

Key Role D5 Help people recover from sports injuries

Unit D54 Apply specific bandaging and taping to sports participants

Unit Summary

About this Unit

This unit is about preparing for and applying specific bandaging and taping: compression, support and protection materials.

Who is the Unit for?

The unit is aimed at people involved in providing health care and support to participants in sport, exercise and active recreation. These people will not normally be eligible for registration with the General Medical Council or Council for the Professions Supplementary to Medicine.

What Does the Candidate Have to Do?

The unit has five elements. These are:

D54.1 Prepare for sports specific bandaging and taping

The candidate has to apply accepted standards of personal hygiene, dress and appearance. They must select materials and equipment that are appropriate and adequate for the planned treatment. They must make sure that their equipment and the area are clean and hygienic and provide for the comfort of the participant. They must observe the sports specific rules of bandaging and taping. They must ensure that a suitable chaperone is present if the circumstances require one.

D54.2 Prepare the participant for bandaging and taping

The candidate has to obtain sufficient information on possible skin reactions from the participant. They must expose and prepare the area to be treated. They should position the participant for comfort and make sure they understand the nature and purpose of the treatment. They should warn the participant of possible skin reactions. They must ensure that a suitable chaperone is present if the circumstances require one.

D54.3 Apply bandages and tape

The candidate has to position the participant correctly, safely and comfortably. They must choose materials that are suitable to the participant's needs. They must observe and take account of possible skin reactions. They should apply the materials and use the equipment correctly to achieve the desired therapeutic and physiological effect. They must check for possible adverse reactions. They must ensure that a suitable chaperone is present if the circumstances require one.

D54.4 Remove bandages and tape

The candidate has to position the participant correctly, safely and comfortably. They must remove the materials at a time appropriate to the participant's needs, avoiding damage to the participant's skin and undue discomfort. They must wash the area thoroughly.

D54.5 Evaluate the effectiveness of bandaging and taping

The candidate must obtain feedback on the effects of bandaging and taping from the participant and measure these against the aims and objectives. They must identify any adverse reactions and make further palpatory and physical assessments as required. They must report progress to the relevant health care professional and follow their directions. They must record and safely store the details of the bandaging/taping applied and its effects.

Explanations and Examples for Some of the Terms Used

The following are provided as guidance to candidates and assessors:

Chaperone	<i>Someone of the same sex as the participant who is present throughout the bandaging and taping.</i>
Relevant healthcare professional	<i>A member of the General Medical Council or the Council for the Professions Supplementary to Medicine.</i>
Specific needs	<i>Specific populations within a sport who have physical or learning disabilities or other medical conditions such as pregnancy</i>
Sports specific	<i>Relevant to the sport in which the person is participating</i>
Injury	<i>Injuries to bones, joints and soft tissues as a result of participation in sport, exercise or active recreation</i>

Element D54.1

The candidate must be able to:

Prepare for sports specific bandaging and taping

Performance criteria

When doing so, the candidate must:

1. apply accepted standards of personal hygiene, dress and appearance
2. select **equipment** that is appropriate and provides for the comfort of the **participant**
3. select **materials** that are adequate for the planned treatment
4. make sure that the **equipment** and **area** provide for the comfort and dignity of the **participant** and are clean and hygienic
5. observe the sports specific rules of bandaging and taping
6. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following

materials:

- a) compression
- b) support
- c) protection

the following equipment:

- a) couch/plinth
- b) pillows
- c) other adequate support
- d) razors
- e) scissors

the following areas:

- a) treatment room
- b) in situ at a sporting event

and the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

Element D54.2

The candidate must be able to:

Prepare the participant for bandaging and taping

Performance criteria

When doing so, the candidate must:

1. obtain sufficient information on the possible dangers of, and contraindications to, bandaging and taping for the individual from a relevant health care professional
2. obtain sufficient information on possible skin allergies from the **participant**
3. expose and prepare the body area with due respect to the **participant's** dignity
4. position the **participant** for comfort and support
5. make sure the participant understands the nature and purpose of the treatment and the **equipment** and **materials** that will be used
6. warn the **participant** of possible skin reactions
7. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following

materials:

- a) compression
- b) support
- c) protection

the following equipment:

- a) couch/plinth
- b) pillows
- c) other adequate support
- d) razors
- e) scissors

and the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

Element D54.3

The candidate must be able to:
Apply bandages and tape

Performance criteria

When doing so, the candidate must:

1. position the **participant** correctly, safely and comfortably throughout the treatment, showing due regard for their dignity
2. choose **materials** that are suitable for the **participant's** needs
3. carefully observe and take account of possible skin reactions
4. apply the **materials** and use the **equipment** correctly to achieve the desired effect
5. observe the sports specific rules of bandaging and taping
6. check for any adverse effects of bandaging and taping and take appropriate action as necessary
7. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following
materials:

- a) compression
- b) support
- c) protection

the following equipment:

- a) couch/plinth
- b) pillows
- c) other adequate support
- d) razors
- e) scissors

and the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

Element D54.4

The candidate must be able to:
Remove bandages and tape

Performance criteria

When doing so, the candidate must:

