



Mercy Services

## HEAT / COLD PACK POLICY

Manual: Service Delivery

Document ID: E26

### 1. PURPOSE

To ensure Heat and Cold Packs are used safely so the client/or resident does not experience any adverse events.

### 2. WHO DOES THIS POLICY APPLY TO

This policy applies to all Mercy Services staff, visitors and volunteers

### 3. POLICY

The greatest care must be exercised at all times to ensure that client/residents are not harmed as a result of the inappropriate use of hot or cold packs.

Staff should discuss with the Registered Nurse as to whether hot or cold packs are an appropriate treatment, prior to use.

The client/resident is to be assessed by the Registered Nurse prior to the use of Heat/Cold Packs to ensure appropriate assessment, use and follow up review.

### 4. PROCEDURE

- 4.1. Clinical practice requires the assessment of the sensory status and condition of the patient's skin prior to any hot or cold pack being applied. At the commencement of treatment, the site and time should be recorded in the client/residents health care history
- 4.2. Commercially available heating or cooling devices should comply with the relevant Australian Standard where this exists and be used in compliance with the manufacturer's instructions and locally developed policies
- 4.3. Staff should follow the instruction on the pack in regards to activating or heat or cooling packs
- 4.4. The sensory status of the treated area and the condition of the client/residents skin should be regularly monitored while the hot or cold pack is in use.
- 4.5. Continuous application of hot or cold packs should not exceed 20 minutes and may need to be less, depending on individual circumstances. At the first indication of any adverse signs, treatment should be stopped.
- 4.6. On completion of treatment and after the treated area has been examined, the duration of application and condition of the treated area should also be recorded.

### 5. KEY PERFORMANCE INDICATORS

Incidents recording regarding the use Heat/Cooling Packs are 0%

### 6. EXPECTED OUTCOME

Heat and cold packs are managed effectively with no adverse outcomes

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### 7. REFERENCES

<http://www.health.nsw.gov.au/policies/manuals/Documents/pmm-15.pdf>  
<http://www.hneh.edmore.com.au/cannulation2/warmpack.pdf>

### 8. VERSION CONTROL AND CHANGE HISTORY

Version	Date Reviewed	Amendments
1.0		Initial Draft.

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