



LOCAL APPLICATION OF COLD: COMPRESS OR PACK – R-VI-12

POLICY:

Cold as a therapeutic measure shall be applied as a compress or pack.

PURPOSE:

- To reduce blood flow to the area and to prevent swelling.
- To relieve pain.
- To prevent edema resulting from sprains, strains or contusions.
- To decrease tissue metabolism and reduce inflammation.

PROCEDURE:

Ice Pack:

1. Wrap the ice pack in a towel and apply it slowly to the area to be treated. Hold the ice pack in place or encourage the client to do so.
2. Observe the client's response throughout the treatment. Look under the pack approximately every 5 minutes noting general condition, presence of swelling or bleeding.
3. Continue treatment for the required amount of time as tolerated by the client. Usual time is up to 15 minutes.
4. Document effectiveness on client's casebook.
5. If ineffective, repeat in 15 minutes time as tolerated.
6. Seek medical attention if necessary.

RECOMMENDED BY: Director, Personal Support Services

APPENDICES: 0

OPERATIONAL ACCOUNTABILITY: Administration, Personal Support Services
Administration, Personal Support Services

ORIGINAL POLICY DATE: August 1994

AUTHORIZED BY: Executive Director

SIGNATURE: _____