

My Comfort Care Plan

What's one special thing I want staff at the clinic to know about me?

You can draw or write!

So what is my job?

- ✓ Hold the part of the body that has my cast still.
- ✓ Don't bring my hands near the tool.
- ✓ I can breathe deeply.
- ✓ I can keep my brain busy with distraction.

To watch a video about cast removal, take a picture of this QR code with your smartphone.

You can also visit: <https://hsc.mb.ca/children/our-services/cast-removal/>



My name is: _____

When I need a cast removed, I want to...
(please circle, more than one is fine!)

 <p>count or sing</p>	 <p>breathe deeply</p>	 <p>have a special toy or comfort item</p>
 <p>look or watch</p>	 <p>look away or have my eyes closed</p>	 <p>sit with my special person</p>
 <p>know what is going to happen</p>	 <p>use noise cancelling headphones</p>	 <p>play on iPad or mobile device</p>

Getting your child's cast taken off

Simple, positive language can help when children are having their casts removed.

You know your child best, but some people have found these tips helpful.

Before cast removal

- Offer hope and comfort strategies. You can say: "We'll do some deep breathing together to help you feel safe and comfortable."
- Talk about what has worked well in the past when they have been worried and build on it.
- Describe what your child might feel: "You might feel some vibration or a bit of heat," or "The scissors might feel cold."
- Some families find it helpful to role play cast removal. You could use a vacuum to prepare your child for the sound of the cast removal tool by moving the vacuum back and forth over the cast.

During cast removal

- Invite your child to do something to distract themselves: "Let's play your favorite game on the iPad" or "Let's play I spy."
- Let your child know that they can hold your hand or have you hug them.
- Focus on what is going well and the strategy they are using: "You are doing a great job of keeping your arm (or leg, etc.) still and your body calm."
- You can invite your child to tell you what they are feeling. Avoid dismissing the child's fears or anxiety by saying "You're okay," or "Your fears can't be that bad." Instead ask "how can we help you?"

After cast removal

- Praise your child for what they did well: "You did a great job distracting yourself and keeping your arm (or part of body with the cast) still."
- Focus on the positive, rather than apologizing. Highlight what worked: "It seems like deep breathing really helped you today."
- If your child is having trouble remembering what went well, remind them: "Actually, you relaxed very well while you hugged your stuffy. You were so brave."



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