3M™ Coban™ 2 Layer Compression Systems
Application Skills Checklist

Name _____   Date _____

Rating Scale: ✓ = Meets requirements

Comfort Layer

Action of Explanation	Competency	Rationale
1. Set up supplies, open packages, have scissor available.		Apply light pressure to mold the entire surface.
2. Assist patient into comfortable position.		Patient readiness, comfort.
3. During application, foot is held in dorsiflexed position (90°).		Keeps foot in neutral (comfortable) position, less overlapping and bulk across ankle.
4. Explain the function of the comfort foam layer against the skin.		Comfort, mechanical grip, absorption of skin moisture.
5. Explain the function of the outer compression layer.		Conforms, cohesive base for compression layer.
6. Begin application at 5th metatarsal head.		Keeps foot in neutral, comfortable position for walking. Less chance of eversion.
7. Come across border of toes.		Provide comfort across top of foot.
8. Bring roll across foot so middle of the bandage width approximately covers the articulating aspect of the ankle joint.		Comfort, avoid bulk over the instep, centres width over malleolus.
9. Bring around low across back of the heel.		Protect, comfort, anchor bandage.
10. Plantar surface not covered.		Not needed. Adds unnecessary bulk.
11. A fold of excess comfort layer material may be present near the Achille tendon area, or, you can cut and re-position.		Guide this fold to one side off the Achilles and it will be smoothed down when covered by the compression layer.
12. Spiral wrap with minimal overlaps up to two finger widths below the popliteal crease at the back of the knee (or fibula head) using just enough tension to conform to the shape of the leg. Note: the cutting technique may be necessary for contoured legs.		Provides smooth comfort over all of the leg skin. Thin application.
13. Cut off excess material.		Keep a thin application, more is not needed.
14. Apply light pressure to mould the entire surface.		Conform layers together, no need for tape.

Compression Layer

Action of Explanation	Competency	Rationale
15. Compression layer is applied at full stretch throughout its application and explain rationale.		Compression layer has been designed to provide effective compression when applied at full stretch. This makes the applications easy to learn and consistent.
16. Explain the difference between Coban 2 Layer and Coban 2 Layer Lite and when these would be indicated.		Coban 2 Layer is indicated for patients with an ABPI of 0.8 and above. Coban 2 Layer Lite is indicated for patients with an ABPI 0.5 and above. Coban 2 Layer Lite is suitable for patients who are less tolerant of compression such as those with mixed aetiology and those who are less mobile, fragile, and/or new to compression.
17. Position: hold foot in dorsiflexed position (90 degrees).		Keeps foot in neutral (comfortable) position, less overlapping and bulk across ankle.
18. Begin at 5th metatarsal head. Follow first layer. Tip: Hold roll low; apply the material at full extension slowly for easy conforming.		Comfortable, neutral position for walking. Less chance of eversion.
19. Complete two or three figures of eight around the ankle ensuring the entire heel is covered.		Ensures even compression coverage and provides a conforming bandage.
20. Spiral up the leg with 50% overlap. Note: the cutting technique may be necessary for contoured legs.		Thin, even compression against the limb.
21. Maintain consistent full stretch throughout the bandaging process.		Provides even compression, easier application – no guesswork.
22. Press and conform layers together.		Moulds and coheres layers together.

Removal

Action of Explanation	Competency	Rationale
23. Cut with bandage scissors or unwind.		Easy to remove by patient or clinician.