

## Skills Checklist: Changing a Clean Dressing & Applying a Bandage

**Nursing Assistant's Name:**

**Reviewer Name:**

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Assemble equipment: –2 pairs of clean, disposable exam gloves –Normal saline or other cleansing solution –Sponges, applicators, or other supplies for cleaning wound –Clean or sterile gauze pads or other dressing, as ordered, and according to facility policy –Bed protector(s), if needed –Bath blanket, if needed –Treatment product, if ordered –Tape or bandage material –Plastic bag for used supplies			
Feedback			
Holding gentle traction on the skin, loosen the tape by pulling the ends toward the wound, and remove the old dressing. Discard in the plastic bag			
Feedback			
Cleanse and rinse the wound with normal saline or ordered solution. If the wound appears abnormal or infected, notify the nurse			
Feedback			
Remove your gloves and discard them in the plastic bag			
Feedback			

Wash your hands			
Feedback			
Set up your dressing supplies and open packages			
Feedback			
Apply clean exam gloves			
Feedback			
Apply the treatment product to the patient's skin according to directions. Use an applicator, tongue blade, or gauze sponge to spread the product on the wound. Do not contaminate the product package. Discard applicator or gauze in the plastic bag			
Feedback			
Pick up the clean dressing, holding it only by the corners			
Feedback			
Center the dressing over the wound			
Feedback			
Tape the dressing securely in place, or cover it with a bandage			
Feedback			
Carry out ending procedure actions, or wrap with a bandage (following)			
Feedback			
After applying the dressing, apply the bandage. Most bandaging materials are conforming, self-adhering gauze. Brand-name products, such as Kling® and Kerlix®, or generic products, such as conforming gauze, are commonly			

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used			
Feedback			
The bandage must cover the dressing completely. Begin by holding the bandage in your dominant hand. Hold the bandage against the skin with your nondominant thumb, approximately 1 inch below the dressing			
Feedback			
Wrap the bandage around the extremity two or three times to hold it securely in place			
Feedback			
Wrap the bandage from distal to proximal, in overlapping spiral turns (refer to procedure 80 in Chapter 29). Each turn should overlap half to three-quarters of the previous turn. The bandage should be snug so it does not fall off. However, it must not be so tight that it restricts blood flow			
Feedback			
Wrap the bandage at least one inch above the top of the dressing. Wrap it completely around the extremity twice, and then cut the end. Tape the end to the bandage itself, not the skin			
Feedback			
Check the circulation distal to the bandage to ensure that the circulation is adequate			
Feedback			
Carry out last procedure			

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