

## PROCEDURE 21-1

## Getting Ready

- | S                        | U                        | COMMENTS |
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10. When the treatment is complete, remove the pad. ☐ ☐ \_\_\_\_\_
11. Straighten the bed linens and make sure the person is comfortable and in good body alignment. Draw the top linens over the person. ☐ ☐ \_\_\_\_\_
12. Make sure that the bed is lowered to its lowest position and that the wheels are locked. ☐ ☐ \_\_\_\_\_
13. Gather the soiled linens and place them in the linen hamper. Dispose of disposable items in a facility-approved waste container. Clean equipment and return it to the storage area. ☐ ☐ \_\_\_\_\_

### Finishing Up

14. Complete the "Finishing Up" steps. ☐ ☐ \_\_\_\_\_

**PROCEDURE 21-2****Giving a Moist Cold Application****Getting Ready**

1. Complete the “Getting Ready” steps.

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**Procedure**

2. Put the ice in the bath basin and fill the basin with cold water at the sink.
3. Make sure that the bed is positioned at a comfortable working height (to promote good body mechanics) and that the wheels are locked.
4. Help the person to a comfortable position and expose only the area to be treated.
5. Position the bed protector as necessary to keep the bed linens dry.
6. Moisten the compress with the ice water as ordered. Wring out the compress and apply it to the treatment site.
7. Leave the compress in place for the designated amount of time, usually 15 to 20 minutes. The compress may be secured in place with ties or rolled gauze, or the patient or resident may assist by holding the compress in place.
  - a. Keep the compress moistened with ice water.
  - b. Check the skin beneath the compress every 5 minutes. If the skin appears pale or blue or if the person complains of numbness or a burning sensation, discontinue treatment immediately and notify the nurse.
  - c. If you must leave the room, place the call light control within easy reach and ask the person to signal if he or she experiences numbness or burning.
8. When the treatment is complete, remove the compress and carefully dry the skin.
9. Remove the bed protector. Straighten the bed linens and make sure the person is comfortable and in good body alignment. Draw the top linens over the person.
10. Make sure that the bed is lowered to its lowest position and that the wheels are locked.
11. Gather the soiled linens and place them in the linen hamper. Dispose of disposable items in a facility-approved waste container. Clean equipment and return it to the storage area.

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**Finishing Up**

12. Complete the “Finishing Up” steps.

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**PROCEDURE 21-3****Giving a Dry Cold Application****Getting Ready**

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1. Complete the "Getting Ready" steps.

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**Procedure**

2. Fill the ice bag with water, close it, and turn it upside down to check for leaks. Empty the bag.
3. Fill the bag one half to two thirds full with crushed ice. Do not overfill the ice bag. Squeeze the bag to force out excess air and close the bag.
4. Dry the outside of the bag and wrap it in the towel or place it in the bag cover.
5. Make sure that the bed is positioned at a comfortable working height (to promote good body mechanics) and that the wheels are locked.
6. Help the person to a comfortable position and expose only the area to be treated.
7. Apply the ice bag to the treatment site.
8. Leave the ice bag in place for the designated amount of time, usually 15 to 20 minutes. The ice bag may be secured in place with ties or rolled gauze, or the resident may assist by holding the bag in place.
  - a. Check the skin beneath the ice bag every 5 minutes. If the skin appears pale or blue or if the person complains of numbness or a burning sensation, discontinue treatment immediately and notify the nurse.
  - b. Refill the bag with ice as necessary.
  - c. If you must leave the room, place the call light control within easy reach and ask the person to signal if he or she experiences numbness or burning.
9. When the treatment is complete, remove the ice bag.
10. Straighten the bed linens and make sure the person is comfortable and in good body alignment. Draw the top linens over the person.
11. Make sure that the bed is lowered to its lowest position and that the wheels are locked.
12. Gather the soiled linens and place them in the linen hamper. Dispose of disposable items in a facility-approved waste container. Clean equipment and return it to the storage area.

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**Finishing Up**

13. Complete the "Finishing Up" steps.

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