

Competency for the application of Actico®

Stages of application of Actico® cohesive inelastic bandage - for below knee bandaging.

Competency	Instruction	Rationale	
Full holistic assessment incorporating vascular assessment (ABPI)	Refer to local and/or national guidelines.	<p>ABPI >0.8 & <1.3* Actico® can be used</p> <p>ABPI <0.8 & >1.3* If ABPI is 0.5-0.8 Actico® can be applied with caution under Specialist supervision</p> <p>*and patient has no signs or history of significant arterial disease or other contraindications to compression</p>	
Selection of bandages for below knee	Actico®: 10cm Padding - FlexiBan®: 10cm or Cellona®: 10cm, ActiFast® tubular retention bandage: Red, Green, Blue, Yellow and Beige	Choice based upon: Patient assessment Doppler (ABPI) results Patient concordance ActiFast® for skin protection if required	
Assess limb shape and skin condition	<p>Look at the shape of the full leg</p> <p>Debrisoft® if required.</p> <p>Moisturise the limb</p> <p>Apply dressing as required</p> <p>Apply ActiFast® with an extra 6cm either end</p>	<p>Consider full leg bandaging if thigh or knee are swollen. (refer to full leg bandaging competency form)</p> <p>To avoid inflammatory episodes</p> <p>Liner under padding, e.g. secure wound dressing</p>	
Padding to protect	Protect all vulnerable areas e.g. dorsum of foot, popliteal fossa or tibial crest	Prevent tissue damage and even out shape distortion	
Prior to application of Actico®			
Limb adequately supported	Support limb, foot to be positioned at 90°	Correct position for bandaging	
Application of Actico® cohesive inelastic bandage			
The lower limb - Below knee bandaging	<p>Correctly position the foot 'toes to nose' to maximise ankle movement.</p> <p>Apply two turns of 10cm Actico® starting at the base of the toes and apply with tension. An extra turn may be applied in the middle of a long foot. Bandage the heel with a figure of eight, keeping the tension. Apply up the limb in a simple spiral with the 'Lock and Roll' technique (50% overlap - full stretch). Finish the Actico® bandaging 3cm below the popliteal fossa. Cut off excess bandage. Apply the second layer Cut off excess bandage and tape if necessary. Ensure layers are bonded.</p>	Depending on foot size	
Application of 2nd Actico® layer	<p>A second layer of Actico® applied on limbs with an ankle circumference of >25cm after padding.</p> <p>One layer of Actico® will be adequate to provide support and palliation. Two layers will allow for greater reduction of oedema where appropriate. Follow the same stages, but in the opposite direction. Secure with one turn at the ankle and continue with simple spiral with the 'Lock and Roll' technique (50% overlap - full stretch). Finish as before.</p>		



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Compression Bandaging

I have completed a workshop on Actico® cohesive inelastic 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 leg ulcer 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.



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International enquiries: **+44 1283 576 800**
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