

## PERFORMANCE CHECKLIST

Name \_\_\_\_\_

### Applying Elastic Bandages

*To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.*

**Equipment:** Elastic bandage, tape, metal clips or safety pins.

- \_\_\_ 1. Assemble equipment.
- \_\_\_ 2. Knock before entering room.
- \_\_\_ 3. Address resident by name.
- \_\_\_ 4. State your name and title.
- \_\_\_ 5. Identify resident.
- \_\_\_ 6. Explain procedure and obtain permission.
- \_\_\_ 7. Wash hands.
- \_\_\_ 8. Provide privacy.
- \_\_\_ 9. Provide for resident safety and raise bed to best level for body mechanics.
- \_\_\_ 10. Expose part to be bandaged, making sure it is clean and dry.
- \_\_\_ 11. Hold bandage so that roll is up and loose end is on bottom.
- \_\_\_ 12. Apply bandage to smallest part of extremity to be bandaged.
- \_\_\_ 13. Make two circular turns around extremity, and proceed with overlapping spiral turns in upward direction. Overlap about 2/3 of previous turn.
- \_\_\_ 14. Apply bandage smoothly with firm, even pressure.
- \_\_\_ 15. Pin, tape, or clip end of bandage to hold in place, making sure pin or clip is not under body part.
- \_\_\_ 16. Check extremity for Signature and symptoms of cyanosis. Instruct to report complaints of pain, numbness, or tingling. Remove bandage if symptoms present and report immediately.
- \_\_\_ 17. Provide for resident safety and lower bed.
- \_\_\_ 18. Provide for comfort with call signal in reach.
- \_\_\_ 19. Wash hands.
- \_\_\_ 20. Record actions and report any abnormal observations to supervisor.

Pass \_\_\_\_\_ Instructor's Signature \_\_\_\_\_ Date \_\_\_\_\_

***The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005***