 <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p>	B.S. Aquino Drive, Bacolod City, Negros Occidental, 6100	
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	Effective Date:	06-30-2022
	Document Type:	Standard Operating Procedure
	Page Number:	1 of 4
	Department/Section:	Physical Medicine & Fitness Center
Document Title:		<b>ELECTRICAL MUSCLE STIMULATION</b>

### **PURPOSE:**

To provide guidelines to ensure accuracy and safety in administering the Electrical Muscle Stimulator.

### **SCOPE:**

Applies to all Physical Medicine & Fitness Center Staff of Dr. Pablo O. Torre Memorial Hospital (DPOTMH)

### **RESPONSIBLE PERSON:**


Physical Therapist, PMFC Clerk, PMFC Supervisor

### **GENERAL GUIDELINES:**

1. The Physical Therapist shall explain to the patient/client the purpose of electrical stimulation.
2. The Physical Therapist determines the indications, contraindications, precautions in the use of electrical stimulation.
3. The Physical Therapist shall master the operation of the machine.
4. The Physical Therapist shall strictly adhere to the aforementioned guidelines at all times.


### **PROCEDURE:**

- 1 The Physiatrist orders in patient's chart the application of electrical muscle stimulation (EMS) to a specific area during evaluation.
  - 1.1 If the patient is to be treated at bedside:
    - 1.1.1 The Nurse-In-Charge (NIC) informs the physical therapist of the referral.
    - 1.1.2 The Physical Therapist informs the nurse-in-charge (NIC) of patient's time of therapy and brings the machine to the patient's room.
    - 1.1.3 The PMFC Clerk charges patient's therapy session in his/her account.

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- 1.2 If the patient is to be treated at the center:
  - 1.2.1 The Nurse-In-Charge (NIC) informs the physical therapist of the referral.
  - 1.2.2 The Physical Therapist informs the nurse-in-charge (NIC) of patient's time of therapy.
  - 1.2.3 The Auxiliary brings the patient with his/her chart down to the center.
  - 1.2.4 The PMFC Clerk charges patient's therapy session in his/her account.
- 1.3 For outpatient/walk-in patient:
  - 1.3.1 The PMFC clerk informs the physical therapist of the referral or physiatrist's order.
  - 1.3.2 The PMFC Clerk/Physical Therapist schedules the patient's therapy session.
  - 1.3.3 The PMFC Clerk/Physical Therapist gives payment slip/checklist for patients/clients with LOA to be brought to Central Registration section for assessment.
- 2 The Physical Therapist reads patient's chart before treatment.
- 3 The Physical Therapist performs hand-washing protocol.
- 4 The Physical Therapist places the patient in the most comfortable position.
- 5 The Physical Therapist checks the patient's vital signs.
- 6 The Physical Therapist performs Electrical Muscle Stimulation (EMS) application:
  - 6.1 The Physical Therapist prepares and checks the machine before applying on the patient.
  - 6.2 The Physical Therapist places the rubber pads with gel on it on patient's extremities or areas to be treated and secures it with leukoplast tape or micropore.
  - 6.3 The Physical Therapist cautions the patient of the sensation expected when the machine is on.

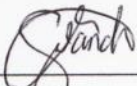
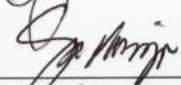
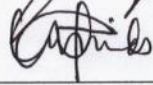




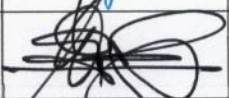
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- 6.4 The Physical Therapist turns on the machine and asks the patient if the intensity is tolerable or not.
- 6.5 The Physical Therapist sets the timer to 10-15 minutes.
- 6.6 After 10-15 minutes, the Physical Therapist turns off the machine then removes the rubber pads/tape and clean area with tissue paper.
- 7 The Physical Therapist checks the area after treatment and asks the patient for any discomfort or observation after the application of EMS.
- 8 The Physical Therapist checks vital signs after the therapy session.
- 9 The Physical Therapist schedules the patient for the next therapy session.
- 10 The Physical Therapist performs after care of the machine/modality.
- 11 The Physical Therapist performs hand-washing protocol.




