 <p>B.S. Aquino Drive, Bacolod City, Negros Occidental, 6100</p> <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p>	Document Code:	DPOTMH-E-66-P01-S13
	Effective Date:	06-30-2022
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	Document Title:	<b>HYDROCOLLATOR PACK</b>

### **PURPOSE:**

To provide guidelines to ensure the accuracy and uniformity in using this particular modality.

### **SCOPE:**

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

### **RESPONSIBLE PERSON:**


PMFC Clerk, Physical Therapist, PMFC Supervisor

### **GENERAL GUIDELINES:**

1. Physical therapist shall endeavor to strictly adhere to these guidelines at all times.
2. Physical therapist shall supervise the Level 2 personnel in using this modality.
3. Physical therapist shall be responsible in the effective use of this modality.

### **PROCEDURE:**

1. Physiatrist orders on the patient's chart that Hydrocollator Pack be applied to specified areas during evaluation.
  - 1.1 If patient to be treated is admitted and the procedure is to be done at bedside:
    - 1.1.1 The Nurse on duty informs the Physical Therapy staff of the referral.
    - 1.1.2 The Physical Therapy staff reads the prescription on the chart.
    - 1.1.3 The Physical Therapy staff informs the patient of his or her schedule.
    - 1.1.4 Physical Therapy staff washes his/her hands.
    - 1.1.5 Checks vital signs.
    - 1.1.6 Places the patient in the most comfortable position.


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- 1.1.7 The Physical Therapist staff prepares the Hydrocollator Pack to be used. Pulls out the appropriate pack from the heater and drains excess water. Covers with cotton towel ensuring it has at least 5-6 ply before applying.
- 1.1.8 Inspects and prepares (wipe off oils, lotion, liniments, dirt) the area to be applied with hot pack.
- 1.1.9 Places the hot pack on top of the patient's part of the body and secures it properly.
- 1.1.10 Sets the prescribed time as indicated by the physician.
- 1.1.11 Checks every 5 minutes the skin for any blotching-mottled erythema (an uneven, blotchy red and white areas of the skin which is a sign of over heating). Adds towel if necessary.
- 1.1.12 Removes the pack after the prescribed time.
- 1.1.13 Returns the hot pack inside the heater and suspends the towel for drying.
- 1.1.14 Physical Therapist washes his/her hands.
- 1.1.15 Checks vital signs.

## 1.2 If patient to be treated is out-patient or on-call

- 1.2.1 The Physical Therapist staff reads the prescription on the chart.
- 1.2.2 The Physical Therapist staff informs the patient of his or her schedule.
- 1.2.3 The Physical Therapist calls the station to bring the patient at the Physical Medicine and Fitness Center if the patient is on call.
- 1.2.4 The Physical Therapist staff washes his or her hands.
- 1.2.5 The Physical Therapist staff prepares the Hydrocollator Pack to be used.

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- 1.2.6 Pulls out the appropriate pack from the heater and drains excess water
- 1.2.7 Covers with cotton towel ensuring it has at least 5-6 ply before applying.
- 1.2.8 Inspects and prepares (wipe off oils, lotions, liniments, dirt) the area to be applied with hot pack.
- 1.2.9 Places the hot pack on top of the patient's part of the body and secures it properly.
- 1.2.10 Sets the prescribed time as indicated by the physician.
- 1.2.11 Checks every 5 minutes the skin for any blotching-mottled erythema (an uneven, blotchy red and white areas of the skin which is a sign of over heating). Adds towel if necessary.
- 1.2.12 Removes the pack after the prescribed time
- 1.2.13 Returns the hot pack inside the heater and suspends the towel for drying.
- 1.2.14 Physical Therapist staff washes his/her hands.
- 1.2.15 Physical Therapist staff checks vital signs.



