Nursing care of the child with clubfoot is the same as for any child who has a cast (see earlier in this chapter). Because the child will spend considerable time in a corrective device, nursing care plans include both long- and short-term goals. Careful observation of the skin and circulation is particularly important in young infants because of their rapid growth rate.

Because treatment and follow-up care are handled in the orthopedic clinic or outpatient department, parent education and support are important in nursing care of these children. It is important for parents to understand the diagnosis, overall treatment program, the importance of regular cast changes, and the role they play in the long-term effectiveness of the therapy. Reinforcing and clarifying the orthopedic provider's explanations and instructions, teaching parents about care of the cast or bracing (including vigilant observation for potential problems), and encouraging parents to facilitate normal development within the limitations imposed by the treatment are all part of nursing responsibilities.

Metatarsus Adductus (Varus)

Metatarsus adductus, or metatarsus varus, is probably the most common congenital foot deformity. In most instances, it is a result of abnormal intrauterine positioning, particularly in a firstborn child, and is usually detected at birth. The deformity is characterized by medial adduction of the toes and forefoot, frequently in association with inversion and convexity of the lateral border of the foot (kidney shaped). Metatarsus adductus may be divided into three categories:

• Type I: The forefoot is flexible and corrects easily with manipulation

• Type II: The forefoot is only partial flexible and corrects passively past neutral position but only to neutral position with active manipulation

• Type III: The forefoot is rigid and will not stretch to neutral position with manipulation

Unlike a clubfoot, with which it is often confused, the angulation occurs at the tarsometatarsal joint while the heel and ankle remain

3235