

General information for administering compresses

Compress materials

Cloth sizes that are used for all large body parts that have proven themselves:

- **Inner cloth = substance cloth** (smooth cotton, double layered) width approx. 28 cm
- **Middle cloth** (rough cotton, double layered, or terry cloth) width approx. 32 cm
- **Outer cloth** (wool or molleton fabric, or terry cloth towel) width approx. 36 cm
- A **length** of 140 cm is the same for all cloths.

Children's compresses have a length of one and a half times their upper body circumference.

The **width** is measured from the waist to the armpit.

For **oil compresses** and **poultices** you can use old cotton cloths (old handkerchiefs, tea towels, sheets torn to size).

Preparing the patient, room and materials

Patient

- At least half an hour after the last meal
- Empty the bladder before the treatment
- The feet must be warm! If necessary, warm them up with a hot water bottle or foot bath (otherwise there is a danger that the warmth coming from the compress will rise towards the head and the feet will become even colder).
- Remove all confining clothing parts, including watches, jewelry, etc.

Room Good ventilation, pleasantly warm, no draughts; no background noise; no direct incidence of light on the patient's eyes, this also applies to the post-treatment rest (see below).

Materials Everything that is needed for the application must be prepared beforehand and placed on the bed ready to use: knee roll, small pillow for the neck, compress utensils.

Hot-water bottle: filled (not bulging) with hot water, vented (= place the hot-water bottle flat on the table, hold the filler neck upright so that all the air can escape).

Positioning the patient and applying the compress

If possible, have the patient lie on their back. If necessary, elevate their upper body and support their arms. Lay out the outer and middle cloths on the bed at the height of the corresponding part of the body, have the patient lie on them, mold the cloths one after the other over the substance cloth.

Place the knee roll or similar, cover the patient, including their shoulders. Avoid constriction in the neck area. If the person feels constricted in the heart area and/or breathless, leave their hands uncovered.

Place a small pillow under their neck so that they do not have to hold their head themselves. Remove the hot-water bottle from their feet! Cover their feet, even from the sides, without putting pressure on their toes. Do not pull the blanket under their heels.

Temperature Hot moist compresses: fan the body part with the hot cloth, then apply as hot as possible.

Fevers from approx. 39°C: Choose a compress solution 2°C cooler than the body temperature; this has a cooling effect.

Preparing tea Pour 1 liter boiling water over 1 tablespoon of dried leaves, let steep for 3–5 minutes and strain into a thermos flask.

Essential oils 1 teaspoon in a cup of water or 1 tablespoon in approx. ½ liter of water

Post-treatment rest Every compress needs a rest afterwards. This is an essential part of the application and starts with the removal of the compress materials. As a rule, it is 30 minutes.

Follow-up After removing the cloths, rinse the inner cloth in clear water and hang them all up to dry. They can be reused several times. Poultice packs are only used once.

Instructions: Sitz Bath for Children Alternately with Sage, Thyme or Chamomile

Particularities

Children under the age of 3 must always be presented to a doctor in case of suspected cystitis. Children must also see a doctor if they have fever, feel very ill or have pain in the kidney area (back).

Materials

- 1 plastic basin, large enough for the child to sit in water up to the navel
- 1 bath thermometer
- 1 jug with a lid
- 1 handful sage leaves per liter of tea
- Boiling water, the quantity depends on the size of the tub (1 liter tea to 5 liters bath water)

Instructions

- Pour nearly boiling water over the sage leaves in the jug, cover and let stand for 5 minutes.
- In this way, enough warm water is prepared in the basin so that the child can sit in it comfortably and warmly for 8 minutes.
- Strain off the sage leaves and pour the tea into the prepared water (1 liter tea to 5 liters bath water), the bath water should then be about 37°C.
- Sit the child in the basin at this point. Leave the child's upper body dressed and keep his feet warm with socks.
- Duration: 8 minutes

Follow-up

- Dry off the child well and dress him warmly.
- Give daily baths, alternating between sage, thyme and chamomile sitz baths each day (each tea is prepared in the same way).
- The baths can be given daily until the infection is cured (a decreasing leukocyte count on urinalysis test strips is a good indication that the treatment is working).
- In case of acute cystitis, the sitz bath should be used 2 times a day.
- The bath is also suitable for the prophylaxis of urinary tract infections.

Evidence

Well-proven in many children

Dosage

1x daily, for acute infections 2x daily

Onset of effect

Immediate

Length of therapy

Administer even after the symptoms have subsided, for at least 2 weeks, possibly longer (parameter: no more leukocytes detectable on the urinalysis test strip)

Other recommended therapies

Wrapped bladder compresses with eucalyptus 5% oil (check if allergy is present)

Anthroposophic medication as prescribed by a doctor

Warning

Children under the age of 3 must always be presented to a doctor in case of suspected cystitis. All children must see a doctor if they have fever, feel very ill or have pain in the kidney area (back).