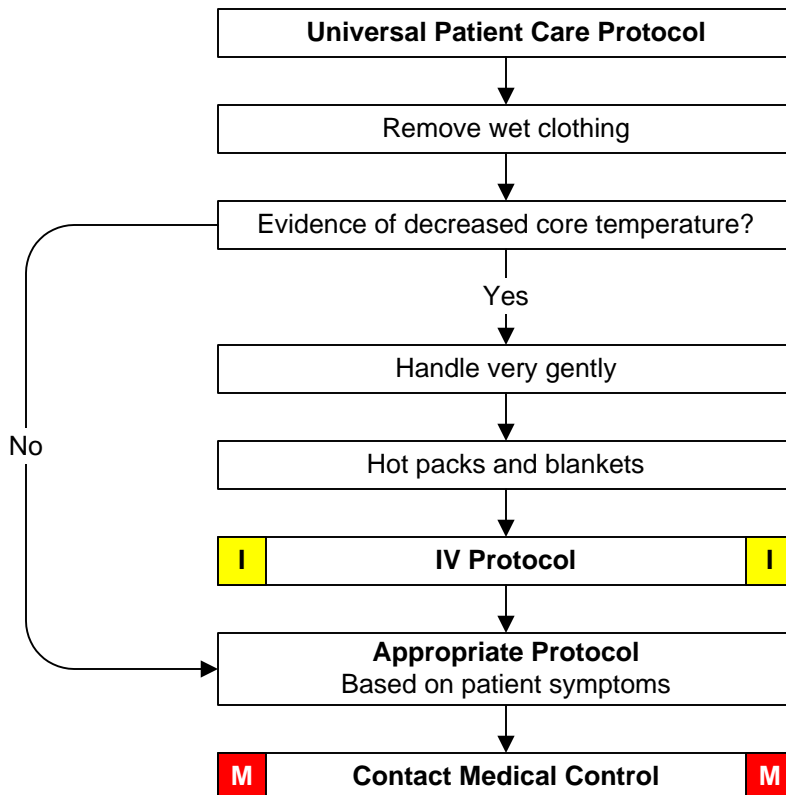




Hypothermia



History: <ul style="list-style-type: none"> • Past medical history • Medications • Exposure to environment even in normal temperatures • Exposure to extreme cold • Extremes of age • Drug use: Alcohol, barbituates • Infections / Sepsis • Length of exposure / Wetness 	Signs and Symptoms: <ul style="list-style-type: none"> • Cold, clammy • Shivering • Mental status changes • Extremity pain or sensory abnormality • Bradycardia • Hypotension or shock 	Differential: <ul style="list-style-type: none"> • Sepsis • Environmental exposure • Hypoglycemia • CNS dysfunction • Stroke • Head injury • Spinal cord injury
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Legend		
	EMT	
I	EMT- I	I
P	EMT- P	P
M	MC Order	M

Pearls: <ul style="list-style-type: none"> • Exam: Mental Status, Heart, Lungs, Abdomen, Extremities, Neuro • NO PATIENT IS DEAD UNTIL WARM AND DEAD. • Defined as core temperature < 35° C (95° F). • Extremes of age are more susceptible (i.e. young and old). • With temperature less than 31° C (88° F) ventricular fibrillation is common cause of death. Handling patients gently may prevent this. (rarely responds to defibrillation). • If the temperature is unable to be measured, treat the patient based on the suspected temperature. • Hypothermia may produce severe bradycardia. • Shivering stops below 32° C (90° F). • Hot packs can be activated and placed in the armpit and groin area if available. • Care should be taken not to place the packs directly against the patient's skin. • Consider withholding CPR if patient has organized rhythm. Discuss with medical control.