1. remove the **materials** at a time appropriate to the **participant's** needs
2. position the **participant** correctly, safely and comfortably throughout the treatment, showing due regard for their dignity
3. cut the **materials** in a way that avoids damage to the skin
4. remove adhesive **materials** in a way that minimises discomfort to the **participant**
5. wash the area thoroughly when the materials have been removed
6. follow approved guidelines for the presence of a chaperone appropriate to the **participant**

Range

This element covers the following
materials:

- a) compression
- b) support
- c) protection

and the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

Element D54.5

The candidate must be able to:

Evaluate the effectiveness of bandaging and taping

Performance criteria

When doing so, the candidate must:

1. obtain **feedback** on the effects of the **materials** used from the **participant** and measure these against agreed aims and objectives
2. identify any adverse reactions
3. make further **palpatory and physical assessments**
4. provide reassurance and additional opportunities for feedback
5. report on progress to the relevant health care and other professionals and follow their directions
6. clearly record all required details of the **materials** applied and their effects
7. store all records safely and securely

Range

This element covers the following materials:

- a) compression
- b) support
- c) protection

the following feedback:

- a) degree of discomfort
- b) range of movement
- c) abnormal sensations

the following palpatory and physical assessments:

- a) passive movement
- b) active movement
- c) resistive movement
- d) degree of swelling
- e) variations in tissue temperature
- f) skin condition

and the following participants:

- a) male
- b) female
- c) preadolescent
- d) adolescent
- e) adult
- f) specific needs

What Knowledge, Understanding, Values and Skills Does the Candidate Need?

The candidate must show that they know and understand:

For the whole unit

1. the importance of cleanliness and hygiene and the standards that should be applied
2. the importance of maintaining the dignity and comfort of the participant throughout the process
3. the importance of ensuring the participant is correctly positioned
4. the importance of having a suitable chaperone present when working with participants and principles to observe in relation to child protection and child protection legislation
5. the importance of obtaining information on possible skin reactions before commencing any treatment and how to obtain this information
6. how to identify adverse skin reactions
7. the benefits and applications of different types of bandaging and taping
8. the indications and contraindications
9. sports specific/injury rules for bandaging and taping
10. safe fitting and use of joint support systems

Preparing for sports specific bandaging and taping

11. the accepted standards of personal hygiene, dress and appearance and why they are important
12. the importance of making sure the equipment, materials and the area provide for the comfort and dignity of the participant
13. the correct materials to use for the range of techniques covered by the unit

Preparing the participant for bandaging and taping

14. how to prepare the body area for the range of techniques listed and why
15. why the participant should understand the nature and purpose of the bandaging/taping and the equipment being used
16. why it is important to warn the participant of possible skin reactions

Applying bandaging and taping

17. how to choose appropriate materials and correctly apply the range of techniques listed in the unit
18. adverse reactions to bandaging and taping and how to respond correctly to these

Removing bandaging and taping

19. how to cut bandaging and taping in a way that avoids cutting the participant and the correct type of scissors to use
20. how to remove adhesive materials in a way that minimises discomfort
21. the importance of thoroughly washing the area when the materials have been removed

Evaluating the effectiveness of bandaging and taping

22. the importance of evaluating the effectiveness of the bandaging and taping used
23. how to obtain feedback from the participant on the effects of bandaging and taping
24. why it is important to provide reassurance and opportunities for further feedback and how to do so
25. how to report on progress to relevant health care and other professionals and why it is important to follow their directions
26. the details of the bandaging and taping and the effects that should be recorded
27. the importance of accurate and confidential record keeping and safely storing records.

What Key Skills Could the Candidate Cover?

If a candidate successfully completes this unit, they could provide evidence for the following key skills:

Communications

Element 4.1 Take part in discussions

Element 3.2 Produce written material

Element 2.3 Use images

Element 4.4 Read and respond to written materials

Application of Number

Element 1.1 Collect and record data

Element 1.2 Tackle problems

Working with others

Element 3.1 Identify collective goals and responsibilities

Element 3.2 Work to collective goals

Improving own Learning and Performance

Element 3.1 Identify targets

Element 3.2 Follow schedule to meet targets

Problem solving

Element 3.1 Select procedures to clarify problems with a range of possible solutions

Element 3.2 Identify alternative solutions and select solutions to problems

What Core Skills Could the Candidate Cover? (For candidates in Scotland)

If a candidate successfully completes this unit, they could provide evidence for the following core skills:

Spoken Communication

Element 4.1 Demonstrate an understanding of complex spoken communication

Element 4.2 Take part in sustained discussions on complex topics

Written Communication

Element 4.1 Demonstrate an understanding of complex written communication

Element 3.2 Produce well structured written communication

Using Number

Element 1.1 Apply basic numerical skills to solve simple problems relevant to the workplace

Element 1.2 Interpret and communicate data relevant to the workplace

Working with others

Element 3.1 Negotiate collective and personal responsibilities in relation to set targets

Element 3.2 Establish and maintain working relationships, in relation to set targets

Element 3.3 Analyse personal contribution to working with others to achieve targets

Problem solving

Element 3.1 Explain the nature of a non-routine problem

Element 3.2 Identify a strategy for solving a non-routine problem and plan its implementation

Element 3.3 Implement a strategy for solving a non-routine problem

Element 3.4 Assess the effectiveness of a strategy for solving a non-routine problem.