



Competency for the application of **Mollelast®**

Stages of application for Mollelast® conforming bandage to prevent or reduce swelling of the toes.

Competency	Instruction	Rationale
<p>Full holistic assessment incorporating vascular assessment</p> <p>(This may include Doppler/ankle brachial pressure index assessment, pulse oximetry or toe pressures/toe brachial pressure index)</p>	<p>Refer to local and/or national guidelines</p>	<ul style="list-style-type: none"> ■ ABPI 0.8-1.3* Mollelast® can be used. ■ ABPI 0.5<0.8* OR >1.3 Mollelast® can be applied under specialist supervision. <p>* Particular attention should be given to those patients with peripheral neuropathy. e.g. with diabetes as they may not be able to detect if the toe bandages are causing friction or trauma. In these instances, toe bandaging should only be used if the patient can be closely monitored.</p>
<p>Assess limb shape</p>	<p>Look at the shape of the full leg</p>	<ul style="list-style-type: none"> ■ Consider full leg bandaging if the thigh or knee is swollen. (Refer to the full leg bandaging competency form.) ■ Best practice recommend to bandage beyond the oedema.
<p>Assess skin condition</p>	<ul style="list-style-type: none"> ■ If appropriate, cleanse and debride using Debrisoft® 	<ul style="list-style-type: none"> ■ Avoid inflammatory episodes. ■ Reduce the risk of infection. ■ To promote personal hygiene and patient comfort.
	<ul style="list-style-type: none"> ■ Apply emollient gently in the direction of hair growth 	<ul style="list-style-type: none"> ■ Hydrate the lower limb and support skin integrity. ■ To reduce the risk of folliculitis.
<p>Assess condition of any wound</p>	<ul style="list-style-type: none"> ■ Apply appropriate dressing\`s as required 	<ul style="list-style-type: none"> ■ Support moist wound healing.
	<ul style="list-style-type: none"> ■ Apply ActiFast® tubular bandage with an extra 6cm either end 	<ul style="list-style-type: none"> ■ Secure wound dressings and to ease the problem of contact sensitivity (wadding).

Application of **Mollelast**[®] conforming bandage

Support the limb with the foot in a dorsi-flexed position (at 90°) and bandage the toes using a 4cm **Mollelast**[®] conforming bandage as follows:

Competency	Instruction	Rationale
	<ul style="list-style-type: none"> Start with 1-2 turns around the foot at the base of the toes to anchor 	<ul style="list-style-type: none"> To secure the bandage in position and prevent slippage.
	<ul style="list-style-type: none"> Not everyone has flat or straight toes which can be problematic with toe bandaging. Creases or fissures should be filled with folded undercast wadding, e.g. Cellona[®] This is secured underneath the toe as the toe bandage is applied 	<ul style="list-style-type: none"> To ensure conformability and even distribution.
	<ul style="list-style-type: none"> Apply the bandage using light tension and start to bandage the great toe starting at the base of the nail 	<ul style="list-style-type: none"> Ensure conformability and even coverage.
	<ul style="list-style-type: none"> Move downwards with each turn of the bandage until the toe is fully covered with no gaps. (The number of turns will depend on the size and shape of the toe.) 	<ul style="list-style-type: none"> To prevent oedema.
	<ul style="list-style-type: none"> Leave the toenails and tip of the toes exposed 	<ul style="list-style-type: none"> Enables observation of any vascular/colour changes.
	<ul style="list-style-type: none"> Keeping the bandage flat, re-anchor each toe bandage around the foot without tension 	<ul style="list-style-type: none"> To prevent tissue creasing and aid comfort. To prevent slippage. To align the bandage to the next toe.
	<ul style="list-style-type: none"> For shorter toes, the bandage may be folded in half, ensuring the bandage is kept flat When anchoring the bandage around the foot, the bandage must be flattened out to its full width to reduce the number of layers around the base of the toes 	<ul style="list-style-type: none"> Ensure conformability, even coverage and to minimise bulk and tissue creasing.
	<ul style="list-style-type: none"> Continue to bandage the 3rd and 4th digit, ensuring to anchor around the foot between toes 	<ul style="list-style-type: none"> To align the bandage to the next toe.
	<ul style="list-style-type: none"> Leave the fifth toe free if no oedema is present 	<ul style="list-style-type: none"> This digit is generally not bandaged as it is usually unaffected by oedema.
	<ul style="list-style-type: none"> If oedema is present, the 5th toe may be bandaged individually, or together with the 4th toe 	<ul style="list-style-type: none"> To manage each patient as clinically indicated.
	<ul style="list-style-type: none"> Complete with 1 turn around the dorsum of the foot. Cut off excess bandage and secure with tape 	<ul style="list-style-type: none"> To anchor and secure the toe bandage and prevent movement and slippage.

Competency	Instruction	Rationale
Position ActiFast ®	<ul style="list-style-type: none"> ■ Pull down the ActiFast® tubular bandage to cover 	<ul style="list-style-type: none"> ■ To ease the problem of contact sensitivity (wadding) and to give a base for the next layer (below knee/full leg bandage.)

After application of **Mollelast**® conforming bandage

For Venous Leg Ulcers with oedema and/or moderate to high exudate levels or Chronic Oedema in the lower limb, apply appropriate padding e.g. Cellona ® and then bandage using Actico ® cohesive inelastic bandages	Refer to Actico ® application guides	<ul style="list-style-type: none"> ■ To promote venous and lymphatic return. ■ To progress ulcer healing and achieve oedema reduction. ■ To manage exudate levels through venous hypertension.
Re-assess weekly. When exudate levels, oedema and limb distortion is controlled, change regime to Compression Hosiery Kit/ Compression Wrap systems	Refer to Best Practice Leg Ulcer Pathway Guidelines. For specific product guidance visit www.Lohmann-Rauscher.co.uk	<ul style="list-style-type: none"> ■ To continue healing progression in a self-care (or shared care) garment. ■ Reduce nursing time, enable greater independence for the patient and reduce likelihood of recurrence.

Toe Bandaging

I have completed a workshop on toe bandaging using **Mollelast**[®] conforming bandage. This has included theory and supervised practical sections, as indicated in the form above.

Signed _____ Name _____ Title _____

Specialist/Supervising Clinician _____ Name _____ Date _____

L&R Medical UK will support training and supervision on the application of L&R products. It is the remit of the specialist or supervising clinician to provide education on chronic oedema management, including vascular assessment.

Reflective practice - Improvements in patient care

Previous practice for chronic oedema management?

What have I learnt from this course?

What improvements can I make to my practice?

How can I achieve these improvements?

What further training do I need?

How can I achieve these training needs?

When complete, please retain this form to support your revalidation.

Please contact our Customer Solutions team on **08450 606707**
or visit our website at: **www.Lohmann-Rauscher.co.uk**