



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Emergency Room (Pediatrics)		
Document:	Departmental Policy and Procedure		
Title:	Application of Skin Traction		
Applies To:	All Pediatric Staff		
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1. PURPOSE:

- 1.1 To reduce stable fractures or dislocations prior to casting, splinting or application of skin traction.
- 1.2 To restore and maintain alignment of bone ends following fracture.
- 1.3 To relieve pain and/or muscle spasm.
- 1.4 To provide immobilization to prevent soft tissue damage.
- 1.5 To correct, lessen or prevent deformities.
- 1.6 To reduce and treat subluxations.
- 1.7 To rest an inflamed, diseased or injured body parts.
- 1.8 To prevent or correct the development of soft tissue contracture.
- 1.9 To expand joint space prior to surgery.
- 1.10 To maintain the desired position post-operatively.

2. DEFINITIONS:

- 2.1 **Traction** – is a treatment modality in which a pulling force is applied to separate parts of an injured, diseased and deformed portion of the body or extremity for anatomical alignment.
- 2.2 **Type of Traction:**
 - 2.2.1 **Manual** – used as a primary form of traction accomplished by an individual exerting a temporary, steady pull on another's extremity or joint.
 - 2.2.2 **Mechanical** – uses of gadgets and devices and is further classified depending on the nature of attachment and the nature of the pulling force.
 - 2.2.2.1 **Skin Traction** – the traction force is applied over a large area of skin from where it is transmitted to the musculoskeletal structures.
 - 2.2.2.2 **Skeletal** – applies force directly to bone using aseptically inserted pins, wire of traction screws.

3. POLICY:

- 3.1 Counter – traction must be present for any type of traction to be effective.
- 3.2 Continuous traction should be maintained. Proper body alignment and positioning should be maintained.
- 3.3 Preventing of complications for patient on traction is a must.
- 3.4 The prescribed direction of pull should be maintained.
- 3.5 Nurse must be aware of the physician's order for type of traction, amount of weight to be used and length of time to be applied.
- 3.6 Contraindication:
 - 3.6.1 Presence of an existing skin condition (e.g. wounds, sores, abrasions).
 - 3.6.2 When the skin is thin and friable.
 - 3.6.3 If there is circulatory impairment or loss of normal skin sensation.

4. PROCEDURE:

4.1 Skin Traction:

- 4.1.1 Verify Physician's order.
- 4.1.2 Explain and discuss the procedure with the patient & family.
- 4.1.3 Provide privacy.
- 4.1.4 Wash hands and wear gloves. Cleanse the affected site.
- 4.1.5 Check for the affected part and ensure that the skin is intact.
- 4.1.6 Apply the tincture of benzoin compound on the affected part to increase the adhesive quality of the material used.
- 4.1.7 Apply the extension strapping and bandage without folds or creases leaving the patella and the knee at 10 – 15 degrees of full flexion.
- 4.1.8 Leave the ankle joint free and apply latex foam to bony prominence.
- 4.1.9 Ensure that the affected part is in the correct anatomical position.
- 4.1.10 Connect traction rope into the pulley and hang the prescribed weight freely.
- 4.1.11 Remove gloves and wash hands.
 - 4.1.1.1 Date and Time applied.
 - 4.1.1.2 Site of the affected part.
 - 4.1.1.3 Condition of the affected part prior and after the procedure as to:
 - 4.1.1.3.1 Temperature
 - 4.1.1.3.2 Color
 - 4.1.1.3.3 Degree of sensation and movement distal pulse.

4.2 Special Considerations:

- 4.2.1 Give physical and psychological support.
- 4.2.2 Prevent reduce friction be ensuring the following.
 - 4.2.2.1 Weights are hanging freely and not resting on the floor, bed or chair.
 - 4.2.2.2 Traction ropes are unobstructed and move freely through pulleys.
 - 4.2.2.3 Counter – traction is sufficient to prevent shearing forces from damaging the patient's skin.
 - 4.2.2.4 Proper anatomical position should be maintained.
- 4.2.3 Analgesia for patient is a must.

5. MATERIALS AND EQUIPMENT:

- 5.1 Adhesive/ Non – Adhesive Skin Traction
- 5.2 Weight/Pulley System
- 5.3 Thomas Splint (Optional)
- 5.4 Bed Frame with Traction Bars
- 5.5 Razor
- 5.6 Blue Sheet
- 5.7 Traction Rope
- 5.8 Disposable Gloves

6. RESPONSIBILITIES:

- 6.1 Physician
- 6.2 Nurse

7. APPENDICES:

- 7.1 N/A

8. REFERENCES:

8.1 Kingdom of Saudi Arabia Ministry of Health Baish General Hospital, 2018

9. APPROVALS:

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