

Well Leg clinical competencies

Name:	Role:
Base:	Date initial training / E mot completed:

Competency Statement:

The participant demonstrates clinical knowledge and skill in the prevention of leg ulceration without assistance and/or direct supervision (level 3 - see level descriptors). Assessment in practice must be by a Registered Nurse who can demonstrate competence at level 3 or above.

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
The Participant will be able to:				
1. Demonstrate the knowledge and skills to prevent leg ulceration				
a) Demonstrate knowledge of the Trust Leg Ulcer Guidelines	Questioning			
b) Demonstrate understanding of the Well Leg Pathway	Questioning			
c) Identify the reasons why leg ulceration may recur	Questioning			
d) describe why reassessment including the use of a Doppler is essential to Well Leg Care	Questioning			
e) Identify signs & symptoms of Varicose Eczema	Questioning			
f) Explain the cause of haemosiderin staining on the gaiter area	Questioning			
g) Describe the process of Lipodermatosclerosis	Questioning			
e) Describe 4 causes of contact sensitization	Questioning			
f) Describe the difference between cream & oil based emollients	Questioning			
g) Describe how an antimicrobial emollient works	Questioning			
h) Explain to patients how to apply emollient, how much to use & the frequency of use	Questioning			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
i) Explain why skin changes as we get older	Questioning			
j) Identify the symptoms & treatment of cellulitis	Questioning			
2. Use of topical steroids				
a) Explain an appropriate treatment regime for topical corticosteroid use to a patient to self-manage	Questioning			
b) Discuss when to use a topical corticosteroid	Questioning			
c) Discuss when to use an ointment and when to use a cream base steroid	Questioning			
d) Demonstrate how to apply the finger tip guideline to steroid application	Observation			
e) Demonstrate understanding of the “step up” and the “step down” approach to topical corticosteroid use	Questioning			
3. Use of compression hosiery				
a) Discuss the British Standard Compression Hosiery Classification System	Questioning			
b) Discuss when BS Hosiery is appropriate to use	Questioning			
c) Discuss at least 5 reasons for poor concordance with hosiery	Questioning			
d) Demonstrate how to apply hosiery & remove it without trauma to the patient	Observation			
e) Demonstrate use of the “Actiglide” or other applicators and demonstrate its use to patients/carers	Observation			
f) Demonstrate use of the compression liners to create higher hosiery compression levels in suitable patients	Observation			
g) Demonstrate how to measure for standard hosiery, identifying the correct size & compression	Observation			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
level for the individual patient				
h) Demonstrate understanding of the 3 classifications related to chronic oedema	Questioning			
i) Discuss the European Compression Hosiery Classifications	Questioning			
j) Discuss when it is appropriate to use European Standard hosiery	Questioning			
k) Discuss when made to measure lymphoedema hosiery might be the best option & how to contact a TVN or link nurse for advice	Questioning			

Source: tissue viability group: Leg Ulcer Guidelines

Date all elements of Competency Tool completed to level 3 _____

Name _____ Signature _____ Status _____ Date _____

I confirm that I have assessed the above named individual and can verify that he/she demonstrates competency in the prevention of leg ulceration

Assessor _____ Signature _____ Status _____ Date _____

Review Dates:	Competent Yes / No	Registered Nurse Signature	Verifier signature	Comments