



Nursing of Traction 牽引的護理(英文)

The goal of traction

1. Stabilize bone fracture.
2. Maintain proper body alignment.
3. Reduce bone fracture.
4. Alleviate muscle spasm.
5. Rectify and prevent deformity.
6. Release muscular tissue adhesion.
7. Fixate diseased or painful joint.

Cautions

1. Tighten all traction ropes located at the wheel of the ditch pulleys,
2. Align the 2nd toe with hauling rope and pulley.
3. Do not place anything on the rope or have it twisted with knots.
4. The weight should be vertically stabilized and suspended.
5. Place a pillow under the lesion site to support the limbs.
6. Maintain a proper distance between patients' feet and bed end.
7. Maintain a fixed position within the patient, pulley, and weight.
8. There should be no loosened, weariness, and broken rope under all conditions.

9. No one is allowed to move, or add or subtract weight on the pulley unless it's the instruction given by the attending physician.

Possible complications include:

1. Neural paralysis.
2. Local symptom like painfulness, paleness, paraesthesia, and paralysis.
3. Limbs swelling.
4. Constipation.
5. Skin necrosis or hypersensitivity of the compressed site.
6. Possible infection for skeleton tractions.
7. Possible cranial nerve injury for forehead skeleton traction.

How to prevent complications

1. Roll your body every two hours and massage your back to prevent soreness built-up.
2. To avoid muscle contracture, do abdominal exercise, inhale and exhale deep breathe, and move isotonic and isometric muscle.
3. Use pedal board to prevent drooping foot.
4. Intake adequate liquid and high-fiber food to prevent constipation.
5. Raise four limbs to prevent swelling.
6. Inform our medical staff immediately if there is a loosened pin.

若有任何疑問，請不吝與我們聯絡
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