HYPOTHERMIA

DEFINITION

Moderate Hypothermia: Conscious shivering, lethargic, skin pale and cold.

Severe Hypothermia: Stuporous or comatose, dilated pupils, hypotension to pulseless, slowed to absent respirations

TREATMENT

Moderate:

Early receiving hospital notification.

Ensure patient airway.

Take temperature, document temperature.

Move to sheltered area minimizing physical exertion or movement, remove wet clothing, and cover with warm, dry sheet or blankets.

If lungs clear, consider warm fluid challenge of 10 ml/kg NS. Recheck every 250 ml's.

Severe

Handle gently, ensure patent airway

Prepare to support ventilations using appropriate adjuncts. Avoid hyperventilation of patient.

Take temperature, document temperature.

Observe organized rhythm and pulses for one (1) minute. If organized rhythm present, move quickly but gently to warm environment.

If aystole, begin chest compressions.

If ventricular fibrillation, defibrillate once, perform chest compressions.

Withhold medication administration until patient has been rewarmed. (Rewarming occurs at 30C/86F).

If lungs are clear, consider warm fluid challenge of 10 ml/kg NS. Recheck every 250 ml's.

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