

**NSCCAHS COMPETENCY ASSESSMENT CHECKLIST  
FOR PAVLIK HARNESS APPLICATION**

**This assessment is accompanied by  
RNSH Pavlik Harness Application Guidelines**

Date Competency Developed August 2010

Physiotherapist:		Signature:	
Reviewer:		Signature:	
Today's Date		Date Next Assessment Required	

	x / ✓	Comments
<b>Preparation (Prior to patient contact)</b>		
1. Pre-reads Pavlik harness clinical guidelines		
2. Selects relevant equipment including personal protective equipment (PPE) if appropriate/required		
3. Observes and is trained in the task		
4. Checks & sets up equipment (tape measure, marking pen and towel to cover plinth)		
<b>Assessment</b>		
5. Harness <ul style="list-style-type: none"> <li>• Checks baby's age</li> <li>• Ensures that appointment is within 5 days of medical referral</li> <li>• Measures baby's chest circumference to determine correct Pavlik harness size</li> <li>• Selects appropriate harness size</li> <li>• Checks baby's ID band has been removed</li> <li>• Checks skin integrity</li> </ul>		
6. Patient - (and parent/carer) <ul style="list-style-type: none"> <li>• Considers parent's and baby's emotional state</li> <li>• Assesses parents/carer ability to follow explanations and care instructions</li> <li>• Assesses baby's developmental needs considering head control, skull deformity issues, modified prone positions</li> <li>• Explains to parents the Pavlik harness application and the need to wear the harness for 24 hours per day (unless otherwise specified)</li> <li>• Obtains verbal consent or implied consent from parent</li> </ul>		
<b>Performing Procedure</b>		
7. Appropriately positions patient and self <ul style="list-style-type: none"> <li>• Physiotherapist/orthotist positions plinth height appropriately and places towel on plinth surface</li> </ul>		
8. Adopts safe work and infection control practices		

<ul style="list-style-type: none"> <li>• Washes hands before attending to the baby</li> <li>• Nappy changed if dirty (Pavlik harness applied with nappy in situ)</li> <li>• Baby guarded from rolling off plinth</li> </ul>	
<p>9. Harness application:</p> <ul style="list-style-type: none"> <li>• The baby is laid supine on the harness with all clothing removed and nappy in situ.</li> <li>• The shoulder and chest straps are adjusted first and then velcroed into position. The shoulder straps are positioned to maintain chest straps at nipple line.</li> <li>• The feet are placed in the stirrups one at a time and the leg straps are then adjusted and velcroed into position (checking that the ID band has been removed).</li> <li>• Hold the hip at 90 degrees hip flexion and then adjust the anterior hip strap.</li> <li>• The lateral strap should be adjusted by holding the hip between 40 – 60 degrees hip abduction. The knees should be maintained at a minimum distance of 3 – 5 cm apart from the midline.</li> <li>• There should be room for growth across the chest strap and leg straps. To test this two fingers should be able to be comfortably inserted underneath the chest strap (ie horizontal strap around the chest) and one finger space underneath the leg straps (ie horizontal strap around the calves).</li> <li>• Once the harness has been fitted, the baby's clothing may be replaced over the harness. Loose fitting clothing 2 sizes larger, without an elasticised waist is recommended to prevent midline contact of the knees or pressure on the harness straps.</li> </ul>	
<p><b>Post-Procedure</b></p> <p>10. Reassesses Pavlik harness fit and symmetry</p> <ul style="list-style-type: none"> <li>• Mark straps with pen at correct adjustment</li> </ul> <p>11. Provides advice about</p> <ul style="list-style-type: none"> <li>• Skin care</li> <li>• Instructions for washing baby</li> <li>• Instructions for Pavlik harness care</li> <li>• Instructions should Pavlik harness become soiled</li> <li>• Adjusting harness for growth – only chest straps may be adjusted to maintain 2 finger space</li> <li>• Developmental care including avoiding prone positioning</li> </ul> <p>12. Ensures</p> <ul style="list-style-type: none"> <li>• Parent Information provided</li> <li>• Follow- up appointment given</li> <li>• Follow-up medical appointment checked</li> </ul> <p>13. Cleans and tidies the work area</p>	

<b>Documentation</b> 13. Documents all aspects of the task including consent, assessment, instructions, advice, developmental interventions, and follow-up		

*x: Not performed adequately    ✓ : Performed adequately*