

Fragile Skin Polysomnography (Sleep Study)

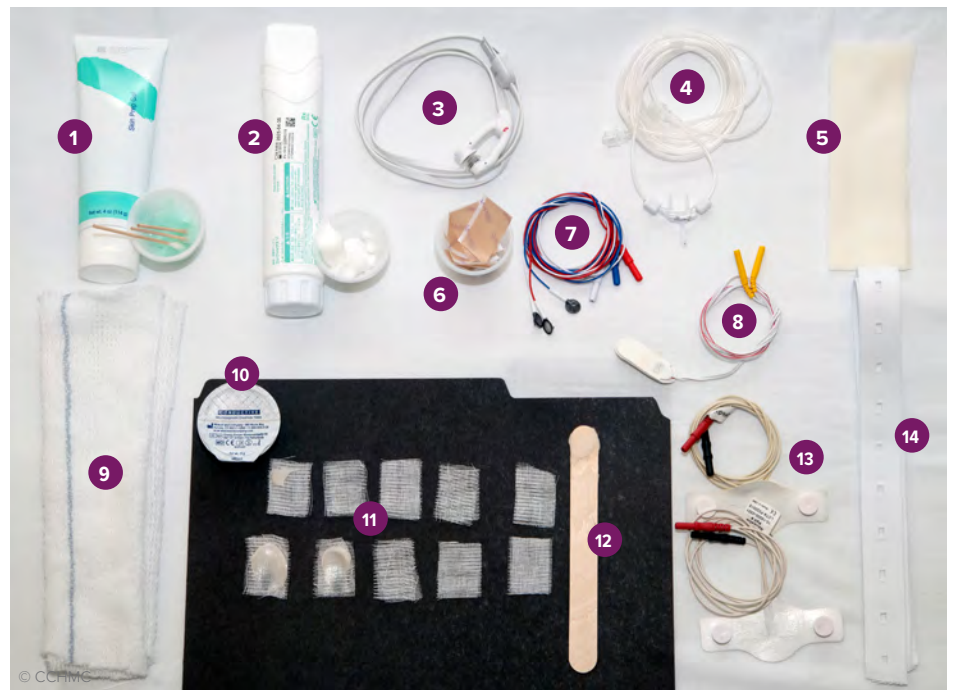
General tips:

- Ongoing communication with patient/family regarding dressing tolerances, electrode placement and modifications as skin fragility and product tolerance may vary.
- Avoid or minimize adhesives.
- Dab, do not rub the skin.
- Gentle, slow movements to avoid any possible skin breakdown.
- It's OK to place dressings over the leads.
- It's OK to skip various lead placements if the skin is not intact or offset leads if needed
- Intercostal leads may be applied to the back if needed.
- After the study is completed, the patient and/or family may prefer to remove leads themselves.

Ensure all supplies and dressing products are available and prepared prior to beginning application.

PSG Supplies:

- 1 Skin prep gel
- 2 EEG/EMG paste
- 3 Pulse oximetry ear clip or probe
- 4 Nasal cannula
- 5 Silicone-based foam transfer dressing
- 6 Strips of silicone-based tape
- 7 Electrodes
- 8 Snore mic
- 9 Stockinette
- 10 Conductive electrode paste
- 11 Strips of gauze
- 12 Tongue depressor
- 13 Non-RIP belt supplies
- 14 Non-RIP belt



Instructions for PSG placement:

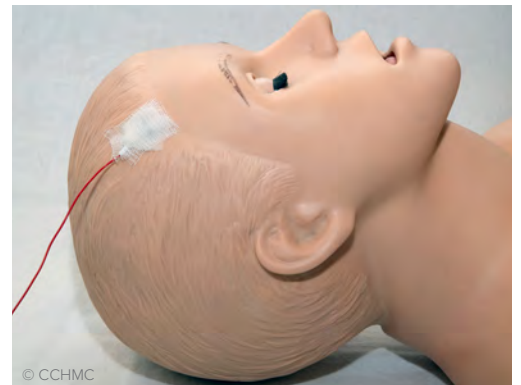
1. Gently cleanse the site of lead placement with a skin prep gel and a cotton-tip applicator. **Dab, do not rub.**



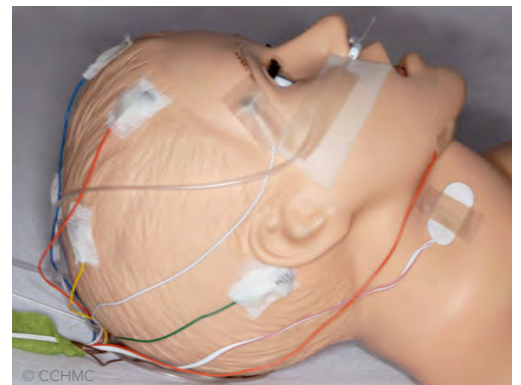
2. Scoop the conductive paste into the cup and place it at the desired site.



3. Using a tongue depressor, place additional conductive paste onto the gauze square then apply the gauze over the cup.



4. Repeat step 3 until all leads are placed. If needed, leads can be offset to avoid open wounds. Leads on the face and body should be secured with silicone-based tape instead of gauze squares.



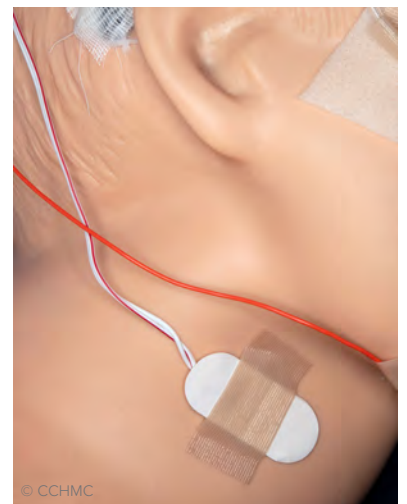
5. Apply the nasal cannula over a silicone-based dressing and secure it with silicone-based tape. To reduce friction, consider lubricating the nasal prongs with emollient.



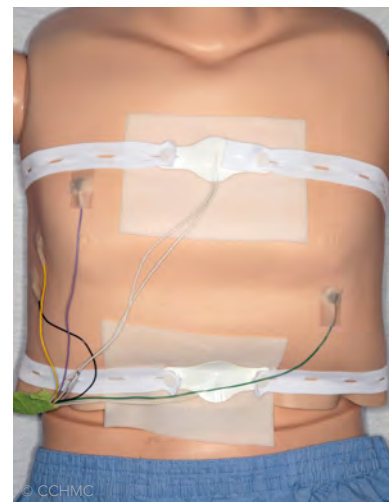
6. Apply a pulse oximetry ear clip, Velcro pulse ox, or standard pulse ox with adhesive removed or barrier created from adhesive.



7. To secure the snore mic, **do not remove the backing over the adhesive or put the adhesive in contact with the skin**, instead, secure with silicone-based tape.



8. Avoid RIP belts. Use non-RIP belts for respiratory effort monitoring. May apply silicone-based foam transfer dressings or clothing under the non-RIP belt to prevent friction/rubbing.



9. Secure scalp leads by applying a stockinette cap.



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