

Competency for the application of Actico®

Stages of application of Actico® cohesive inelastic bandage - for full, lower limb chronic oedema.

Competency	Instruction	Rationale	
Full holistic assessment incorporating vascular assessment (ABPI)	Refer to local and/or national guidelines.	ABPI >0.8 & <1.3* Actico® can be used ABPI <0.8 & >1.3* If ABPI is 0.5-0.8 Actico® can be applied with caution under Specialist supervision *and patient has no signs or history of significant arterial disease or other contraindications to compression	
Selection of bandages - Full leg	Actico®: 8cm, 10cm and 12cm Padding - FlexiBan®: 10cm or Cellona®: 10cm, 15cm or Rosidal® soft:10cm, 12cm, 15cm 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	Look at the shape of the full leg Cleanse and debride using Debrisoft® Moisturise the limb Apply dressing as required Apply ActiFast® with an extra 6cm either end	Full leg bandaging To avoid inflammatory episodes Liner under padding, e.g. secure wound dressing	
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®			
Toe bandaging may be required	Bandage the toes using a 4cm Mollelast® retention bandage where appropriate	To prevent swelling of toes	
Limb adequately supported	Support limb, foot to be positioned at 90° with slight flexion of the knee for comfort.	Correct position for bandaging	
Application of Actico® cohesive inelastic bandage			
The lower limb - Foot and ankle	Correctly position the foot 'toes to nose' to maximise ankle movement. Apply two turns of 8cm or 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. Start with the 'Lock and Roll' technique from the ankle. Continue a simple spiral (with 50% overlap - full stretch) finishing just above the ankle if using 8cm Actico®. Cut off excess 8cm bandage ensuring a 4cm overlap and secure with next spiral turn. Change to 10cm above the ankle, as limb width gets larger.	Depending on foot size	
Below knee area	Change to 10cm Actico®, bandage and continue with the 'Lock & Roll' method (50% overlap - full stretch) up the leg. Cut off excess bandage.		
The knee area	Continue spiral 50% overlap over the knee area, then change to 12cm Actico® at the thigh and continue bandaging above the knee. Ensure knee is flexed when bandaging and popliteal fossa is protected.		
The thigh area	Cut off excess 10cm Actico® bandage, ensuring 4cm overlap when joining the 12cm Actico® and secure with next spiral turn. Using 12cm Actico® continue to the required level at the top of the leg.		
Application of 2nd Actico® layer	Cut off excess bandage and bond layers. One layer of Actico® will be adequate to provide support and palliation. Two layers will allow for greater reduction of oedema. Follow 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.		



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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 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.



Call our Customer Solutions line: **08450 606 707**
International enquiries: **+44 1283 576 800**
or visit our website at: **www.Lohmann-Rauscher.co.uk**