Therapeutic Use of Heat and Cold

1) Two ways the body can lose or conserve heat:
   a) Dilation and constriction of blood vessels.
   b) Sweating and urination.
   c) Increasing activity, adding clothing.
   d) Decreasing activity, removing clothing.

2) One of the body’s basic responses to injury is:
   a) Sweating.
   b) Fear.
   c) Dilation of blood vessels.
   d) Increased heart rate.

3) How is this response both helpful and harmful?
   a) It decreases blood flow and decreases the risk of infection.
   b) It causes painful swelling but also it increases the flow of oxygen and nutrients.
   c) It limits mobility and but encourages rest.
   d) It stops the progression of injury but also decreases sensation.

4) Two basic ways heat and cold therapy can be therapeutic are:
   a) Increasing swelling and increasing circulation.
   b) Decreasing swelling and decreasing circulation.
   c) Promoting healing and encouraging rest.
   d) Decreasing swelling and increasing circulation.

5) Which of these are specific ways heat and cold can be therapeutic?
   a) Relieving pain and relaxing muscles.
   b) Encouraging rest and limiting mobility.
   c) Decreasing body temperature and encouraging hydration.
   d) Increasing joint flexibility and moisturizing the skin.

6) Heat band cold can be applied:
   a) Externally and internally.
   b) Locally and generally.
   c) Peripherally and centrally.
   d) Constantly and intermittently.

7) Three types of clients who need careful monitoring during heat or cold therapy are:
   a) Clients with arthritis, the elderly, infants and children.
   b) Clients with dementia, infants and children, women.
   c) Clients with diabetes, the elderly, infants and children.
   d) Clients with a seizure disorder, men, infants and children.
8) Three important assessments you must make when using heat or cold therapies are:
   a) Time of application, injury to the area, response to treatment.
   b) Sensation/circulation in the treated area, tissue damage, response to therapy.
   c) Response to therapy, skin temperature, level of consciousness.
   d) Blood pressure, heart rate, appearance of the treated area.

9) Three important rules of using heat and cold therapy are:
   a) Use the specified therapy, use the specified time, only use if directed.
   b) Apply for no more than 20 minutes, don’t apply to extremities, monitor closely.
   c) Alternate heat and cold, use a barrier, assess the response to therapy.
   d) Do not use cold if the client is over 65, under 5, or has diabetes.

10) The most important rule of using moist heat and moist cold is:
    a) Document your care.
    b) Use sterile technique.
    c) Apply for no more than 15 minutes.
    d) Do not use if there is a break in the skin, a surgical wound, or stitches.