

# Hypothermia Management

## CARDIAC ARREST

Measure central temperature (use oesophageal probe); *may need low-reading thermometer*

Warmed IV fluids (42°C) plus additional rewarming methods (see below)

Intubate and ventilate with warmed humidified oxygen

Continue CPR **for at least 20min (+/- mechanical device, e.g. LUCAS)**

### Cardiac arrest thought to be prior to hypothermia

**Temp > 34.9°C**

Use standard APLS algorithm  
*(commonest cause of hypothermia in UK is a prolonged cardiac arrest leading to hypothermia and resuscitation may need to be stopped before normothermia obtained)*

**Temp 30 - 34.9°C**

Double the interval between resuscitation drug doses

**Temp < 30°C**

Check pulse for up to 1min (+/- POCUS)

No resuscitation drugs to be given

Maximum 3 DC shocks then no more

### Poor prognostic factors

Potassium > 12mmol/L

Temp > 32°C and remains in cardiac arrest

Cardiac arrest **prior** to hypothermia

*(in this case, a senior clinician may stop resuscitation efforts after a period of effective CPR and consideration/treatment of reversible factors)*

## PATIENT RESPONSIVE AND TEMP $\geq 32^\circ\text{C}$

Aim to warm by 0.5°C/hour using:

Warm environment

Blankets with patient warming device such as Bair hugger

Warmed fluids (38°C) if required for resuscitation

Close observation with cardiac monitoring

## PATIENT UNRESPONSIVE OR TEMP $< 32^\circ\text{C}$

### Commence rewarming

Secure airway as indicated

Cardiac monitoring (high risk of arrhythmia)

Minimise exposure & handling (risk of VF)

### Further PICU management (e.g. ECMO) esp. if:

Persistent fluid-resistant hypotension

Ventricular arrhythmias

Ongoing temp < 28°C

### WARMING MEASURES

Remove all wet clothes

Warmed humidified oxygen

Warmed fluids (38°C)

Bair hugger (over & under)

Bladder irrigation

(5ml/kg fluid, ideally 42°C, instill for 1min, drain & repeat)

Peritoneal dialysis with warmed PD fluid

Temp management systems / haemofiltration / ECMO

### Additional equipment to have available:

Oesophageal temperature probe, trauma shears, humidifier, warm fluids, Bair hugger, bladder syringe

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