

## 頸圈及吊環

### 簡介

配戴頸圈及吊環可以固定上肢及肩膊部位，促進癒合。常用於肱骨骨折。當病人坐立或直立的時候，肱骨會處於垂直位置，由於地心吸力的原故，形成一股拉力於肱骨上，有助骨折復位。



頸圈及吊環

### 護理

- ◆ 多鼓勵病人保持坐立或直立姿勢
- ◆ 固定上肢於舒適位置，手部位置要比手肘關節為高
- ◆ 要確保手腕部份有足夠的空間運動
- ◆ 多做患肢手指運動，能促進血液循環

- ◆ 洗澡時，避免弄濕頸圈及吊環
- ◆ 要經常觀察頸圈及吊環覆蓋的皮膚，有否敏感或損傷
- ◆ 由於汗液容易令皮膚受損，因此需常保持腋下清潔及乾爽
- ◆ 要經常觀察患肢血液循環，如有下任何徵狀，必須尋求醫護人員的意見，例如：
  - 疼痛
  - 皮膚溫度變凍
  - 活動能力減退
  - 知覺減退
  - 腫脹

### 配戴頸圈及吊環的不良影響

頸圈及吊環覆蓋以下的皮膚或會受損，尤其頸背位置。

### 覆診

請依期覆診。祝君早日康復！

如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院矯形及創傷外科提供。




瑪麗醫院

Queen Mary Hospital

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## COLLAR AND CUFF SLING

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## COLLAR AND CUFF SLING

### Introduction

It can be used when arm/ shoulder immobilization is required. Usually it will be used in fractured humerus to restrict upper limb movement so as to stabilize the fracture and promote healing. When the patient is in up-right position, the humerus will be pulled down by gravity, creating a pulling force over the humerus and help to reduce the fracture.



Collar and Cuff Sling

### Care & Advice

- ◆ Encourage patient in up-right position

as the pulling force can only be achieved when the humerus is in vertical position.

- ◆ Position the limb in desired position. In general, the upper limb will be positioned with the hand higher than the elbow.
- ◆ Ensure adequate room for the hand to mobilize.
- ◆ Practice active finger exercises frequently to promote peripheral circulation.
- ◆ Avoid wetting the collar and cuff sling during bathing.
- ◆ Observe the skin underneath the collar and cuff bandage. Beware of any skin irritation or ulceration.
- ◆ Always keep the underarm clean and dry. Sweating is common and will easily cause skin irritation or skin ulceration.
- ◆ Observe the neurovascular condition of the limb. Seek medical advice promptly if any of the following

signs or symptoms is observed:

- Pain
- Coolness of the skin
- Impaired mobility
- Impaired sensation
- Severe swelling, etc.

### Adverse Effects

The skin underneath the collar and cuff may be damaged if it is under pressure, especially the skin over the hind neck.

### Follow up

Follow up as scheduled. Get Well Soon!

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Orthopaedics and Traumatology, Queen Mary Hospital