# NURSING PROCEDURE 54-1
## Using an Aquathermia Pad

### SUPPLIES AND EQUIPMENT
- ✔ Pad
- ✔ Control unit
- ✔ Cover for pad
- ✔ Distilled water

### RECOMMENDED TECHNIQUE

<table>
<thead>
<tr>
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<th>E</th>
<th>S</th>
<th>NP</th>
<th>Comments</th>
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</thead>
<tbody>
<tr>
<td>1. Wash hands. Make sure that the control unit is connected to the pad. Fill the control unit receptacle two-thirds full with distilled water.</td>
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<td>2. Set the temperature control to 105°F (40.6°C).</td>
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<td>3. Cover with a pad cover, sheet, pillowcase, or towel.</td>
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<td>4. Plug the control unit into an electrical outlet, and place the control unit on the bedside table.</td>
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<td>5. When the pad is heated, apply it to the specific body part as ordered. The pad should rest on top of the body part in nearly all cases.</td>
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<td>6. Use tape or a roller bandage to secure the pad in place. Do not use safety pins.</td>
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<td>7. Instruct the client to avoid lying directly on the pad. (The pad should be on top of the body part to be treated.) Instruct the client not to change the temperature settings on the control unit.</td>
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<td>8. Place the call signal within the client’s reach.</td>
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<td>9. Assess the area for redness after 5 minutes.</td>
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<td>10. Remove the pad after the specified time for treatment as ordered.</td>
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<td>11. Store the pad until the next treatment.</td>
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<td>12. Wash hands.</td>
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</tbody>
</table>

### KEY:
- E = Excels
- S = Satisfactory
- NP = Needs Practice
- ☐ = Pass
- ☐ = Fail

Student’s Signature: __________________________________________ Date: __________

Instructor’s Signature: __________________________________________ Date: __________

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