

Subject: Heat and Cold Emergencies Treatment Policies

I. Definitions	
<p>A. Heat Cramps/Heat Exhaustion: Cramping of the most worked muscles following replacement of exertion induced fluid losses (sweating) with water, exhaustion, fatigue, flu-like symptoms, normal/slightly elevated body temperature, normal mental status with clear lungs.</p> <p>B. Heat Stroke: Triad of exposure to heat stress, altered mental status, and elevated body temperature (usually above 104°F or 40°C); often associated with tachycardia, hypotension, and the absence of sweating.</p> <p>C. Moderate Hypothermia: Conscious and shivering, lethargic, pale, and cold skin.</p> <p>D. Severe Hypothermia: Stuporous or comatose, dilated pupils, hypotension, bradycardic or pulseless, and slow to absent respirations.</p>	
II. Basic Life Support (All Providers)	
<p>A. Provide General Medical Care.</p> <p>B. Protect patient from further environmental exposure.</p> <p>C. Remove any heavy, constricting, or wet clothing.</p> <p>D. Heat-related illness:</p> <ol style="list-style-type: none"> <li>1. Provide cooling measures such as an ice pack.</li> </ol> <p>E. Cold-related illness:</p> <ol style="list-style-type: none"> <li>1. Provide passive warming measures such as a hot pack or additional blankets.</li> </ol>	
III. Advanced Life Support	
<p>A. Cold-related illness:</p> <ol style="list-style-type: none"> <li>1. Consider administering warm NS fluid bolus IV as indicated.</li> </ol>	
Adult	Pediatric (less than 14 years of age)
<p>A. Heat Cramps:</p> <ol style="list-style-type: none"> <li>1. Consider NS fluid bolus 250 ml IV as indicated.                             <ol style="list-style-type: none"> <li>a. Reassess vital signs every 250 ml to ensure lung sounds remain clear.</li> <li>b. May repeat to a max volume of 1 L.</li> </ol> </li> </ol> <p>B. Heat Stroke:</p> <ol style="list-style-type: none"> <li>1. Cool the patient.</li> <li>2. Administer NS fluid bolus 10 ml/kg IV.                             <ol style="list-style-type: none"> <li>a. Reassess vital signs every 250 ml to ensure lung sounds remain clear.</li> <li>b. May repeat to a max volume of 2 L.</li> </ol> </li> <li>3. If seizures present, refer to <i>treatment guideline Seizures</i>.</li> </ol>	<p>A. Heat Cramps/Heat Exhaustion/Heat Stroke:</p> <ol style="list-style-type: none"> <li>1. Consider NS fluid bolus 20 ml/kg IV.                             <ol style="list-style-type: none"> <li>a. Reassess vital signs after each bolus.</li> </ol> </li> <li>2. If seizures present, refer to <i>treatment guideline Draft Seizures</i>.</li> </ol>
IV. Special Considerations	
A. None.	
V. Base Orders	
A. None.	
VI. Contraindications	
A. None.	

Subject: Heat and Cold Emergencies Treatment Policies

VII.	Cross Reference
A. General Medical Care	Policy No. 7001
B. Seizures	Policy No. 7402
C. Pain Management	Policy No. 7305