





Resource 8


Interventions for hand contractures

Product	Clinical reasoning
<p>Resting splint</p>  <p>Image credit: comfysplints.com</p>	<p>Where a client has wrist involvement or has a functional need, aid maintaining functional hand position and reduce risk of hand contractures.</p> <p>Consider referral to orthotics or hand therapist for custom intervention.</p> <p>Patient may need to attend orthotics clinic.</p> <p>How to obtain: Special order by a healthcare professional.</p>
<p>PCM Palm Protector</p>  <p>Image credit: pressurecaremanagement.co.uk</p>	<p>Can be used on either left or right hand. Use for those who have moderate to severe contractures.</p> <p>The palm protector provides a unique low stretch therapy to the contracted hand.</p> <ul style="list-style-type: none"> • Provides a comfortable cushioned grip with a continuous flow and redistribution of microbeads within the cushion, preventing pressure build up and shear. • Velcro strap for easy fastening. • Dimensions 14.5 x 4.5cm. <p>To gradually build up wearing of splint.</p> <p>How to obtain: Special order by a healthcare professional.</p>

Product	Clinical reasoning
<p>Sheepskin Palm Protector</p>  <p>Image source: healthandcare.co.uk</p>	<p>To be used when hand contracture is severe, with limited range at the MCP and IP joints, and the aim is to protect the palm.</p> <p>Specific to left or right hand.</p> <p>Client requires good abduction of the thumb.</p> <p>Monitor skin on thumb webspace due to stitching and risk of sheer in this area.</p> <p>Wash (making sure to dry well) and replace regularly.</p> <p>To gradually build up wearing of splint.</p> <p>How to obtain: The Care Home Support Team (CHST) have a small stock of Rolyan products (pictured) available on request.</p>
<p>DermisPlus Prevent Large Pad</p>  <p>Image credit: frontier-group.co.uk</p>	<p>Pads to be used where range is extremely limited, and a palm protector is unsuitable.</p> <p>Tape can be used instead of pad when there is a small area to be protected. The tape can be weaved between fingers to prevent pressure between fingers.</p> <ul style="list-style-type: none"> • Not to be ingested, therefore consider risk assessment for individual. • Skin must be intact or stop/review. • Can be cut to size. • Provides redistribution of pressure.
<p>DermisPlus Prevent Tape/ Strips</p>  <p>Image credit: frontier-group.co.uk</p>	<ul style="list-style-type: none"> • To be washed with soapy water and dried daily. Can be used multiple times – discard when shape is altered/compromised. • Should be issued and monitored by nursing staff. • Please monitor moisture on the skin and stop if you see signs of redness/ irritation. • Do not use over wound dressings. • Consider use of barrier film spray if moisture begins to build up. <p>How to obtain: Initially ordered by a healthcare professional, then via GP prescription when in a care home.</p>

Product	Clinical reasoning
<p data-bbox="113 405 395 439">Cutimed Sorbact</p>  <p data-bbox="118 801 384 828">Image credit: cutimed.co.uk</p>	<p data-bbox="491 405 1449 517">For severe contractures where there is a build-up of bacteria/fungal infection, as this product contains antimicrobial treatment and can help reduce bacteria in wounds (and odour).</p> <p data-bbox="491 535 932 568">Does not redistribute pressure.</p> <ul data-bbox="533 591 1474 1227" style="list-style-type: none"> • Can be used in conjunction with DermisPlus products. • Comes in a ribbon or a flat large piece. • Can be used for up to 7 days before being thrown away. • Apply directly to affected area, unfolded or flat. • Recommended dressing change interval is 1–3 days depending on the wound condition. • It is important that there are no traces of ointments or creams on the wound as this interferes with the hydrophobic properties of the Cutimed® Sorbact® dressing. • Low risk of allergic reactions. • Suitable for long-term use. • Does not trigger the release of bacterial toxins. • Bacterial or fungal resistance is unlikely to develop. <p data-bbox="491 1247 1477 1359">How to obtain: Nursing homes can order via the Formulary; Residential homes should request via their Community/District Nurse. Review and order if indicated.</p>

Product	Clinical reasoning
<p data-bbox="113 315 451 349">Medoris Hand Splint</p>  <p data-bbox="121 725 419 748">Image credit: medoriscare.com</p>	<p data-bbox="491 315 1406 387">Can be used on either left or right hand. Use for those who have moderate to severe contractures.</p> <p data-bbox="491 409 1473 481">Soft cylinder shaped to stop hands and fingers closing into the palms and prevents the nails digging into the skin.</p> <p data-bbox="491 504 1402 611">Tiny microbeads mould in the palm of the hand, making it soft to touch and easy to position. They distribute weight evenly under pressure, giving appropriate resistance when squeezed.</p> <p data-bbox="491 633 1398 741">They don't hold the hand's heat which can lead to overheating. Instead, the beads allow for an even airflow, resulting in a much cooler</p> <p data-bbox="491 763 1275 797">Velcro strap for easy fastening and comes in two sizes:</p> <ul data-bbox="531 819 1294 898" style="list-style-type: none"> • Standard: Length 10 cm (4"), Diameter 4 cm (1.5"). • Large: Length 15 cm (5.9"), Diameter 5 cm (1.9"). <p data-bbox="491 909 1035 943">To gradually build up wearing of splint.</p> <p data-bbox="491 965 1414 1037">How to obtain: Healthcare professionals can order via Millbrook Healthcare.</p>

 It is the responsibility of carers/ care home staff to monitor the hand condition and ensure all care needs are met.



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