Clinical Practice Procedures:
Other/Active self-warming blanket

<table>
<thead>
<tr>
<th>Policy code</th>
<th>CPP_OT_ACSB_0418</th>
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<tr>
<td>Date</td>
<td>April, 2018</td>
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<td>Purpose</td>
<td>To ensure a consistent procedural approach for the active self-warming blanket.</td>
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<td>Scope</td>
<td>Applies to Queensland Ambulance Service (QAS) clinical staff.</td>
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<td>Health care setting</td>
<td>Pre-hospital assessment and treatment.</td>
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<tr>
<td>Population</td>
<td>Applies to all ages unless stated otherwise.</td>
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<tr>
<td>Source of funding</td>
<td>Internal – 100%</td>
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<tr>
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<td>Clinical Quality &amp; Patient Safety Unit, QAS</td>
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<td>Review date</td>
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Active self-warming blanket

Effective, continuous patient warming reduces the risks associated with hypothermia. Hypothermia complications include; coagulopathy, delayed wound recovery, decreased oxygen delivery and decreased metabolism. Research has shown that hypothermia occurs in 50–60% of all trauma patients.

The BARRIER® EasyWarm® is an active self-warming blanket that once opened and unfolded, will heat to 44°C within 30 minutes and maintain a constant temperature for up to 10 hours.

Indications
- Hypothermia associated with:
  - trauma
  - environmental exposure

Contraindications
- Patients < 18 years
- Use in aeromedical operations

Complications
- The blanket may take up to 30 minutes to warm. Officers should ensure the blanket is opened and prepared as soon as possible.
- The blanket must not be positioned under the patient.
- Direct blanket to skin contact in areas with bruising, swelling and frostbite should be avoided.
- In patients with impaired sensibility, reactivity or communication, skin response should be regularly monitored for signs of over exposure.
- The blanket must not be folded over itself.
- Officers should avoid covering pads with belts or fixation straps.
**Procedure – Active self-warming blanket**

1. Tear package open using pre-cut located on the top left corner of the packaging.
2. Remove blanket from the protective package and expose to air.
3. Open and completely unfold the blanket.
4. Place the blanket on the patient with the pads facing up.
5. Consider placing one (1) open weave cotton blanket over the BARRIER® EasyWarm® for additional coverage.
6. Regularly monitor the patient for signs of redness indicating over exposure.

**Additional information**
- Officers should consider other warming measured including removal of wet clothes and in-vehicle heating prior to application of the BARRIER® EasyWarm®.
- On arrival at the health facility paramedics are to ensure that responsibility for ongoing monitoring of the patient's skin response is handed over to the hospital staff.