

**Key Terms**

Compress

Cyanosis

Hyperthermia

Pack

Constrict

Dilate

Hypothermia

**Fill in the Blanks: Key Terms**

- 1 A body temperature that is much higher than the person's normal range is \_\_\_\_\_.
- 2 \_\_\_\_\_ means to narrow.
- 3 A treatment that involves wrapping a body part with a wet or dry application is a \_\_\_\_\_.
- 4 A \_\_\_\_\_ is a soft pad applied over a body area.
- 5 \_\_\_\_\_ means to expand or open wider.
- 6 \_\_\_\_\_ occurs when the body temperature is very low.
- 7 A bluish color is \_\_\_\_\_.

**Circle the BEST Answer**

- 8 Before you apply heat applications, it is important to know if
  - A A nurse is available to answer questions and supervise you
  - B Your state allows you to perform the procedure
  - C The procedure is in your job description
  - D All of the above
- 9 Heat applications can be applied
  - A Only to extremities
  - B To areas with metal implants
  - C To almost any body part
  - D To persons who have difficulty sensing heat or pain
- 10 When heat is applied to the skin
  - A Blood vessels in the area dilate
  - B Tissues have less oxygen
  - C Blood flow decreases
  - D Blood vessels constrict
- 11 When heat is applied too long, a complications that occurs is
  - A Blood vessels dilate
  - B Blood flow increases
  - C Blood vessels constrict
  - D More nutrients reach the area
- 12 Moist heat applications have cooler temperatures than dry heat applications because
  - A Dry heat penetrates more deeply
  - B Dry heat cannot cause burns
  - C Heat penetrates deeper with a moist application
  - D Moist heat has a slower effect than dry heat
- 13 When heat is applied to an area, which of these is an expected response?
  - A The skin is red and warm
  - B The skin is pale, white, or gray
  - C The person begins to shiver
  - D The area is excessively red
- 14 The care plan states that the person receives a heat application of 110° F. As a nursing assistant you know that you should
  - A Measure the temperature carefully before applying it to the person
  - B Not apply an application that is above 106° F
  - C Ask the person if the application is too warm
  - D Apply the application and remind the person not to remove the application
- 15 Heat and cold applications are applied for no longer than
  - A 1 hour
  - B 30 minutes
  - C 15 to 20 minutes
  - D 4 hours
- 16 When a hot or cold application is in place, you should check the area
  - A Every 15 to 20 minutes
  - B Every 5 minutes
  - C About every 30 minutes
  - D Once an hour
- 17 When hot compresses are in place, you may apply an aquathermia pad over the compress
  - A To keep the compress wet
  - B To protect the area from injury
  - C To measure the temperature of the compress
  - D To maintain the correct temperature of the compress
- 18 A hot soak is applied
  - A By putting the body part into water
  - B By applying a soft pad to a body part
  - C And is covered with plastic wrap
  - D Only until the water temperature cools down
- 19 When giving a sitz bath
  - A Stay with the person if he or she is weak or unsteady
  - B Observe for signs of weakness, faintness, or fatigue
  - C Prevent the person from chills and burns
  - D All of the above
- 20 Hot packs may be heated by all of these methods *except*
  - A Boiling in water for a few minutes
  - B Squeezing, kneading, or striking the pack
  - C Sterilizing in an autoclave
  - D Warming in a microwave oven
- 21 When you use an aquathermia pad
  - A The pad temperature will cool off after about 20 to 30 minutes
  - B The temperature is maintained by the flow of water through the pad

- C It is a form of moist heat
  - D You do not need to check the person as often as with other heat applications
- 22 When a cold application is applied, the numbing effect helps to
- A Reduce or relieve pain in the part
  - B Constrict blood vessels
  - C Decrease blood flow
  - D Cool the body part
- 23 Which of these cold applications is moist?
- A Ice bag
  - B Ice collar
  - C Ice glove
  - D Cold compress
- 24 You should remove the heat or cold application if
- A The skin is red and warm with a heat application
  - B The person tells you the cold application has numbed the area and relieved some pain
  - C The skin appears pale, white, gray, or bluish in color
  - D The person is slightly chilled and asks for another blanket
- 25 When a person has hyperthermia, ice packs are applied to all of these areas *except*
- A The abdomen
  - B The head
  - C The underarms
  - D The groin

