## Chapter 18: Grooming and Dressing

| **Applying Elastic Bandages** | | | |
|---|---|---|---|
| | Name: | | |
| | Date: | | |
| | | | |
| *Remember to promote:* | | | |
| **D**ignity • **I**ndependence • Individualized Care • **P**references • **P**rivacy • **S**afety | | | |
| | | | |
| **Pre-Procedure** | **S** | **U** | **Comments** |
| 1. Identify the client, according to employer policy. | | | |
| 2. Explain the procedure to the client. | | | |
| 3. Practise proper hand hygiene. | | | |
| 4. Collect the following: | | | |
| □ Elastic bandage, as directed by the care plan | | | |
| □ Tape or metal clips (unless the bandage has Velcro) | | | |
| 5. Provide for privacy. | | | |
| 6. Practise hand hygiene. | | | |
| 7. Raise the bed to a comfortable working height.* | | | |
| | | | |
| **Procedure** | **S** | **U** | **Comments** |
| 8. Lower the bed rail near you, if it is up. | | | |
| 9. Help the client to a comfortable position. Expose the part you will bandage. | | | |
| 10. Make sure the area is clean and dry. | | | |
| 11. Hold the bandage so that the roll is up. The loose end must be on the bottom (FIGURE 18.22, *A*). | | | |
| 12. Apply the bandage to the smallest part of the wrist, foot, ankle, or knee. | | | |
| 13. Make two turns around the part (see FIGURE 18.22, *B*). | | | |
| 14. Make overlapping spiral turns in an upward direction. Each turn overlaps about two thirds of the previous turn (see FIGURE 18.22, *C*). | | | |
| 15. Apply the bandage smoothly with firm, even pressure. The bandage must be snug but not tight. | | | |

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| | | | |
|---|---|---|---|
| 16. Secure the bandage in place with Velcro, tape, or a clip. Ensure that the bandaged area does not put pressure on the clip. | | | |
| 17. Check the fingers or toes for coldness or cyanosis (bluish colour). Ask the client about any pain, itching, numbness, or tingling. Report and record any or abnormal observations. Remove the bandage if you note any, and report it to your supervisor. | | | |
| | | | |
| **Post-Procedure** | **S** | **U** | **Comments** |
| 18. Follow steps 16 through 21 of the *Applying Elastic Stockings* procedure on page 369. | | | |
| **Report and Record** your actions and observations, according to employer policy. | | | |
| | | | |
| **Steps marked with an asterisk may not apply in community settings.* | | | |

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