

Statewide Home Health Care – Suggested TENS Application

501 Nepean Highway Brighton 3186, Tel. 9591 6234

Compactens Electrode Placement & Treatment Protocol

Client's Name: _____

Treatment Date: _____

Waveform Selector Switch Setting

Switch set on (continuous) 'C': _____ Switch set on (Burst) 'B': _____ Switch set on (Modulation) 'M': _____

1. Initial Stimulation Protocol

Wipe the skin with the Clean-cote wipe prior to placing the electrodes onto the selected skin treatment sites (as explained during your initial TENS introductory protocol). Switch ON the stimulator for a Maximum of 1 hour, then switch OFF the stimulator. Note if the level of pain is less, then leave the Compactens switched OFF until the pain is getting stronger. Again switch ON the Compactens to a comfortable level repeat the procedure. At the end of the first 3 days only, in the column marked "Switched OFF in Hrs", write in the length of time that the stimulator was switched OFF. In the column marked "Used For" insert the length of time that you used the stimulator. This would be helpful and the information entered for the "first three days only."

2. Continuity of TENS treatment.

Continue to wipe the skin with the Clean-cote and apply the electrodes to the selected skin site. Connect the electrodes to the stimulator using the supplied cables. Switch ON the stimulator and set the level to a comfortable level. That sensation may weaken and become less strong with time. Readjust the level after 15 minutes to the initial strong level but should stay comfortable. Leave the stimulator on for the rest of the prescribed period. This amplitude adjustment is made only ONCE per day.

3. Switching off the stimulator and removing the electrodes:

After switching off the stimulator (at the end of the treatment period day or night), remove the electrodes from the skin, place them onto their backing sheet and seal them in their pouch. The sealed pouch should be kept in a cool place (usually the refrigerator) when not in use. Following removal of the electrodes, wash the skin with warm water and 'dab' dry the skin. Do NOT rub and aggravate the skin. DO NOT use the stimulator if the skin becomes itchy or you have an allergic response from the gel on the electrodes or the skin wipe. Consult your clinician or supplier prior to continuing with the treatment.

Treatment Day		1	2	3	4	5	6	7	8	9	10	Comments
Date:												
Pain Status after Treatment. <i>Tick appropriate area</i> ✓	Same											
	Reduced											
	Gone											
	Worse											
Switched OFF in (Hrs)												
Used For (Hrs.)												