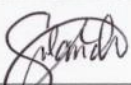
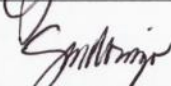
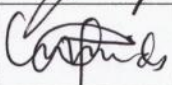
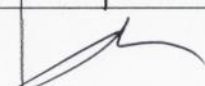

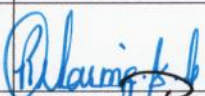





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**APPROVAL:**

	Name/Title	Signature	Date
Prepared by:	<b>MA. CLAUDETTE L. SOLANCHO, PTRP</b> PM&FC Staff		7/11/22
	<b>SUZETTE M. DOMINGO, PTRP</b> PM&FC Staff		7-11-22
Verified:	<b>MA. TERESA O. ANIERDES, PTRP, MBA-HA</b> PM&FC Supervisor		7/11/22
	<b>JOHN ANDREW B. SANCHEZ, MD, FPARM</b> Physiatrist		7/11/22
Reviewed by:	<b>DENNIS C. ESCALONA, RN, MN, FPSQua</b> Quality Assurance Supervisor		7/11/2022
Recommending Approval:	<b>ROSARIO D. ABARING, RN, MAN, PhD</b> Ancillary Services Division Officer		07.11.2022
	<b>FREDERIC IVAN L. TING, MD</b> OIC-Total Quality Division		7/18/22
Final approved by:	<b>GENESIS GOLDI D. GOLINGAN</b> President & CEO		9/10/22

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KEY TASKS	PERSON RESPONSIBLE
1. Orders on the patient's chart that Hydrocollator Pack be applied to specified areas during evaluation.	Physiatrist
<i>If patient to be treated is admitted and the procedure is to be done at bedside</i>	
2. Informs the Physical Therapy Staff of the referral.	Nurse on duty
3. Reads the prescription on the chart and informs the patient of his or her schedule.	Physical Therapy Staff
4. Checks vital signs and places the patient in the most comfortable position.	
5. Prepares the Hydrocollator Pack to be used, inspects and prepares (wipe off oils, lotion, liniments, dirt) the area to be applied with hot pack.	
6. Places the hot pack on top of the patient's part of the body and secures it properly.	
7. Sets the prescribed time as indicated by the physician.	
8. Checks every 5 minutes the skin for any blotching-mottled erythema (an uneven, blotchy red and white areas of the skin which is a sign of over heating).	
9. Removes the pack after the prescribed time and checks patient's vital signs.	



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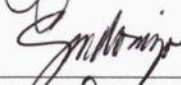
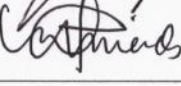





*If patient to be treated is out-patient or on-call*

1. Reads the prescription on the chart and informs the patient of his or her schedule.	Physical Therapy Staff
2. Calls the station to bring the patient at the Physical Medicine and Fitness Center if the patient is on call.	
3. Prepares the Hydrocollator Pack to be used, inspects and prepares (wipe off oils, lotion, liniments, dirt) the area to be applied with hot pack.	
4. Places the hot pack on top of the patient's part of the body and secures it properly.	
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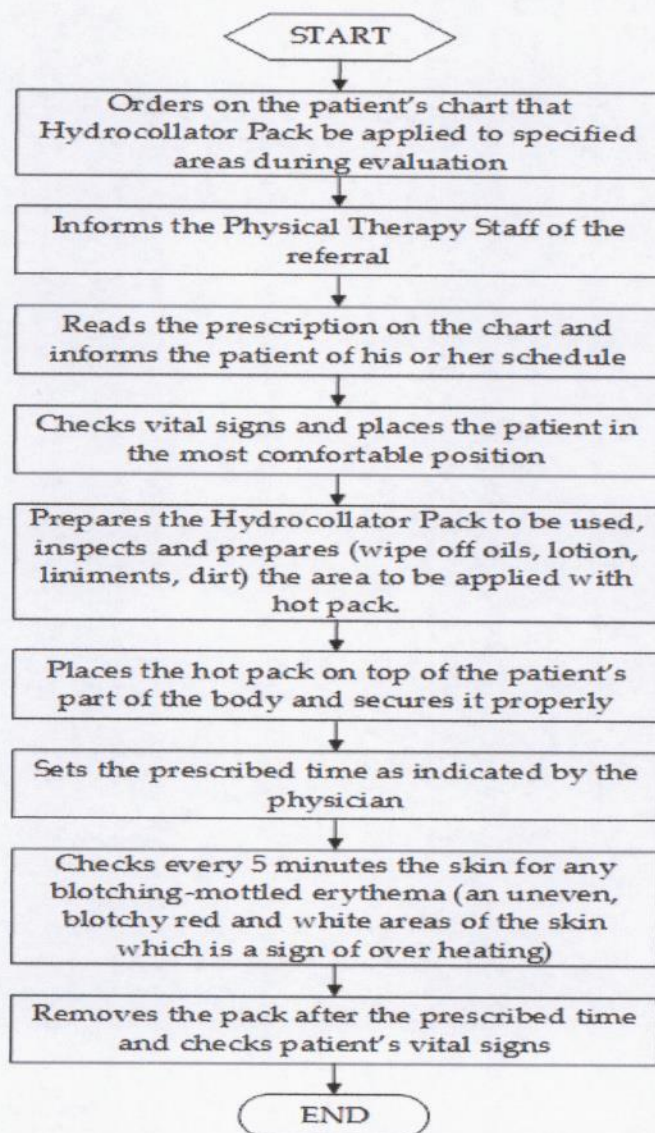
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## FLOWCHART

