

## Skills Checklist: Applying Ice/Gel/Cold Packs

**Nursing Assistant's Name:**

**Reviewer Name:**

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Applying an Ice Bag or Gel Pack			
Carry out Initial Steps			
Feedback			
Assemble equipment: –Ice bag or gel pack –Cover (usually flannel, cotton, a towel, or a cover specified by your facility) –Paper towels –Spoon or similar utensil –Ice cubes or crushed ice			
Feedback			
Prepare the ice bag or gel pack as follows: a.Fill ice bag with cold water and check for leaks b.Empty bag c.Rinse ice cubes (if used) in water to remove sharp edges. Using crushed ice makes the bag more flexible and comfortable for the patient d.Fill ice bag half full, using an ice scoop, paper cup, or large spoon. Avoid making ice bags too heavy. Do not allow the scoop to touch the ice bag e.To remove air from ice bag: –Rest the ice bag flat on a paper towel on a flat surface. –Put the top in place, but do not tighten it. –Press the bag until the air is removed (Figure 27-3B). f.Fasten the top securely. g.Test for leakage.			

h. Wipe the ice bag dry with paper towels. Place it in a cloth cover			
Feedback			
Take equipment to the bedside on a tray. Carry out initial procedure actions			
Feedback			
Apply ice bag to the affected part			
Feedback			
Refill ice bag before all the ice has melted			
Feedback			
Check skin area under application every 10 min, or as instructed. Remove the treatment and report to the nurse immediately if skin is cyanotic or white, or if the patient reports that the skin is numb			
Feedback			
Continue cold application for the amount of time specified. If the patient feels cold, cover with a blanket, but do not cover the area being treated			
Feedback			
Carry out ending procedure actions			
Feedback			
When the treatment is complete, wash the bag or gel pack with soap and water. Rinse and dry it completely, and then close the top. Wipe the bag with a disinfectant if this is your facility's policy. Leave air			

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in the ice bag to prevent the sides from sticking together			
Feedback			
If a reusable gel cold pack is used, wash it thoroughly with soap and water or wipe with a disinfectant. Return the pack to the refrigerator. Discard a disposable pack			
Feedback			
Applying a Disposable Cold Pack			
Feedback			
Assemble equipment: – Disposable commercial cold pack – Cloth covering (flannel, a towel, a warm water bag cover, or another cover specified by the facility) – Tape or rolls of gauze			
Feedback			
Expose the area to be treated. Note the condition of the area			
Feedback			
Place cold pack in a cloth covering			
Feedback			
Strike or squeeze the cold pack to activate chemicals			
Feedback			
Place covered cold pack on the proper area and cover it with a towel. Note time of application			
Feedback			
Secure the cover with tape or gauze,			

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if necessary, to hold it in place			
Feedback			
Leave patient in a comfortable position, with the signal cord within easy reach			
Feedback			
Return to the bedside every 10 minutes, or as instructed. Check the area being treated for discoloration or numbness. If any adverse signs or symptoms occur, notify the nurse			
Feedback			
If no adverse signs or symptoms occur, remove the pack after 20 minutes, or the length of time given in your instructions. Note the condition of the area			
Feedback			
Remove pack from the cover and discard the pack			
Feedback			
Put the cover in a laundry hamper			
Feedback			
Carry out Last Steps			
Feedback			

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