

## SFHD528

### Apply hot and cold techniques to clients in a sport and activity context



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#### Overview

This unit is about applying hot and cold techniques to an area of the body to maintain fitness or prevent/manage injuries.

Hot and cold techniques include:

1. ice
2. ice jackets
3. cryo cuffs
4. infra red
5. hot packs
6. heat pads

The unit is divided into two parts. The first part describes the four things you have to do. These are:

1. prepare self and equipment
2. prepare client
3. apply hot and cold techniques
4. evaluate the effectiveness of hot and cold techniques

The second part covers the essential knowledge and understanding you must have.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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### Performance criteria

*You must be able to:*

#### **Prepare self and equipment**

- P1 apply professional standards of personal hygiene, dress and appearance
- P2 make sure the equipment meets current health and safety requirements
- P3 make sure the equipment and area provide for the comfort and dignity of the client
- P4 make sure the equipment and area are clean and hygienic

*You must be able to:*

#### **Prepare client**

- P5 where necessary, follow approved guidelines for the presence of a chaperone
- P6 prepare and store records as required
- P7 obtain information on possible dangers of, and contraindications to, techniques and any precautions to take
- P8 devise a strategy appropriate to the client, their condition, the context and the rules of the sport
- P9 make sure the client understands the nature and purpose of the technique and the equipment to be used
- P10 follow the correct procedures to obtain informed consent
- P11 prepare the relevant body area with due respect to the client's dignity
- P12 observe and palpate the area in a way that is consistent with the context and the client's condition
- P13 position the client for comfort, safety and support
- P14 warn client of possible adverse reaction to technique

*You must be able to:*

#### **Apply hot and cold techniques**

- P15 select and apply techniques that are within your scope of practice
- P16 where necessary, follow approved guidelines for the presence of a chaperone
- P17 make sure the client is correctly positioned, safe and comfortable throughout the technique
- P18 apply the technique correctly and consistently to meet the client's presentation and needs in the context
- P19 observe and take account of the dangers of, and contraindications to, technique and any precautions to take
- P20 assist the client to make the body area clean and hygienic following the technique

*You must be able to:*

#### **Evaluate the effectiveness of hot and cold techniques**

- P21 obtain feedback on the effects of techniques from the client
- P22 measure client feedback against the aims and objectives of your strategy
- P23 identify any adverse reactions

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- P24 make further assessments if necessary
- P25 provide the client with appropriate advice and additional opportunities for feedback
- P26 make clear records in the accepted format
- P27 refer and/or report on progress to the relevant health care professional and follow their directions
- P28 store records safely and securely according to legal requirements
- P29 evaluate the strategy
- P30 destroy records as legally required

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### Knowledge and understanding

*You need to know and understand:*

- K1 the importance of applying the underpinning knowledge of anatomy, physiology and pathology to hot and cold technique
- K2 the accepted standards of practice and recognition of client's presenting with injuries
- K3 indications for the application of hot and cold techniques and the advantages and disadvantages of different types
- K4 the importance of accurate assessment and record keeping
- K5 the physical and physiological effects of hot and cold technique
- K6 the importance of cleanliness and hygiene and the standards that should be applied when applying hot and cold technique in a variety of situations and environments
- K7 the importance of maintaining the dignity and comfort of the participant throughout the hot and cold technique process
- K8 the importance of understanding and of obeying the rules of the sport
- K9 the importance of ensuring the participant is correctly positioned
- K10 the importance of having a suitable chaperone present when working with participants and the principles to observe in relation to child protection and child protection legislation
- K11 the importance of obtaining informed consent prior to any application of basic hot and cold technique – practitioners are required to tell the client anything that would substantially affect the client's decision; such information typically includes the nature and purpose of the hot and cold technique, its risks and consequences and any alternative courses of treatment
- K12 the importance of obtaining information on the possible dangers of and contraindications/precautions to hot and cold technique before commencing any treatment and how to obtain this information
- K13 what the dangers and contraindications to hot and cold technique are, for example: acute trauma, tumour, open wounds, frostbite, acute soft tissue injury, circulatory disorders, fractures, thrombosis, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, risk of haemorrhage, areas of altered skin sensation, mental incapacity
- K14 the accepted standards of personal hygiene, dress and appearance and why they are important
- K15 current safety legislation for the types of equipment used in hot and cold technique
- K16 the importance of making sure the equipment and the area provide for the comfort and dignity of the participant
- K17 the correct materials to use for the range of hot and cold technique techniques covered by the unit
- K18 The importance of explaining the aims and objectives of hot and cold

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- technique to the client
- K19 how to obtain relevant information
- K20 how to observe and palpate the area in advance and why
- K21 how to prepare the body area for the range of techniques listed and why
- K22 why the participant should understand the nature and purpose of the hot and cold technique and the equipment being used
- K23 how to apply the range of techniques listed in the unit
- K24 the application of the range of techniques to the range of conditions/situations listed
- K25 why it is important to cleanse the area prior to and following hot and cold technique and how to do so
- K26 the importance of evaluating the effectiveness of hot and cold technique
- K27 how to obtain feedback from the participant on the effects of hot and cold technique
- K28 the possible adverse reactions to hot and cold technique and how to identify these
- K29 why it is important to provide reassurance and opportunities for further feedback and how to do so
- K30 how to report/refer on progress to relevant and appropriately qualified health care professionals, why it is important to follow their directions and recognise working within scope of practice
- K31 the details of the hot and cold technique and its effects that should be recorded
- K32 the importance of accurate and confidential record keeping and safely storing records
- K33 legal requirements for the storage of information on participants and the treatment they have received

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### Additional Information

#### External Links

This National Occupational Standard was developed by Skills Active and was transferred to Skills for Health.

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

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**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

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**Suite** Sports Therapy

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