

Applying an ice pack (non-emergency situation)



Infection control procedures apply
Always wear suitable protective equipment – apron and gloves

- Ensure absolute privacy and dignity
- Half fill the ice pack (bag) with crushed ice
- Squeeze any surplus air from bag and close securely
- Make sure the bag does not leak and the surface is dry
- Checking the skin is satisfactory, place ice pack where needed
- Check regularly – you do not want to burn the skin with the cold from the ice
- Leave the ice pack in place, as required or advised by 6th the district nurse or GP
- If necessary, recharge the ice pack with fresh ice
- When the correct time has elapsed, remove the ice pack
- Dry the skin
- Make sure the service user is comfortable



If at any time the service user is unhappy, stop the procedure before starting again.

Report problems immediately to the appropriate person