

Taking a plaster-of-Paris cast of your foot! – Instructor lesson plan

Aims

To enable learners to take a model of their foot using plaster-of-Paris bandage

Age range secondary school (12 -16yrs)

Numbers up to 12-15 per facilitator (hands-on practical session)

Duration 60 minutes

Equipment

PPE – glove, aprons

Floor covering

Plaster-of-Paris bandage (POP)

Scissors

Bowls & water

Patient couch

Learning intentions

By the end of the session learners will be able to:

- Cut their POP bandage to size
- Wet & prepare their bandage
- Apply to the foot

Introduction

Team to introduce themselves & aims from session

1. Explain learners will be working in groups of 3.
2. One member of the trio will be the patient - others will apply a cast
3. Then swap round as time allows
4. Instructor to demonstrate POP cast (no need to STJ neutral)
5. Show examples positive filled cast & foot orthoses

Health & Safety

Participants to wear aprons & gloves when handling POP

Check for any allergies

Remind participant's floor may get wet & slippery

Participants take care with scissors

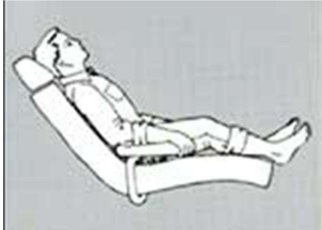
Task 1

Don appropriate PPE

Ensure floor covered

Ensure 'patients' clothing not in way of POP

Check 'patient' seated comfortably & correct height to participants

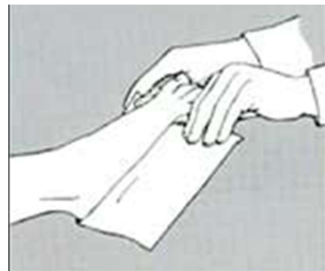


Task 2

Cut 2 strips POP bandage to size

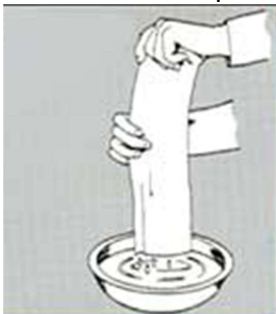
Wet first strip & smooth POP into bandage

Apply to foot around heel

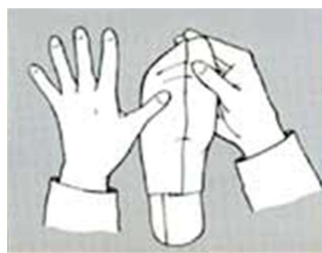
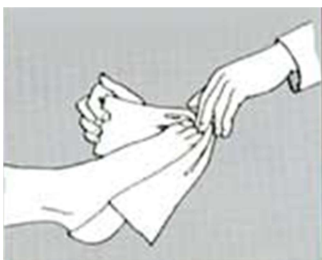


Step 3

Take second strip POP bandage & prepare in same way as step 2

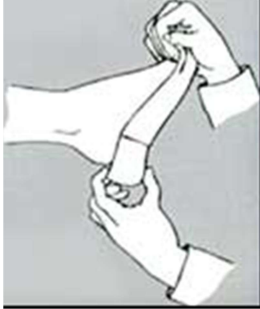


Apply over toes & smooth POP bandage into foot



Step 4

Allow to dry & carefully remove cast



Clean & dry foot

Manage any water spillage to prevent slipping

Reference:

https://opedge.com/Articles/ViewArticle/2004-08-01/2004-08_08