



**COHESIVE HEALTHCARE MANAGEMENT & CONSULTING**

**Mangum Regional Medical Center**

TITLE		POLICY	
<b>Cold Pack</b>		<b>805</b>	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
<b>Rehabilitation</b>			
DEPARTMENT	REFERENCE		
<b>Rehabilitation Services</b>			

**SCOPE:** All rehabilitation staff members that will be applying to cold packs for patient care at Mangum Regional Medical Center.

**PURPOSE:** To provide guidelines for the use of cold packs.

**POLICY:** Indications:

- Vasoconstriction of capillaries to decrease blood flow
- Decrease metabolic activity
- Provide an analgesic effect for the reduction of muscle spasms, pain, and inflammation

Contraindications:

- Hypersensitivity
- Rheumatoid arthritis

Precautions:

- Use with caution over bony prominence
- Impaired circulation
- Impaired skin integrity

**PROCEDURE:**

1. Therapist to evaluate patient to determine appropriateness of use.
2. Explain treatment to patient.
  - a. Sensation -usually 4 stages: cold, burning, pain, and numbness.
3. Starting the treatment:
  - a. Position and drape patient properly in accordance with Department policy
  - b. Expose and examine area to be treated
  - c. Place cold pack in a towel or pillow case. Wet towel will enhance transfer of cold to body segment
  - d. Tuck the cold pack around joint or place on area to be treated.

- e. Instruct patient regarding patient alarm system, if not in direct line of sight.
- 4. Treatment follow-up:
  - a. Remove all linen and cold pack from treatment area.
  - b. Dry the patient thoroughly.
  - c. Check the patient's skin condition.

**REVISIONS/UPDATES**

<b>Date</b>	<b>Brief Description of Revision/Change</b>