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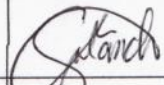
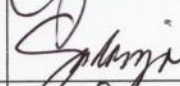
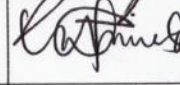
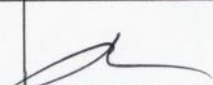



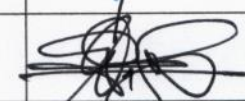
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KEY TASKS	PERSON RESPONSIBLE
1. Orders in patient's chart the application of electrical muscle stimulation (EMS) to a specific area during evaluation.	Physiatrist
2. Reads patient's chart before treatment.	Physical Therapist
3. Performs infection control measures before performing the procedure.	
4. Places the patient in the most comfortable position.	
5. Performs Electrical Muscle Stimulation (EMS) application.	
6. Applies Cryotherapy	
7. Checks the area after treatment and ask the patient for any discomfort or observation after the application of EMS.	
8. Checks vital signs after the therapy session.	
9. Schedules the patient for the next therapy session.	
10. Does after care the machine/modality.	

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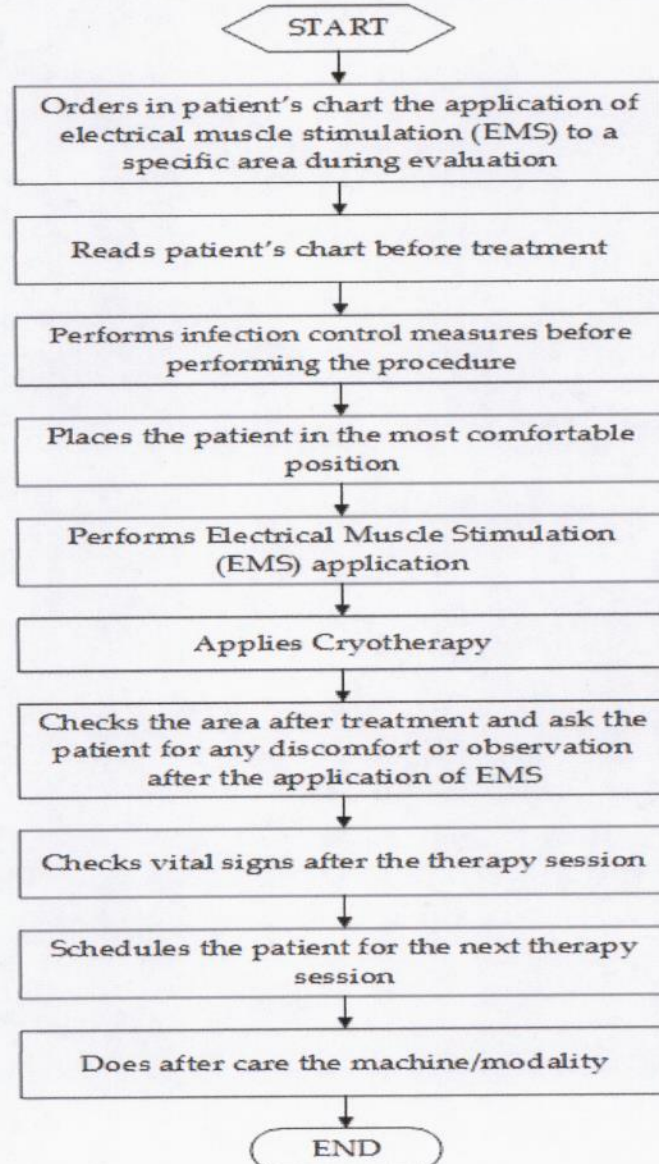



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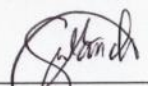
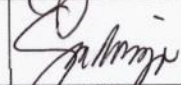
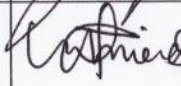
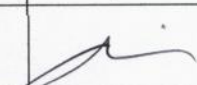

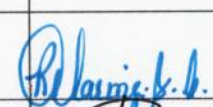

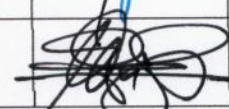
Document Code:	DPOTMH-E-66-P01-FC03
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## FLOWCHART



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