

## Well Leg clinical competencies

Name:	Role: <b>Band 5 / 6 / 7</b>
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
<b>The Participant will be able to:</b>				
<b>1. Demonstrate the knowledge and skills to prevent leg ulceration</b>				
a) Demonstrate knowledge of the Trust Leg Ulcer Guidelines and policy	Questioning			
b) Demonstrate understanding of the Well Leg Pathway	Questioning			
c) Discuss the Registered Nurses responsibility and NMC accountability when delegating to junior and non registered staff	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			
h) Describe 4 causes of contact sensitization	Questioning			
i) Describe the difference between cream & oil based emollients	Questioning			
j) Describe how an antimicrobial emollient works	Questioning			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
k) Explain to patients how to apply emollient, how much to use & the frequency of use	Questioning			
l) Explain why skin changes as we get older	Questioning			
m) Identify the symptoms & treatment of cellulitis	Questioning			
<b>2. Use of topical steroids</b>				
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			
<b>3. Use of compression hosiery</b>				
a) Discuss the British Standard and European Compression Hosiery	Questioning			
b) Discuss when British Standard and European Hosiery is appropriate to use	Questioning			
c) Discuss at least 5 reasons for poor concordance with hosiery and potential solutions	Questioning			
d) Demonstrate how to apply hosiery & remove it, including the use of applicators, without causing trauma to the patient	Observation			
e) Discuss use of the leg ulcer hosiery kit	Questioning			
g) Demonstrate how to measure for standard hosiery, identifying the correct size, hosiery type and compression level for the	Observation			

Performance Criteria	Assessment Method	Level achieved	Date	Assessor/self assessed
individual patient				
h) Discuss when flat knit lymphoedema hosiery might be the best option & how to contact a TVN or link nurse for advice if needed	Questioning			
i) Demonstrate how to measure for flat knit hosiery	Observation			

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