

CHECK LIST BEFORE STARTING NESA

New Session · NESA Treatment Setup Checklist



Patient

Session #

Clinician

Room

| Patient & Safety

- **Personal kit ready**
Gloves + ankle straps are the patient's own ☐
- **Bathroom check**
Ask before starting ☐
- **Remove jewelry & phone**
Rings, watch; phone away from treatment area ☐

| Skin + Kit Placement

- **Clean hands & feet**
Cotton + alcohol; dry / remove excess cream or sweat ☐
- **Fit gloves & ankle straps**
Correct placement + comfort/conductivity check ☐

| Steering Electrode

- **Place steering electrode**
Correct anatomical zone (record location in CRM) ☐

| Program Setup

- **Select program & start device**
Choose protocol; verify placement; start XSignal ☐

| Quick Check-in (3 questions)

- **Symptoms today?** ☐
- **How did you sleep?** ☐
- **Has pain moved/changed?**
If applicable ☐

| Comfort & Environment

- **Relaxing music**
432 Hz / 528 Hz / 963 Hz ☐
- **Essential oil scent**
Chosen by patient ☐
- **Blanket & feet covered** ☐
- **Explain alarm button**
Press anytime if they need something ☐
- **Set lighting**
Dim warm light or red light ☐