

Your Step-By-Step Skills Checklist

Patient/Care Provider Evaluation		Professional Evaluation	
1	I can do this on my own	1	I can do this on my own
2	I need a little help	2	I need a little help
3	I need much help	3	I need much help
4	I had no chance to practice	4	I had no chance to practice

	Patient/Provider	Professional	Comments/Instructions
1. Clean your hands (wash or use 60% alcohol-based hand gel).			
2. Use a gloved hand or a plastic bag to remove the dressing.			
3. Inspect the dressing for drainage or any foul odor.			
4. Coil the dressing inside the glove or bag and discard.			
5. Use 60% alcohol-based hand gel to disinfect your hands.			

