

**Tufts Medicine Care at Home
Annual Skills
Lower Extremity Measurement for Edema and Clinical Assessment**

Employee: _____ **Date:** _____

Evaluator: _____ **Date:** _____

Purpose: *To verify that the clinician demonstrates proper technique in measuring and documenting edema using consistent and observable practices. Verbal rationale and clinical interpretation are evaluated separately.*

Step	Key Actions / Critical Behavior	Met	Needs Improvement	Comments
1	Performs hand hygiene and dons gloves if needed			
2	Positions patient appropriately and ensures both extremities are accessible			
3	Uses a flexible, non-stretch measuring tape			
4	Measures circumference at consistent anatomical landmarks (e.g., same distance from ankle, knee, or wrist)			
5	Measures bilaterally when applicable for comparison			
6	Verbalizes recording/documenting the measurements accurately using centimeters or inches			
7	Palpates and visually inspects for pitting edema using standardized scale (1+ to 4+)			
8	Ensures tape measure is clean or discarded after use			
9	Performs hand hygiene after procedure			

Evaluator Summary:

Competent Repeat Evaluation

Evaluator Signature: _____ **Date:** _____

Employee Signature: _____ **Date:** _____