



COHESIVE HEALTHCARE MANAGEMENT & CONSULTING

Mangum Regional Medical Center

TITLE		POLICY	
Use of Moist Hot Packs		804	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
Rehabilitation			
DEPARTMENT	REFERENCE		
Rehabilitation Services			

SCOPE: All rehabilitation staff members who will be applying moist hot packs to a patient at Mangum Regional Medical Center.

PURPOSE: To ensure that all moist hot packs are administered safely and effectively within established guidelines.

POLICY: Physician order is received.

- Order may be specific for “hot packs,” or “superficial heat,”
- Order may state for therapist to evaluate and treat as indicated

Indications:

- Arthritis
- Bursitis
- Contusions
- Edema
- Fibrosis
- Inflamed joints
- Muscle spasms
- Neuralgia/neuritis
- Pain
- Spasms, strains, sprains
- Synovitis, tenosynovitis

Contraindications:

- Suspected metastatic lesions

Precautions:

- Desensitized areas
- Geriatric patient
- Bony areas and areas of decreased circulation
- Open areas, which should be covered or avoided

PROCEDURE:

1. Before initiating treatment, the patient is evaluated by Therapist to determine appropriateness of the treatment.
2. Treatment is explained to the patient.
3. Position and drape the patient properly according to area being treated and patient comfort.
4. The hydrocollator temperature is checked to be between 140°-160° deg F
5. The hot pack is removed from the unit with tongues, allowing the excess water to run back into the unit.
6. The hot pack is laid on toweling with the excess water wiped from the hot pack.
7. The hot pack is laid on a hot pack cover and the hot pack is layered appropriately.
 - a. A hot pack cover is 2 layers of thickness.
 - b. 1 layer of a towel is one thickness.
 - c. The hot pack is padded with 7-11 layers, if the patient will be weight bearing on the pack.
 - d. The hot pack is padded with 6 to 8 layers, if the patient will not be weight bearing on the pack.
 - e. The layer next to the patient's skin must be a towel.
8. The area to be treated is exposed and examined for redness or breakdown.
 - a. If redness or skin breakdown (rash, open wound/sore) is present, the therapist determines if treatment should be given based on the degree and nature of the redness/breakdown. Extra padding over this area may be indicated.
9. The moist hot pack is applied to appropriate area with the padding facing the patient.
10. Patient is provided with audible alarm and is instructed in its use to notify staff for assistance if needed.
 - a. If patient complains of excessive heat, hot pack is removed, and area is examined.
 - b. Therapist determines whether additional towels should be added, or treatment should be discontinued.
 - c. If the patient cannot communicate to staff that it is too hot, the area is visually checked throughout the treatment.
11. Set timer or record time for 15 to 20 minutes or as determined by therapist.
12. The patient is checked at least once during treatment time to be sure the pack is not excessively hot.
13. Notify therapist immediately if any of the following is noted:
 - a. reddened area
 - b. skin breakdown
 - c. blister
14. Upon completion of treatment, hot pack is removed with treatment area examined for excessive redness.
15. Hot pack is returned to hydrocollator unit in determined rotation pattern to ensure proper heating for future use.
16. Hot pad covers are hung up to dry.
17. Towels are placed in dirty linen container.

18. If patient has received all treatments, dispose of used linen and clean up area replacing all items used in proper place.
19. Wash hands per facility policy.

REVISIONS/UPDATES

Date	Brief Description of Revision/Change