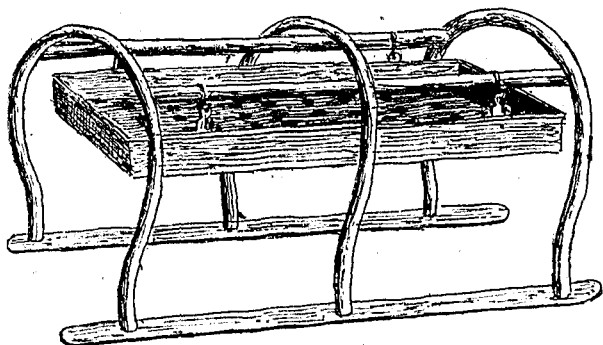


Applications of Cold Externally.

By "ZERO."

The application of cold is used as a remedy for many ills that a nurse has to contend with; when ordered by the doctor a nurse should thoroughly understand what she is about and know how to apply it, and, so to watch the condition of the patient as to know when to discontinue the treatment, should she not have the doctor's advice at hand; different patients



ICE CRADLE.

being able to stand more, or less, than others' she must learn to carefully note the signs of collapse. The following are the chief objects for which cold applications are used.

For reducing the temperature in continuous pyrexia (as in typhoid),

In reducing localised inflammation,

To arrest hæmorrhage,

For aiding in the reduction of herniæ,

As a local anæsthetic,

As a stimulant to revive patients suffering from certain poisons, as, alcohol or opium; or the effects of chloroform and fainting.

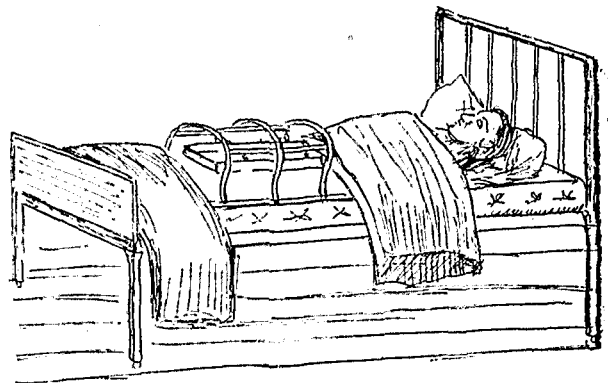
For reducing the temperature where there is continuous pyrexia or serious hyperpyrexia, the following are some treatments of "cold applications" resorted to.

The Cold Bath, either at intervals or by continuous immersion; begin with the water at from 70 to 80 degs. Fahr., unless ordered otherwise, and gradually cool with ice, if given at intervals it should last for ten to fifteen minutes; usually the doctor remains at hand. Take off a woman's night gown, keeping the top sheet over her and with the bottom sheet lift and lower her into the bath, which, if possible, have at the bedside, let the top sheet hang over the bath; a nurse can add the ice at the foot of the bath, taking both the patient's temperature and the temperature of the bath from that end. Another nurse should support the patient's head all the time; when the bath

is over lift her into a warmed blanket, having a warm night gown ready and a drink of hot milk; do not dry the patient, have plenty of hot bottles at hand and some brandy. The pulse must be watched carefully by someone who quite understands taking it; the temperature should be taken rectally. Patients usually strongly object to these baths, and in England they are generally only resorted to in extreme cases.

When the "Cold Pack" is used it should last about ten or fifteen minutes, if the patient can bear it. Having stripped your patient, leaving the top sheet as a covering, wring out two sheets in ice cold water and "pack" the patient up in them carefully, causing her to move as little as possible, but at the same time see that they are wrapped well round. The one next the skin soon becomes warm—if the patient can stand it this should be changed frequently—if not, use the one sheet, and keep it cold by passing ice over the surface all the time.

Sponging with tepid, cold, or ice cold water is the most common method used for reducing the temperature; this usually lasts from ten to twenty minutes. See that you have everything you require for the process before you begin: Have a mackintosh and blanket to place under the patient, roll these together lengthways for half the width, then, rolling her on her side place them well under, unrolling the other half after turning her on to her back. Have a blanket to cover the patient. Have a warmed sheet and night gown ready to put on her and a hot bottle for the feet—also hot blankets and some brandy in case of emergency. Have your sponges, bowls of water (and ice if necessary), all ready. Shut out all draughts.



ICE CRADLE IN USE.

In sponging, remember the patient's comfort. Do not have any unnecessary exposure, sponge downwards—not up and down in uneven dabs,

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