

Effective Date: 8/29/07

Reviewed/Updated: 8/11/11, 4/16/12

Reviewed/No Updates: 1/28/13, 2/13/14, 2/12/15, 2/11/16,  
2/09/17, 2/08/18, 2/14/19, 2/13/20, 2/11/21, 2/17/22,  
2/2/23, 2/8/24, 2/20/25

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## Cooling Devices in the Outpatient Setting

### Policy

VCHCP considers use of active or passive cooling devices or devices that combine cooling and heating or compression mechanisms not medically necessary in the postoperative care of patients undergoing musculoskeletal surgery or in cases of non-operative musculoskeletal injuries

Based on updated PubMed database reviews (January 2024), which included systematic reviews and several RCTs, results did not provide sufficient evidence of efficacy. Several randomized trials have compared active circulating cooling devices with standard intermittent icing or cold packs and results have demonstrated little significant benefit of the continuous cooling devices. In general, the evidence is insufficient to determine that the technology results in an improvement in the net health outcome.

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2/2/23, 2/8/24, 2/20/25

**A. Attachment: None**

**B. History:**

Author/Reviewer: Sheldon Haas, MD; Date: June 2007  
Committee Review: August 09, 2007; QA: August 28, 2007  
Reviewed/Updates by Albert Reeves, M.D.; Date: August 11, 2011  
Committee Review: UM: August 11, 2011; QA: August 23, 2011  
Reviewed/No Changes: Albert Reeves, MD; Date: April 16, 2012  
Committee Reviews: UM on May 10, 2012; QA: May 22, 2012  
Reviewed/No Changes: Albert Reeves, MD; Date: 1/28/13  
Committee Review: UM: February 14, 2013; QA: February 26, 2013  
Reviewed/ No Updates: Catherine Sanders, MD  
Committee Review: UM: February 13, 2014; QA: February 25, 2014  
Reviewed/No Updates by: Faustine Dela Cruz, RN & Catherine Sanders, MD  
Committee Review: UM: February 12, 2015; QA: February 24, 2015  
Reviewed/No Updates by: Faustine Dela Cruz, RN & Catherine Sanders, MD  
Committee Review: UM: February 11, 2016; QA: February 23, 2016  
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD  
Committee Review: UM: February 9, 2017; QA: February 28, 2017  
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD  
Committee Review: UM: February 8, 2018; QA: February 27, 2018  
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD  
Committee Review: UM: February 14, 2019; QAC: February 26, 2019  
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 13, 2020; QAC: February 25, 2020  
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 11, 2021; QAC: February 23, 2021  
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 17, 2022; QAC: February 22, 2022  
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 2, 2023; QAC: February 7, 2023  
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 8, 2024; QAC: February 27, 2024  
Reviewed/Updated by: Howard Taekman, MD & Robert Sterling, MD  
Committee Review: UM: February 20, 2025; QAC: February 25, 2025

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2/2/23, 2/8/24, 2/20/25

Revision Date	Content Revised (Yes/No)	Contributors	Review/Revision Notes
2/9/17	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/8/18	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/14/19	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/13/20	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/11/21	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/17/22	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/2/23	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/8/24	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/20/25	Yes	Howard Taekman, MD and Robert Sterling, MD	Removed definition, background, passive and active cooling devices sections. Added a note from PubMed database reviews (January 2024), which included systematic reviews and several RCTs, results did not provide sufficient evidence of efficacy.