

HOT TUB BATH

Definition:

A *Hot Tub Bath* is given with water temperatures in the range of "hot" (100° to 104°) to "very hot" (above 104°) covering as much of the body as possible

When to Use:

- ✓ To increase perspiration
- ✓ To elevate body temperature
- ✓ To increase immune response
- ✓ To increase blood circulation
- ✓ To decrease organ congestion
- ✓ To decrease stiffness, pain and fatigue

Equipment:

- Bath tub
- Wash cloth
- Hand towel
- Bath towels
- Basin of ice water
- Quart of water to drink
- Double flat sheet
- Plastic sheet
- Water & oral thermometers

Steps to Follow:

1. Fill tub to desired temperature, (about 100°)
2. While tub is filling:
 - a. Place ice basin, towel, sheet & drinking water next to tub
 - b. Place plastic sheet in patient's bed to keep it dry during rest period.
3. Allow patient to settle into tub slowly; add water to increase temp as tolerated
4. Keep head cool with cold wash cloth on head or neck; change frequently
5. Have patient drink water liberally throughout treatment
6. Duration: 20 to 30 minutes as tolerated
7. Start letting water out and turn on the cold water.
8. At time of completion
 - a. Assist patient from tub, (be aware of possible dizziness)
 - b. Have patient dry and wrap in sheet
9. Put patient to bed with sheet wrapped around them to absorb sweat, along with the blankets for 1 hour or more, Cover head with a towel to prevent chilling. They will continue to sweat. This is actually a large part of the treatment. Their temp is still elevated.
10. Continue to drink water.
11. Have the patient take a shower after the rest period to rinse off sweat.

Cautions & Considerations on next page

- Not recommended for patients with impaired circulation or nerve sensation; high blood pressure, or heart disease
- Check oral temperature before, during and after (keep <102°)
- Assure patient hydration before, during and after treatment
- Check pulse (ice bag over heart if >100 beats per minute)
- Communicate with patient often, (never leave patient alone)
- If patient is dizzy, faint , or nauseated - stop treatment and cool patient
- Post treatment rest is extremely important; It is actually an important part of the treatment.

Doing this treatment on Yourself

It is best to have someone with you the first time you do it, so you will know how you respond to heat. If you tolerate the heat well, it is easy to do on yourself. If you struggle to enjoy the heat, it helps to have some music or something to listen to while you are in there. (Just be sure not to touch the music source if it is plugged in, to avoid electric shock!)

Making it personal

This is our treatment of choice when we start getting sick. It is powerful and will often stop the illness. We even get up in the middle of the night to do it, as you don't want to wait until morning, and give the virus that much more time to multiply.