

CHAPTER 32 PROCEDURE CHECKLISTS

PROCEDURE 32-1

Applying Antiembolism (TED) Stockings

Getting Ready

1. Complete the “Getting Ready” steps.

S	U	COMMENTS
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Procedure

2. Make sure that the bed is positioned at a comfortable working height (to promote good body mechanics) and that the wheels are locked. If the side rails are in use, lower the side rail on the working side of the bed. The side rail on the opposite side of the bed should remain up.
3. Help the person into the supine position.
4. Fanfold the top linens to the foot of the bed. Adjust the person’s hospital gown or pajama bottoms as necessary to expose one leg at a time.
5. Turn the stocking inside out down to the heel.
6. Slip the foot of the stocking over the person’s toes, foot, and heel. The stocking has an opening in the toe area, which allows the health care team to assess the person’s toes to make sure they are receiving enough blood. Depending on the manufacturer, this opening may be on the top or on the bottom of the stocking.
7. Grasp the top of the stocking and pull it up the person’s leg. The stocking will turn itself right-side out as you pull it up the person’s leg.
8. Check to make sure that the stocking is not twisted and that it fits snugly against the person’s leg, with no wrinkles. Also make sure that the stocking fits smoothly over the heel and that the opening in the toe area is correctly located in the toe region.
9. Cover that leg, expose the other leg, and repeat steps 5 through 8.
10. Help the person back into a comfortable position, straighten the bottom linens, and draw the top linens over the person. Raise the head of the bed as the person requests. Make sure that the bed is lowered to its lowest position and that the wheels are locked.

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Finishing Up

11. Complete the “Finishing Up” steps.

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