

# Competency for the application of Actico®

Stages of application of Actico cohesive bandage for chronic oedema.



Customer Care Line:  
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Competency	Method	Rationale
Full holistic assessment.	Use local assessment forms. Doppler >0.8 & <1.2 Doppler <0.8 & >1.2	Actico® can be used. Prior to application, specialist referral must be sought.
Selection of bandages. Full leg or below knee.	Actico® available: 4cm, 6cm, 8cm, 10cm and 12cm. FlexiBan padding available 10cm. Actifast tubular retention bandage: Red, Green, Blue, Yellow and Beige.	Choice based upon:  Patient assessment Doppler result Patient concordance
Assess limb shape. Skin condition.	Look at the shape of the full leg. Cleanse and moisturise. Apply ActiFast®. Extra 6cm either end.	Full leg or below knee bandaging. To avoid inflammatory episodes. Liner under padding. eg secure wound dressing.
Padding to protect.	Protect vulnerable areas eg dorsum of foot or popliteal fossa.	Prevent tissue damage.
Padding to re-shape.	In-fill skin folds/gaps. Establish cylindrical/conical shape increasing from distal to proximal using, simple spiral 50% overlap.  Fold ActiFast over either end of padding.	Achieve graduated sub-bandage pressure profile. Enhancing limb volume reduction and re-shaping.
<b>Prior to application of Actico®</b>		
Toe bandaging may be required.	Bandage the toes using a 4cm/5cm flat retention bandage.	To prevent swelling of toes.
Limb adequately supported.	Support limb, foot to be positioned at 90°	Correct position for bandaging.
<b>Application of Actico® cohesive inelastic bandage.</b>		
The foot and ankle.	Apply 8cm or 10cm Actico® bandage, starting at the base of the toes with two turns with tension. Bandage foot with a figure of eight to cover the heel and continue simple spiral 50% overlap to above Malleoli.	Depending on foot size.
The lower leg.  Below knee only.	Now change, if necessary to 10cm Actico® bandage. Continuing up the limb with an even full stretch tension spiral with 50% overlap. Finish two fingers below the knee.	Cut off excess 8cm bandage and secure with next spiral turn. Change to 10cm above Malleoli as limb width gets larger. Cut off excess bandage and bond with layer.
The knee area.	Continue spiral 50% overlap over the knee area then change to 12cm Actico® and continue bandaging to above the knee area.	Ensure knee is flexed when bandaging. If standing, support under heel to bring knee into slight flexion.
The thigh area.	Using 12cm Actico® continue to the required level at the top of the leg.	Cut off excess 10cm Actico® bandage and butt 12cm and secure with next spiral turn.
Application of 2nd Actico® layer.	Following the same stages but in the opposite direction. Secure with two turns at the base of the toes and continue with a simple spiral.  Finish as before.	Cut off excess bandage and bond layers. One layer of Actico® will be adequate to provide support and palliate.  Two layers will allow for greater reduction of oedema.

I have undertaken supervised practice on the application of Actico® cohesive inelastic 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 chronic oedema management including vascular assessment.

# Compression bandaging

Name \_\_\_\_\_

## Reflective practice - Improvements in patient care

### Course completion

I have completed the workshop on Actico cohesive inelastic compression bandaging. This has included the theory and supervised practical sections as indicated by the signed competency form overleaf. I have received a copy of the suggested reading list and have read at least three clinical papers to update my knowledge.

### Previous Practice for chronic oedema management

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### What have I learnt from this course?

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### What improvements can I make to my practice?

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### How can I achieve these improvements?

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### What further training do I need?

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### How can I achieve these training needs?

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