**Fill in the Blanks**

- 26 Write the meaning of the abbreviations:
- A \_\_\_\_\_ F
  - B \_\_\_\_\_ C
- 27 What are the effects of heat applications?
- A \_\_\_\_\_
  - B \_\_\_\_\_
  - C \_\_\_\_\_
  - D \_\_\_\_\_
  - E \_\_\_\_\_
- 28 When you are caring for a confused person and heat or cold is applied, how can you know if he or she is in pain? \_\_\_\_\_
- 29 What are the advantages of dry heat applications?
- A \_\_\_\_\_
  - B \_\_\_\_\_
- 30 Give examples of dry heat applications. \_\_\_\_\_
- 31 When the nurse delegates you to prepare a warm soak, what is the temperature range that is correct? \_\_\_\_\_

- 32 When you are giving a sitz bath, what observations should be reported to the nurse? \_\_\_\_\_
- 33 When using an aquathermia pad, you should make sure the hoses do not have kinks or air bubbles to allow the water to \_\_\_\_\_
- 34 Name uses for cold applications.
- A \_\_\_\_\_
  - B \_\_\_\_\_
  - C \_\_\_\_\_
  - D \_\_\_\_\_
  - E \_\_\_\_\_
- 35 When you prepare an ice bag, collar, or glove, remove the excess air by \_\_\_\_\_
- 36 When a heat or cold compress is in place, it usually needs to be changed every 5 minutes because \_\_\_\_\_
- 37 When a cooling blanket is being used, \_\_\_\_\_ are checked often.
- 38 How can you manage your time to stay in or near the person's room during a heat or cold application?
- A \_\_\_\_\_
  - B \_\_\_\_\_
  - C \_\_\_\_\_
  - D \_\_\_\_\_
  - E \_\_\_\_\_
  - F \_\_\_\_\_

**Optional Learning Exercises**

*Situation: The nurse instructs you to apply a cold pack to a resident who has twisted her ankle. Use the information you learned in this chapter to answer questions 39-47 about carrying out this treatment.*

- 39 What is the purpose of the cold application for this injury? \_\_\_\_\_
- 40 What can you use to make a cool dry application to the ankle if no commercial packs are available? \_\_\_\_\_
- 41 Why do you squeeze the application tightly after filling it with ice? \_\_\_\_\_
- 42 How will you protect the person's skin? \_\_\_\_\_
- 43 How often do you check the application? \_\_\_\_\_

- 44 What signs and symptoms would be important when you check the area? \_\_\_\_\_  
\_\_\_\_\_
- 45 What should you do if they are present? \_\_\_\_\_  
\_\_\_\_\_
- 46 How long should you leave the application in place? \_\_\_\_\_
- 47 What happens if you leave it too long? \_\_\_\_\_

### *Independent Learning Exercises*

*Situation: Mr. Chavez is 45-years-old and has a reddened area on his left calf. The doctor has ordered moist warm compresses to the area and the nurse has delegated this task to you.*

*Role-play this situation with a classmate. One of you should act as the person, and one should act as the nursing assistant. Work together to answer the questions for each role.*

#### *As the Nursing Assistant:*

- What questions would you ask the nurse before you applied the compresses?
- What temperature range is used for this compress?
- How did you check the temperature of the compresses?
- How did you keep the compress at the correct temperature?
- How often did you check the compress? What did you observe when you checked the area?

#### *As Mr. Chavez:*

- How was the treatment explained to you?
- How were you positioned? How did the nursing assistant check to see if you were comfortable?
- How did the compress feel? Was the temperature maintained? How?
- How often was the compress checked?