

Carpal Tunnel Syndrome

Wrist Splint Application competency

Role of Support Worker

- To work with mentor to complete 5 supervised assessments for wrist splint referrals within the time frame (6 months)
- To reflect on their own practice and learning

Role of Mentor

- To supervise, assess and encourage the support worker to enable them to achieve competency
- Grade the 5 supervised assessment using the competency scoring below
- Identify and agree with the support worker, any areas of development in order to achieve a safe level of performance
- Review competence at 6 months and then yearly to ensure maintenance of a safe level of performance

Level	Description
0	Cannot perform this activity satisfactorily to the level required for clinical setting
1	Can perform this activity but requires constant supervision and assistance in clinical setting
2	Can perform this activity with a basic understanding of theory and practice principles, but requires some supervision and assistance in clinical setting
3	Can perform this activity with understanding of theory and practice principles without assistance and/or direct supervision in clinical setting

Supervised tasks/ exercises carried out by support worker

	Name..... CHI	Name..... CHI	Name..... CHI	Name..... CHI	Name..... CHI
	Affix label here	Affix label here	Affix label here	Affix label here	Affix label here
	Date	Date	Date	Date	Date
Support worker and mentor discussion					
1. Read plan and identify aim and any specific instruction					
2. Demonstrate knowledge of when and why a splint is used					
3. Demonstrate knowledge of contraindications to use and when to stop using splint					

Patient appointment, mentor observation					
4. Verbal explanation of what you are going to do and attain consent					
5. Check for contraindications to use					
6. Assist the patient into the correct position to apply the splint as per plan					
7. Position of assistant relative to patient					
8. Apply the splint					
9. Advise the patient about how the splint should feel					
10. Advise the patient about how long to wear it					
11. Advise the patient about what to do in event of discomfort					
12. Documentation					
13. Feedback to physiotherapist if required					

Wrist Splint Competency Achieved

Sign and date when achieved		
	Signature of learner	Date:
	Signature of assessor	Date:
	Date of review	