

Skills Checklist: Applying Elastic Stocking

Applying knee-high elastic stockings

	Procedure Steps	yes	no
1.	Identifies self by name. Identifies resident. Greets resident by name.		
2.	Washes hands.		
3.	Explains procedure to resident. Speaks clearly, slowly, and directly. Maintains face-to-face contact whenever possible.		
4.	Provides for resident's privacy with a curtain, screen, or door.		
5.	Adjusts bed to safe working level, usually waist high. Locks bed wheels.		
6.	With resident lying in supine position, removes his socks, shoes, or slippers, and exposes one leg. Exposes no more than one leg at a time.		
7.	Takes one stocking and turns it inside-out at least to the heel area.		
8.	Places foot of stocking over toes, foot, and heel. Makes sure heel is in the right place (heel should be in heel of stocking).		
9.	Pulls top of stocking over foot, heel, and leg.		
10.	Makes sure there are no twists or wrinkles in stocking after it is on the leg.		
11.	Repeats steps 7 through 10 for the other leg.		
12.	Makes resident comfortable.		
13.	Returns bed to lowest position. Removes privacy measures.		
14.	Leaves call light within resident's reach.		
15.	Washes hands.		
16.	Is courteous and respectful at all times.		
17.	Reports any changes in resident to the nurse. Documents procedure using facility guidelines.		
<p>_____ Date Reviewed _____ Instructor Signature</p>			
<p>_____ Date Performed _____ Instructor Signature</p>			