

# Competency for the application of Actico®

Stages of application of Actico® cohesive inelastic bandage - for chronic oedema.

Competency	Instruction	Rationale
Full holistic assessment	Refer to local guidelines ABPI >0.8 & <1.3*  ABPI <0.8 & >1.3*  *and patient has no signs or history of significant arterial disease	Actico® can be used  If ABPI is 0.5-0.8 Actico® can be applied with caution under Specialist supervision
Selection of bandages Full leg or below knee	Actico®: 8cm, 10cm and 12cm Padding - FlexiBan®: 10cm or Cellona®: 10cm, 15cm or Rosidal® soft: 10cm, 12cm, 15cm ActiFast® tubular retention bandage: Red, Green, Blue, Yellow and Beige	Choice based upon: Patient assessment Doppler result Patient concordance
Assess limb shape Skin condition	Look at the shape of the full leg Cleanse and debride using Debrisoft® Moisturise the limb Apply dressing as required Apply ActiFast® with an extra 6cm either end	Full leg or below knee bandaging To avoid inflammatory episodes  Liner under padding, e.g. secure wound dressing
Padding to protect	Protect all vulnerable areas e.g. dorsum of foot, popliteal fossa or tibial crest	Prevent tissue damage
<b>Prior to application of Actico®</b>		
Toe bandaging may be required	Bandage the toes using a 4cm Mollelast® retention bandage	To prevent swelling of toes
Limb adequately supported	Support limb, foot to be positioned at 90°	Correct position for bandaging
<b>Application of Actico® cohesive inelastic bandage</b>		
The lower limb - Foot and ankle	Correctly position the foot 'toes to nose' to maximise ankle movement. Apply two turns of 8cm or 10cm Actico® starting at the base of the toes and apply with tension. An extra turn may be applied in the middle of a long foot. Bandage the heel with a figure of eight, keeping the tension. Start with the 'Lock and Roll' technique from the ankle. Continue a simple spiral (with 50% overlap - full stretch) finishing just above the ankle if using 8cm Actico®. Cut off excess 8cm bandage ensuring a 4cm overlap and secure with next spiral turn. Change to 10cm above the ankle, as limb width gets larger.	Depending on foot size
Below knee only	Change to 10cm Actico®, bandage and continue with the 'Lock & Roll' method (50% overlap - full stretch) up the leg. If there is no oedema above the knee - finish the Actico® bandaging 3cm below the popliteal fossa. Cut off excess bandage. Apply the second layer in the opposite direction, repeating as previously. Cut off excess bandage and tape if necessary. Ensure layers are bonded.	
The knee area	Continue spiral 50% overlap over the knee area, then change to 12cm Actico® and continue bandaging above the knee. Ensure knee is flexed when bandaging and popliteal fossa is protected. If standing, support under heel to bring knee into slight flexion.	
The thigh area	Cut off excess 10cm Actico® bandage, ensuring 4cm overlap when joining the 12cm Actico® and secure with next spiral turn. Using 12cm Actico® continue to the required level at the top of the leg.	
Application of 2nd Actico® layer	Cut off excess bandage and bond layers. One layer of Actico® will be adequate to provide support and palliation. Two layers will allow for greater reduction of oedema. Follow the same stages, but in the opposite direction. Secure with two turns at the base of the toes and continue with a simple spiral. Finish as before.	



People.Health.Care.

## Compression Bandaging

I have completed a workshop on Actico® cohesive inelastic bandage. This has included theory and supervised practical sections, as indicated in the form above.

Signed \_\_\_\_\_ Name \_\_\_\_\_ Title \_\_\_\_\_

Specialist/Supervising Clinician \_\_\_\_\_ Name \_\_\_\_\_ Date \_\_\_\_\_

L&R Medical UK will support training and supervision on the application of L&R products. It is the remit of the specialist or supervising clinician to provide education on chronic oedema management, including vascular assessment.

## Reflective practice - Improvements in patient care

Previous practice for chronic oedema management

---

---

What have I learnt from this course?

---

---

What improvements can I make to my practice?

---

---

How can I achieve these improvements?

---

---

What further training do I need?

---

---

How can I achieve these training needs?

---

---

**When complete, please retain this form to support your revalidation.**

---



Call our customer care line: **08450 606 707**  
International enquiries: **+44 1283 576 800**  
or visit our website at: **www.Lohmann-Rauscher.co.uk**