

PROCEDURE

Original Date: 02/94

Revised Date: 08/02

Home Health Foundation, Inc.

SUBJECT: USE OF ELECTRICAL STIMULATION, INCLUDING TENS

PURPOSE: To decrease pain related to soft tissue inflammation, post surgical pain or neurogenic pain. To aid in muscle re-education, decrease edema and infection, improve circulation and aide in would healing.

Procedure

Electrical stimulation will be provided in accordance with specific orders from attending physician as documented on patient care plan.

1. The treatment will be explained to the patient, including expected benefits.
2. The area to be treated will be inspected.
3. The unit will only be used with a grounded receptacle.
4. Clean electrodes appropriate for the area being treated will be placed in accordance with desired effect of treatment.
5. The unit will be turned on and its intensity increased to patient tolerance for desired physiological effect.
6. Patient will be monitored throughout treatment and instructed to report any adverse reactions.
7. Following treatment and removal of electrodes area will be reinspected for signs of redness or other evidence of irritation.
8. Treatment will be fully documented in patient's chart.
9. For patients with prescription for TENS (trans-cutaneous electrical nerve stimulation):
 - a) there will be an initial visit made for evaluation of optimum placement of electrodes and explanation of treatment and expected benefits. If no TENS unit in home, therapist will assist patient to obtain one.
 - b) Patient will be instructed in placement and correct application of electrodes.
 - c) Patient will be instructed in method of operation of controls on unit to achieve desired effect.

- d) Clinician will determine when patient is independent in self-use of unit and ensure that patient is aware of manner of obtaining replacement supplies as needed.

10. Documentation on care plan will include:

- a) Treatment Mode (Interferential, High Volt, Biphasic, Microphasic)
- b) Frequency Range
- c) Duration
- d) Anatomical Area to Receive Treatment
- e) Number of Treatments