



Clinical Practice Procedures: Other/Active self-warming blanket

Policy code	CPP_OT_ACSB_0221
Date	February, 2021
Purpose	To ensure a consistent procedural approach for the active self-warming blanket.
Scope	Applies to Queensland Ambulance Service (QAS) clinical staff.
Health care setting	Pre-hospital assessment and treatment.
Population	Applies to all ages unless stated otherwise.
Source of funding	Internal – 100%
Author	Clinical Quality & Patient Safety Unit, QAS
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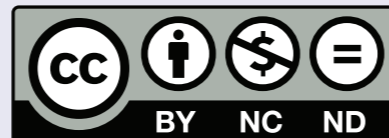
All feedback and suggestions are welcome. Please forward to: Clinical.Guidelines@ambulance.qld.gov.au

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Active self-warming blanket

February, 2021

Effective, continuous patient warming reduces the risks associated with hypothermia. Hypothermia complications include; coagulopathy, delayed wound recovery, decreased oxygen delivery and decreased metabolism.^[1] 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 [2]

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.

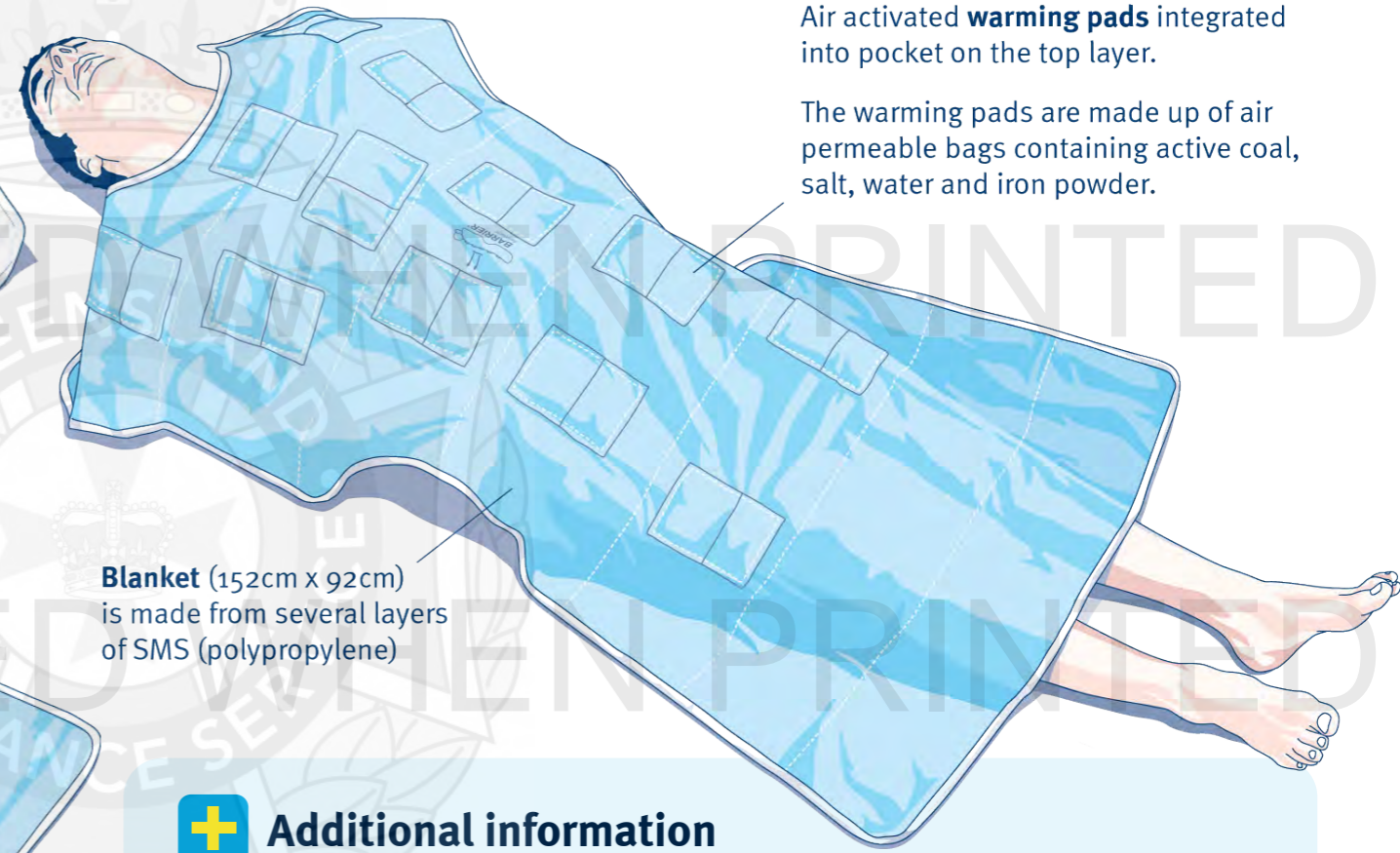
Pre-cut tab
(tear to open)



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.

Air activated **warming pads** integrated into pocket on the top layer.

The warming pads are made up of air permeable bags containing active coal, salt, water and iron powder.



Blanket (152cm x 92cm) is made from several layers of SMS (polypropylene)

+ Additional information

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

