

CHAPTER 20

ADDITIONAL PATIENT CARE PROCEDURES



Objectives:

- ◆ Describe the effects of heat and cold applications.
- ◆ Name several types of heat and cold applications.
- ◆ Describe safety procedures in applying heat and cold treatments.
- ◆ Apply a dry cold treatment.
- ◆ Apply an Aquamatic pad
- ◆ Assist a patient with a sitz bath.
- ◆ Explain the role and responsibilities of the nursing assistant when a physical examination is given.

Objectives

- ◆ Identify instruments and supplies used in a physical exam.
- ◆ Name two types of enemas and the purpose of each.
- ◆ Administer two kinds of cleansing enemas and a commercial oil-retention enema.
- ◆ Explain use of the disposable rectal tube and flatus bag.
- ◆ Explain the types of suppositories that can be administered by the Nursing Assistant.

Key Terms

- ◆ Constrict
- ◆ Cyanosis
- ◆ Dilate
- ◆ Enema
- ◆ Flatus bag
- ◆ Rectal suppository
- ◆ Rectal tube
- ◆ Sitz bath



Effects of Heat and Cold Applications

- Helps to Relieve Pain
 - Promotes Healing
 - Heat: Increases Circulation
 - Cold: Reduces Bleeding
- 

Types of Heat and Cold Applications

- Dry Heat and Cold
- Moist Heat and Cold
- Localized Placement
- Generalized Application

CAUTION

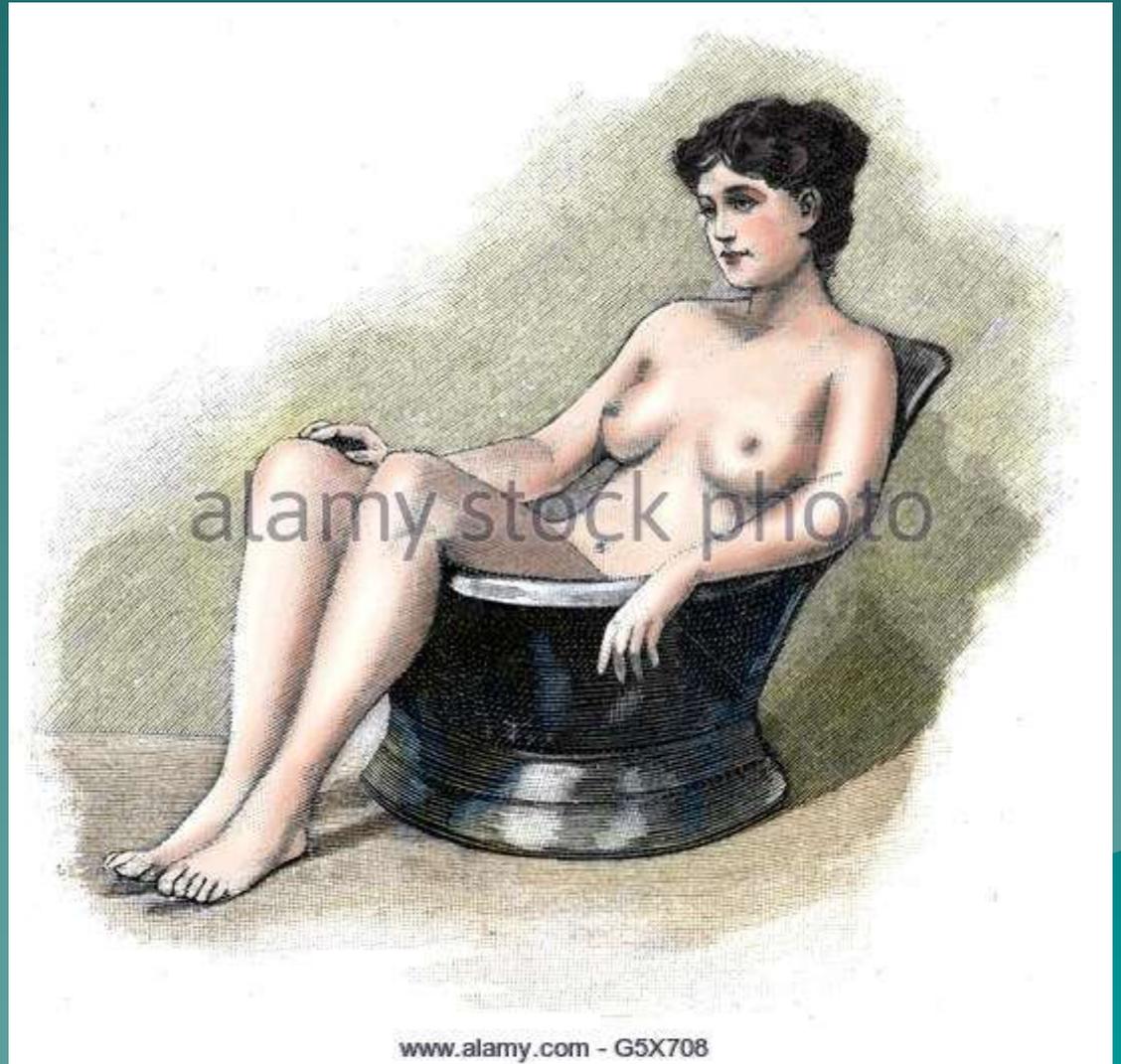
- ◆ Infants
- ◆ Young Children
- ◆ Elderly
- ◆ Fair Skinned Patients
- ◆ Unconscious
- ◆ Paralyzed
- ◆ Confused





HIP SOAK

- ◆ Sitz Bath



GENERAL HEAT AND COLD TEMPERATURE RANGES

Cold Treatments

Cool	65° to 80°F (18.3° to 26.6°C)
Cold	59° to 65°F (15° to 18.3°C)
Very cold	59°F and below (15°C and below)

Heat Treatments

Warm	93° to 98°F (33.8° to 37°C)
Hot	98° to 105°F (37° to 40.5°C)
Very hot	105° to 115°F (40.5° to 46.1°C)

Safety Procedures for Heat and Cold

Follow Facility's Guidelines

Check Skin Often for Complications

Discontinue if Pain, Numbness, or Burns

Watch for Cyanosis with Cold Packs

NA Responsibilities for Physical Exam

- **Before: Patient Comfort and Positioning**
- **During: Remain Present**
- **After: Assist Patient to Resume Routine**

Types of Enemas

- **Cleansing Enema (Soapsuds)**
- **Oil-Retention Enema**
- **Return-Flow Enema (Harris Flush)**



1 Fleets Enema

Types of Suppositories

NA may Give

- Soap-Based
- Glycerine-Based
- Cocoa Butter-Based
- Any not Containing Medicine

Enema Guidelines

- ◆ Give before breakfast or bath
- ◆ Wait 1 hour after a meal
- ◆ Insert tip 2-4 inches
- ◆ Caution: if tip cannot be inserted, get help, possible impaction
- ◆ Administer solution slowly, stop if cramping, restart when cramping or discomfort goes away.
- ◆ Check color, amount, consistency, odor

CHAPTER REVIEW

