

Master TED Hose Application for CNA Testing

Achieve wrinkle-free perfection and prevent circulation complications. 33% of students fail this skill - master the inside-out technique and provider-specific requirements for guaranteed success.

The Wrinkle Trap = Automatic Failure

ANY wrinkles = automatic skill failure across all testing providers. One small wrinkle can fail your entire exam. Focus on the inside-out method and systematic smoothing for perfect application.

Final Wrinkle Check Protocol

Before declaring completion: Run your eyes systematically from toes to knee. Check ankle creases, behind knee, and top opening. ONE missed wrinkle = complete exam failure.

Inside-Out Method Success

Place your hand inside the stocking and grasp the heel area. Turn the stocking inside-out down to the heel pocket. This preparation step is critical for smooth, wrinkle-free application.

Critical Application Phase

The next step determines success or failure. Use gradual, steady motion to pull the stocking up over the calf. Never force or rush - this creates the wrinkles that cause automatic failure.

Automatic Failure Points

Never do these: Leave any wrinkles, skip circulation checks, forget safety measures (bed position, call light), rush application causing bunching, ignore patient comfort, or fail to support leg during application.

Post-Application Circulation Assessment

Check toe circulation, color, and temperature. Verify proper stocking opening position. Report any circulation concerns to nursing staff immediately - this demonstrates professional scope awareness.

Step 1: Initial Setup & Hand Hygiene

- Knock and enter room, introduce yourself professionally
- Verify resident identity and check physician orders for compression therapy
- Explain procedure: "I'll help you put on compression stockings to improve circulation"
- Use hand sanitizer if available instead of handwashing (Headmaster COVID modification)
- Perform thorough handwashing with soap and warm water for 20+ seconds
- Wear mask during testing (NNAAP COVID requirement)

Step 2: Patient Positioning & Privacy

- Close curtains/door for complete privacy
- Position patient supine (lying flat) in bed
- Adjust bed to comfortable working height
- Expose only one leg for privacy (Headmaster requirement)
- Ensure adequate lighting to see circulation and wrinkles clearly

Step 3: Pre-Application Assessment

- Check leg for contraindications: open wounds, severe swelling, cool/pale skin
- Assess baseline circulation: toe color, temperature, capillary refill
- Verify appropriate stocking size is available
- Explain to patient what you're checking and why

Step 4: Critical Inside-Out Preparation

- Place hand inside stocking and grasp heel area firmly
- Turn stocking inside-out down to heel pocket
- Ensure heel pocket is clearly visible and accessible
- Check that foot portion is ready for immediate application
- Position stocking for smooth application without twisting

Step 5: Foot & Heel Application Sequence

- Gently slide foot portion over patient's toes
- Ensure heel of stocking aligns perfectly with patient's actual heel
- Check that toes have adequate space and are not compressed
- Support patient's leg gently during positioning
- Verify no twisting or bunching in foot portion before proceeding

Step 6: Gradual Calf Application

- Pull stocking remainder up over calf using gradual, steady motion
- Avoid forcing or rushing the material - let it ease into place
- Support patient's leg throughout pulling motion
- Watch for any bunching or rolling as stocking advances
- Stop immediately if resistance is met - readjust rather than force

Step 7: Critical Wrinkle Prevention & Smoothing

- Smooth stocking systematically from foot to knee
- Pay special attention to ankle area where bunching commonly occurs
- Check behind knee carefully for hidden wrinkles or folds
- Ensure absolutely NO wrinkles are visible anywhere on leg
- Verify stocking lies completely smooth and flat against skin
- Check that no twisted seams are visible

Step 8: Final Verification & Safety Checks

- Check toe circulation: color, temperature, capillary refill
- Check toes for pressure from stocking (Headmaster requirement)
- Ensure proper stocking opening position at top
- Verify heel patch alignment is correct

- Confirm no constriction bands or tight areas are present
- Ask patient about comfort level and any pressure points

Step 9: Environmental Safety & Completion

- Position patient comfortably and safely
- Lower bed to lowest safe position (critical for Prometric/Headmaster scoring)
- Place call light within patient's easy reach (safety checkpoint)
- Open curtains/restore room environment
- Leave resident with stocking that is smooth and wrinkle-free (Headmaster verification)

Step 10: Hand Hygiene & Documentation

- Perform thorough hand hygiene after completing procedure
- Document procedure completion and patient response
- Note circulation assessment findings
- Report any concerns to nursing staff immediately
- Plan for skin inspection during next stocking removal

Step 11: Test Day Performance Tips

- Talk through actions clearly for evaluator understanding
- If you notice any wrinkle, acknowledge and smooth it immediately
- Focus on accuracy over speed - wrinkle-free finish is critical
- Use systematic approach to reduce anxiety and ensure completeness
- Remember: even experienced CNAs find this skill challenging