

TENS Fitting Guide

- 1. Introduce yourself to the patient—include your company name and the referring physician’s name.
- 2. Find out what, if anything, the patient has been told / shown about the TENS.
- 3. Explain to the patient the basic theory behind TENS. Blocks pain signal to the brain / Body releases its own pain medication (endorphins).
- 4. Complete a Patient Pain History Form.
- 5. Show the TENS unit to the patient and let him/her handle it. Let them become comfortable with it.
- 6. Show how to install and uninstall the battery, have the patient do it.
- 7. Explain all the controls, but also explain that the only control the patient is to adjust is the Amplitude control.
- 8. Show the wires and explain the two different ends. Demonstrate the proper placement and removal. Have the patient repeat this task.
- 9. Show the patient how to perform a unit test including, leadwires, battery and electrodes. Have the patient repeat the test.
- 10. Show the patient the electrodes that have been chosen for them. Inform the patient that other types are available if necessary.
- 11. Show the patient how to prepare to the electrodes. Also show the patient how to properly store the electrodes when not in use.

- 12. Determine the electrode placement for the patient. Inform the patient that the electrodes can be moved slightly from time to time to reduce skin breakdown.
- 13. Prepare the site and place one set of electrodes on the patient. Have the patient or family member apply the second set of electrodes.
- 14. Teach the patient how to set the Amplitude. Use the 6-point program and explain its purpose.
- 15. Explain that the first 24 hours are the most important for long term success. Non-stop usage.
- 16. Review skin care importance, pH balance, and usage of “Skin Prep.”
- 17. Explain to the patient that you have a follow-up program, indicate that it is part of the physician’s requirements. Decide what is the best time for your office to call the patient for regular follow-up. Write down the time for the patient.
- 18. Reinforce the importance of using the TENS with a story of a previous patients success.
- 19. Take out a patient follow-up form and complete it, letting the patient know you will be tracking their success along with them.
- 20. Provide the patient with enough supplies to last through the trial period.
- 21. Provide the patient with contact information incase they have question during the trial period.

The above items have been explained to me and I understand each of them.

Patient’s Signature _____ Date _____

Instructors Signature _____ Date _____