

# HYPERTHERMIA OBSERVATION CHART



|  |                              |                       |                        |                           |                       |
|--|------------------------------|-----------------------|------------------------|---------------------------|-----------------------|
| <b>TREATMENT NO:</b>   | <b>DATE:</b> ___ : ___ : ___ | <b>MEMBER NAME:</b>   |                        |                           |                       |
| <b>Begin treatment</b>   | <b>Temp starts moving</b>    | <b>Reached goal</b>   | <b>Turn Device OFF</b> | <b>Fall / Increase to</b> | <b>Finished at</b>    |
| <b>Time:</b>   | <b>Time:</b>                 | <b>Time:</b>          | <b>Time:</b>           | <b>Time:</b>              | <b>Time:</b>          |
| <b>Temp:</b>   | <b>Temp:</b>                 | <b>Temp:</b>          | <b>Temp:</b>           | <b>Temp:</b>              | <b>Temp:</b>          |
| <b>Settings Top Bottom Mat</b>   | <b>T___ B___ M___</b>        | <b>T___ B___ M___</b> | <b>T___ B___ M___</b>  | <b>T___ B___ M___</b>     | <b>T___ B___ M___</b> |
| <b>OBSERVATIONS</b>  |                              |                       |                        |                           |                       |
| <b>Physical observations like burning, discomfort, pressure, stiffness, tinkling,</b>          |                              |                       |                        |                           |                       |
| <b>Mental observations like panik, stress, anger, fear, worry, frustration,</b>                |                              |                       |                        |                           | Initials patient      |
| <b>Issues that come up like problems with kids, spouse, parents, friend, emotional trauma.</b> |                              |                       |                        |                           | Initials Helper       |

Support person Name: \_\_\_\_\_ Position: \_\_\_\_\_

## HYPERTHERMIA OBSERVATION CHART

### CONTRA INDICATIONS

- Patients whose pain response has been significantly decreased by any means (previous surgery or ionising radiation therapy, regional or general anaesthetic, or radiation therapy and other condition)
- In the case of existing or threatening thrombosis or medication that may influence blood coagulation or peripheral arterial occlusive disease.
- Scar tissue (internal and external)
- Radiation Burns (use ozone first to heal)
- Breast Implants
- Heart Problems

***I hereby declare that none of the above listed contraindications apply to me. In case I am not certain I will discuss it with my health professional prior to starting this therapy.*** \_\_\_\_\_

### POSSIBLE SIDE EFFECTS

- Exhaustion fatigue tiredness
- Dehydration
- Depletion of minerals
- ?????????????? **Can you come up with more.**

**Positive side effects:** more energy, clear head, energy, less stress, better skin, nails, hair, improved immune system, less rash, less itch, cleaner complexion, a.s.o.

***I hereby declare to watch carefully for any of the symptoms described above but not limited to them, stop therapy if anything unusual happens, notify the club leader and consult with my health professional.*** \_\_\_\_\_

### CHECKLIST

- ▶ Plug in all components to controller
- ▶ Use 1 large towel to cover the top opening
- ▶ Roll another towel up as headrest.
- ▶ Get 2 smaller towels and soak in a big basin with cold water
- ▶ Prepare sufficient drinks for the session
- ▶ Turn all components including Mat on 9 (full power)
- ▶ Dress in a long john or cotton long sleeve, long legs pyjama
- ▶ Climb into the dome and start the marathon under supervision
- ▶ Set the temperature control to 38C / 100.4F to max 39C / 102.2F
- ▶ Insert the thermometer into the rectum (Butt) and monitor carefully.
- ▶ Enjoy the heat. It's YOUR healing and relax time.
- ▶ Your guardian can cool your head with cool water and wet towels.
- ▶ Helping is a full time job and requires a lot of consciousness
- ▶ Keep an eye on the temperature and write down observations
- ▶ Turn off the machine when you have reached your goal temperature.
- ▶ Let the body do it's job when it starts it's own fever reaction
- ▶ Keep temperature at or below 40C / 104F with ventilation technique
- ▶ If you need to pee use a bed pan or a bottle for men
- ▶ Males can cover their genitals with a towel or cloth. Can be very hot!
- ▶ If your feet are too hot turn down the lower dome and the mat
- ▶ Keep around 4 to maintain temperature rise.
- ▶ The longer you maintain fever the better (45min - 1.5 hours is good)
- ▶ DRINK, DRINK DRINK. You can easily drink while you are in the dome.
- ▶ Cool down to 39C / 102F before you get out
- ▶ Then have someone help you that you don't get dizzy and fall.
- ▶ Have a warm shower and dress with cotton and wool to keep warm
- ▶ Go back to bed and sleep as long as you can. You will keep sweating
- ▶ Take this time out as a healing time to regenerate and visualise how all immune cells now do their job.