

Competency for the application of Actico

Stages of application of Actico Cohesive Short Stretch Bandage



Customer Care Line:
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Full Assessment	Use "Local" assessment form Doppler > 0.8 - < 1.2 < 0.8 & > 1.2	Refer to local trust guidelines Actico can be used Prior to application specialist referral must be sought
Selection of bandage system	Actico 10cm	Choice will be based upon - Patient Assessment - Doppler Results - Patient Concordance
Examine shape of leg	Protection Graduation - aiming to achieve twice as much compression at ankle as knee	eg Tibial Crest/Ankle/Dorsum Particularly need to reshape "inverted champagne" & "straight" legs & where dependent oedema
Measure ankle circumference	Above malleoli Flex foot if patient supine Foot firmly on floor if patient sitting	Measure prior to padding NB If ankle ≤ 18 cm ensure padding brings to ≥ 18 cm Record measurement
Apply Padding	"Extra" padding for protection or re-shaping can be applied first eg strip down the tibial crest if required. Position foot correctly	Two turns at the base of the toes & then spiral with 50% overlap finishing one finger below the knee Ensure no gaps or "windows"
Re-measure ankle circumference	Re-position foot as for 1st measurement of ankle	18 - 25 cm = x 1 Actico 25 - 30 cm = x 2 Actico >30cm refer to specialist nurse
Application of Actico	Hold the bandage at tension and keep the Actico on the leg. Bandage in either direction if one bandage applied. If two Actico are required apply second bandage in the opposite direction. Position foot correctly	Begin by x2 turns applying compression from the base of the toes. If there is oedema in the foot pull the bandage on the second turn An extra turn may be applied in the middle of a long foot Roll the bandage across the dorsum of the foot and enclose the ankle and heel with a figure of eight. Start to spiral up the leg with a 50% overlap. Pull and ensure full stretch at the back of the limb. Maintain tension as Actico is brought around the front of the leg Finish two fingers below the knee Cut off excess bandage and bond layers together
Application of second Actico	For an ankle circumference > 25 cm with padding	Bandage in the opposite direction starting with two turns over the malleoli to secure. Spiral in a 50% overlap to the knee. Finish as before

I have undertaken supervised practice on the application of Actico Cohesive Short Stretch bandage.

Signed.....Name.....Title.....

Supervisor.....Name.....Date.....

Activa Healthcare Limited will conduct training and supervision on the application of Activa products.

It is the remit of the specialist or supervising nurse to provide education on general leg ulcer management including vascular assessment.