

PRACTICE SKILLS CHECKLIST

NAME:		DATE:	
COMPETENCY: Demonstrates safe and competent nursing practice when applying a simple plaster			
ASSESSORS: RFDS doctors, Resident Medical Officers, General Practitioners or Nurse Educators who possess a plastering competency.			
PERFORMANCE CRITERIA		ACHIEVEMENT	
		C	NYC
Obtains history from patient- activity at time of injury, mechanism of injury, site of pain & what is the severity and loss of function			
Examines injured limb for: asymmetry (compare to the other limb) colour of limb, bruising, swelling, deformities			
Assembles appropriate equipment for plastering. Prepares area and patient i.e. cover the area around the work site with blueys/plastic and put the water nearby, limb in correct position			
Explains procedure to the patient in a language which is understood and gains informed consent			
Places stockinet loosely over the whole area then measures and cuts 3–5cm longer so it can be folded back over each end of the cast and applies plaster wool over the stockinet			
Gets the helper to hold and support the limb (without pressing fingers into the plaster)			
Holds the end of the plaster bandage in one hand and the roll in the other and holds it like this under the water until the bubbles stop			
Lifts it out and lets the surface water drain. Very gently squeezes the roll in the middle, but does not press (indent) it with the fingers. It needs to be very wet but not dripping			
Starts at the fingers/toes and works towards the torso. Working quickly, rolls/lays the plaster bandage down evenly, but doesn't pull tight			
Overlaps as with normal bandaging			
Using the flat of the hand only, smooths and shapes the plaster from the fingers/toes towards the torso. Smooths each roll before starting a new one			
Keeps going until the area is covered with 6–8 layers. Folds the ends of the stockinet back over the plaster and seal edges with layer of plaster			
Clears away the equipment and then checks the limb/fingers/toes for colour, warmth, sensation, movement and swelling, and the peripheral pulses			
Puts on an arm sling, or tells the patient to keep the leg elevated and resting on pillows when they get home,			
Organises crutches if needed			
Documentation - type of cast and material used, any modifications to cast, instructions given to patient, if crutches are supplied and date of next appointment			
CRITERIA		SIGNATURES	
		DATE	ASSESSOR
Read local Plastering Guidelines and Policy			
Completed Learning Package on Plastering or RPL			
Application of a plaster supervised by a deemed assessor			
COMMENTS			
Competency Attempt /Achievement		YES / NO	
Signature of Learner:		Signature of Assessor:	
Assessor's Name:		Phone No:	
Assessor's Email:			
Assessor's Qualifications:			