

Checklist: Apply Anti-Embolism Elastic Stockings

Apply Anti-Embolism Elastic Stockings	Able to Perform	Unable to Perform
1. Carry out initial procedure actions.	<input type="checkbox"/>	<input type="checkbox"/>
2. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
3. Assemble equipment: – Elasticized stockings of proper length and size.	<input type="checkbox"/>	<input type="checkbox"/>
4. Identify resident according to facility policy. Explain procedure. Provide privacy	<input type="checkbox"/>	<input type="checkbox"/>
5. Inspect legs and feet for redness, swelling, skin breakdown, discoloration, pain, or irritation. Report abnormalities before applying stockings.	<input type="checkbox"/>	<input type="checkbox"/>
6. Always apply stockings when the patient is lying down. Expose one leg at a time.	<input type="checkbox"/>	<input type="checkbox"/>
7. Grasp the stocking with both hands at the top and roll it toward the toe end.	<input type="checkbox"/>	<input type="checkbox"/>
8. Adjust the stocking over the patient's toes, positioning the opening at the base of the toes (unless the toes are to be covered). Raised seams (if any) should be on the outside. Position the heel pocket correctly over the resident's heel.	<input type="checkbox"/>	<input type="checkbox"/>
9. Apply the stocking to the leg by rolling it upward toward the torso.	<input type="checkbox"/>	<input type="checkbox"/>
10. Apply the stocking evenly and smoothly and avoid wrinkles. Wrinkles can cause pressure areas and skin breakdown.	<input type="checkbox"/>	<input type="checkbox"/>
11. Repeat the procedure on the opposite leg.	<input type="checkbox"/>	<input type="checkbox"/>
12. Check toes for color, warmth, circulation, numbness, tingling, or discomfort and report abnormalities to the nurse.	<input type="checkbox"/>	<input type="checkbox"/>
13. Ensure the resident is comfortable, bed is in lowest position, and call light is within reach.	<input type="checkbox"/>	<input type="checkbox"/>
14. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
15. Carry out ending procedure actions. – Wash by hand (evening shift). Do not send to the laundry. – Apply in AM and remove in PM, per MD orders.	<input type="checkbox"/>	<input type="checkbox"/>