

## **Wilk: Sorrentino's Canadian Textbook for the Support Worker, 5th Edition**

### **Chapter 40: Heat and Cold Applications**

#### **Objectives**

After reading this chapter, the learner should be able to do the following:

- Identify the purposes, effects, and complications of heat and cold applications.
- List clients at risk for complications from heat and cold applications.
- List the guidelines for application of heat and cold.
- Perform the procedures described in this chapter in a safe manner.
- warm compresses/warm pack/warm soak/sitz bath///moist heat applications
- cold compresses/cold pack///moist cold applications
- cold pack/ice bag/ice collar////cold applications
- gel pack/wheat bag/blanket warmers////dry heat applications
- RICE