

PRO-heelL_x[®] Nurse Competency Checklist



Facility Information
Facility Name:
Street Address:
City/State/ZIP:
Instructor:
Signature:

Contact Information
Name:
Title:
Nursing Unit:
Date:

Based on the facility's protocol for heel pressure ulcers prevention, is the PRO-heelL_x needed for the patient? YES NO

Select the appropriate size PRO-heelL _x and Wedge if required:
<input type="checkbox"/> 6218S PRO-heelL _x Heel Protector, Small , fits calf circumference up to 12", fits women's shoe size up to 6
<input type="checkbox"/> 6218WS PRO-heelL _x Heel Protector, Small with Stabilizer Wedge
<input type="checkbox"/> 6218M PRO-heelL _x Heel Protector, Medium , fits calf circumference up to 16", fits women's shoe size 7-11, fits men's shoe size up to 11
<input type="checkbox"/> 6218WM PRO-heelL _x Heel Protector, Medium with Stabilizer Wedge
<input type="checkbox"/> 6218L PRO-heelL _x Heel Protector, Large , fits calf circumference up to 20", fits men's shoe size 12+
<input type="checkbox"/> 6218WL PRO-heelL _x Heel Protector, Large with Stabilizer Wedge
<input type="checkbox"/> 6219 PRO-heelL _x Stabilizer Wedge

Competency Level Definition:
(1) Needs remediation and re-evaluation, (2) Performs skill with accuracy under supervision, (3) Performs skill with accuracy independently.

Description	Competency Level	Date	Comments
1. Place the patient's foot inside the PRO-heelL _x with the patient's heel over the heel opening on the PRO-heelL _x .			
2. Firmly attach the two side straps starting with the bottom strap and attach to the other side of the PRO-heelL _x . Make sure the straps are snug and keep the leg properly positioned.			
3. Upper Straps (two options): A. Criss-cross the two upper straps and attach them to the side of the PRO-heelL _x . Make sure the straps are not too tight around the patient's foot. B. Attach the two upper straps down the side of the PRO-heelL _x for increased protection against foot drop, increased air circulation and to provide more room for patients with wider feet or sensitive toes.			
4. Adjust straps if necessary. Use two fingers to ensure there is adequate clearance between the straps and the patient's foot, and that they are not overtightened.			
5. If using compression sleeves in conjunction with the PRO-heelL _x , place the sleeve inside the PRO-heelL _x and position the device tubing through the top of the boot through the cross straps, or out the top of the boot if the straps are applied down the side. Check to make sure the tubing is not kinked or bent inside the boot and that the tubing is positioned away from the patient's skin.			
6. Ensure that the heel is completely offloaded. Check by looking or feeling in the opening at the bottom of the boot. If the heel isn't fully offloaded, reposition the heel and readjust the straps.			
7. If using the Stabilizer Wedge, securely attach the hook side of the wedge to either side of the PRO-heelL _x to prevent lateral foot and leg rotation.			
8. Assess the patient's skin and remove the PRO-heelL _x periodically per the facility's protocol.			

Before use, make sure to read the instructions accompanying the product. A copy of the instruction sheet is included with the product and can also be downloaded at www.posey.com.

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