Shunt Splint for Adult Renal Patients

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A splint was designed for adult renal patients who required protection of their forearm shunt while sleeping. It is positioned over the shunt with 1 inch (2.5 cm) clearance, which prevents the weight of the body from resting on the forearm and disrupting circulation. Although similar to a splint designed for children who require maximum protection of the shunt in daily play (1), the adult splint covers less sur-

Figure 1 Side view of shunt splint
face area. Because of its design, it is cooler, requires less material, and is less expensive to fabricate than the child splint. The splint has been used successfully and independently by four adult renal patients at Borgess Medical Center in Kalamazoo, Michigan.

Materials and Construction
Materials needed include one piece of Kay-Splint (2) approximately 6 x 8 inches (15 x 20 cm); two pieces of loop Velcro (measured to fit the wrist and forearm circumference); and four ¾ x 1 inch (2 x 2.5 cm) pieces of adhesive hook Velcro with corners rounded.

To begin construction, measure and draw a pattern on paper as indicated in Figure 2. The pattern may need altering depending on the forearm circumference and the surface area of external tubing. With an awl, outline the pattern placed on the splinting material, heat according to manufacturer’s directions, and cut out with scissors. While still warm, fold under each end of the splint at dotted line (see Figure 2). Place the splint over supinated forearm and mold ends to wrist and forearm on either side of shunt tubing. Using a heat gun, slightly heat dotted areas on four corners of the splint (refer to Figure 1) and place a piece of hook Velcro on each corner. With splint in place on forearm, fasten one piece of loop Velcro around the wrist, attaching each end to hook Velcro pieces. Attach the other piece around the forearm in the same manner. Check the splint regularly for proper fit.

REFERENCES
2. Kay-Splint is available from Fred Sammons, Inc. Box 32, Brookfield, IL 60513