

Provide and encourage patient to eat a balanced diet, including vegetables and fruits.

Prevent Complications

Check pulses in affected area and compare with pulses in contralateral site.

Assess circular dressings for excessive tightness.

Assess restrictive bandages or devices used to maintain traction on affected limb:

1. Make certain that they are not too loose or too tight.
2. Remove periodically and check for skin breakdown or pressure areas.

Encourage deep breathing or use of incentive spirometry:

- Monitor the 6 Ps (see [Box 29-3](#)).

Take immediate action to correct problem or report to practitioner if neurovascular changes are present.

Record findings of neurovascular changes.

Carry out passive, active, or active-with-resistance exercises of uninvolved joints.

Note if any tightness, weakness, edema, or contractures are developing in uninvolved joints and muscles.

Take measures to correct or prevent further development of weakness, such as applying footboard or foot orthoses to prevent footdrop.

When indicated by the attending practitioner, the nurse may remove nonadhesive skin traction. In these cases, intermittent