



Competency Ice Bag Making & Application

Student Name _____

The student will make, apply and secure an ice bag appropriate for placement on various areas of the body.

Components

Foundation—Know *why* you are applying ice to a patient

Indications:

- Acute injury/inflammation
- Acute or chronic pain
- Small, superficial, first-degree burns
- Postsurgical pain and edema
- Use in conjunction with rehabilitation exercises
- Acute or chronic muscle spasm

Contraindications:

- Cardiac or respiratory involvement
- Uncovered, open wounds
- Circulatory insufficiency (Raynaud's Phenomenon)
- Cold allergy
- Anesthetic skin
- Diabetes, lupus

Pre-Application

- Confirm the patient does not have any contraindications to ice application
- Ample ice is in the bag to cover the body part/area sufficiently
- No air left in the bag; rip a hole in top of bag to release residual air if needed
- Knot is tied at the end of the bag

Application

- Wrapped securely to injured body part with an elastic bandage or Flexiwrap
- Instruct patient to wear the ice for only 15-20 minutes (or until area is numb) and to dispose of melted ice and plastic appropriately

Post-Application

- Following a treatment, the bandage/Flexiwrap should be removed, the ice dumped in the sink, the plastic bag put in the garbage and the bandage/Flexiwrap put in the laundry/garbage

Student Notes



Mastery _____

ATC Signature _____

Date Mastered _____