



NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: _____

Applying and Removing Elastic Stockings (TED or anti-embolic stockings) - 4.02H

This skill may be required during NNAAP® testing







 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.



 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Anti embolic stocking (TEDs)

Note: Stockings are to be removed at least twice a day.

1.	Assemble equipment
2.	Knock before entering room, address resident by name
3.	State your name and title, identify resident
4.	Explain procedure and obtain permission, maintaining face-to-face contact whenever possible.
5.	Wash hands, Provide privacy
6.	Provide for resident safety and raise bed to best position for body mechanics
7.	Resident should be in supine (lying on back) position while stockings are applied. Legs must be elevated prior to applying stockings.
8.	<p>Turn elastic stockings inside out at least to the heel.</p> <div style="display: flex; justify-content: space-around;">    </div> <p>This does <u>NOT</u> mean to wad the stocking. Below are pictures of what NOT to do.</p> <div style="display: flex; justify-content: space-around;">    </div>

		<p><u>Note:</u> by wadding the stocking, many folds are created. The multiple folds are like having several rubber bands around your fingers. Both are very difficult to open wide. By having the stocking folded, not wadded, inside out to heel, the stocking is then like a single rubber band. Much easier to open wide. The wider the opening can be stretched the less resistance on the resident's toes and foot. Every fold in the "wad" represents a rubber band. TED stocking should not be put on like socks. They are not socks!</p>
	9.	<p>Place foot of stocking over toes, foot, and heel.</p> 
	10.	Pull top of stocking over foot, heel and leg.
	11.	Move foot and leg gently and naturally. Avoid forcing and over-extension of limb and joints.
	12.	<p> <input type="checkbox"/> Finish procedure with no twists or wrinkles. <input type="checkbox"/> Opening in toe area may be over or under toe area. This is determined by the manufacture of the stocking. <input type="checkbox"/> Proper placement is heel box of stocking on the heel of the resident. </p> 
	13.	Provide for resident safety, lower bed and call signal within reach.
	14.	Provide for resident comfort and wash hands.
	15.	Record actions and report any abnormal observations to supervisor.
	16.	To remove, roll stocking from top down to ankle, ease over heel and pull over foot.

Instructor's Initials: _____ Date: _____

Practice Hint:

Practice putting on TEDs on a 16 oz. Styrofoam cup. The indentations on the cup indicate where lesions would be on the resident's foot!

<https://dl.dropboxusercontent.com/u/18982708/Video%20Clip%20-%20TED%20Stocking%20Application%2C%20Agnes%20%26%20Debbie%20Roach%2C%20West%20Montgomery%20HS.avi>