Extended Nursing Care: Application of ice therapy to reduce soft tissue swelling and pain in orthopaedic ward

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Introduction
Ice Therapy is commonly be used and recommended to perform within 24 hours after injury as a treatment of swelling control and pain relief in O&T ward. Physiotherapist performs ice therapy after received the referral. Patient admitted after office hour will miss the critical time for care management. In view of this service gap, a training program was introduced to nursing staff in 4Q 2013 to enhance patient care.

Objectives
1. To enhance nurses’ knowledge and skill on ice therapy. 2. To have a continuous supervision and monitoring on ice therapy aims in quality improving in patient care. 3. To enhance the competency of nurses in applying a safe and effective ice therapy in pain and swelling management.

Methodology
Guideline and patient pamphlet were developed based on evidence based practice, and expertise advice from O&T consultant and physiotherapist. Two workshops were organized to all nurses with theory and hand on practice. Pre and post quiz were designed to evaluate the knowledge & skill of staff. Two surveys performed: (1) immediate after the workshop and (2) half year after the workshop to monitor the progress.

Result
Immediate after the workshop, all nurses agreed the workshop is practical for nursing care provision. The knowledge and skill is significantly improved as reflected in the post quiz with overall higher score. In the second evaluation, over 90% of nurses have initiated the application to both emergency admission patient and post-operative patient. They all agreed the workshop enriches the knowledge, skill and practice which enhances the competency of ice therapy application and promotes the provision of quality care to patient. After all, no case of adverse effect was reported.
Nurses were satisfied with the workshop as a whole. The specific role of O&T nursing expanded after ice therapy training. Nurses are initiated to apply ice therapy to minimize the service gap result to enhance patient care. Audit will be used for continuous monitoring and in-house training programs were organized to all new staff to sustain the continuity and quality of service.