Report these to the nurse:

- redness, drainage, bleeding, or sores
- wetness on sling
- odor around the sling or boot
- numbness or tingling
- pain, burning, pressure, swelling
- changes in skin temperature
- resident sliding down in bed
- weights touching floor