*If patient to be treated is admitted and the procedure is to be done at bedside*







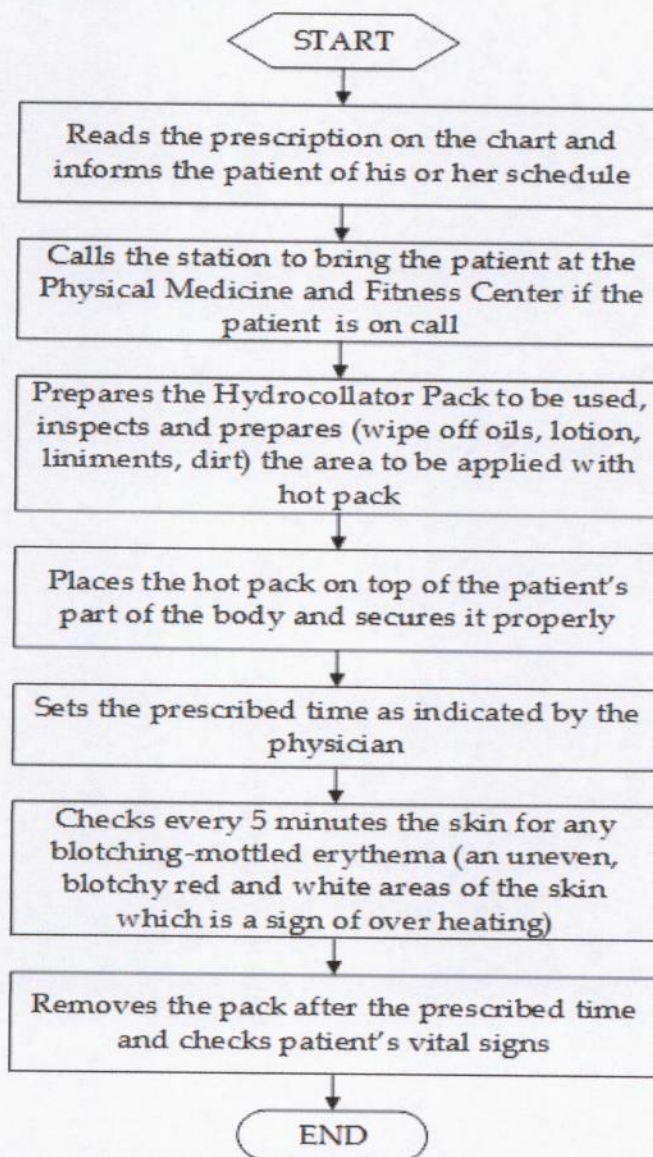
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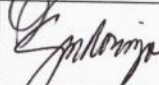
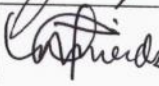





### FLOWCHART

*If patient to be treated is out-patient or on-call*



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