

Checklist for Application of Compression Hose

- _____ 1. Wash hands.
- _____ 2. Check MAR / TAR for current order.
- _____ 3. Note any special instructions on the MAR / TAR.
- _____ 4. Gather the equipment you need. Make sure the hose are dry.
- _____ 5. Have person recline on bed and explain the procedure.
- _____ 6. Be sure feet and legs are clean and dry and there are no open sores, skin infections or other signs the hose should not be applied. Put on gloves if person has toe fungus.
- _____ 7. Place your hand in the top of clean hose.
- _____ 8. Pull hose up your arm until your hand is in the foot of the hose.
- _____ 9. Roll hose inside out down over your arm to your hand while keeping a grip on the inside of the toe.
- _____ 10. Grasp edges of hose and place person's foot into toe of hose.
- _____ 11. Work the foot of the hose over the person's foot. Be sure the toe and heel of hose is in place.
- _____ 12. Smooth material over foot. Ensure there are no ridges or bunching.
- _____ 13. Grasp edge of hose and pull it up over the ankle and calf.
- _____ 14. Be sure the hose top is 1-2 inches below the crease behind the knee or 1-3 inches below the buttocks.
- _____ 15. Be sure the hose fits smoothly over the skin. No wrinkles or folds. If there are wrinkles or folds, roll the hose back to below the wrinkle and re-work the hose back up the leg.
- _____ 16. Repeat procedure for opposite leg if the hose are ordered for both legs.
- _____ 17. Wash your hands.
- _____ 18. Document on the MAR/TAR.
- _____ 19. Report any problems to appropriate Health Care Professional.

Trainee name: _____ Date: _____

_____ Instructor initials Instructor Name _____

Comments: