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
<table>
<thead>
<tr>
<th>Cold Treatments</th>
<th>Heat Treatments</th>
</tr>
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<tbody>
<tr>
<td>Cool</td>
<td>Warm</td>
</tr>
<tr>
<td>Cold</td>
<td>Hot</td>
</tr>
<tr>
<td>Very cold</td>
<td>Very hot</td>
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</tbody>
</table>
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)
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 discomport goes away.
- Check color, amount, consistency, odor