



## Hypothermia/Cold Exposure

### Aliases

Cold induced injuries

Frost bite

Hypothermia

### Patient Care Goals

1. Maintain hemodynamic stability
2. Prevent further heat loss
3. Rewarm the patient in a safe manner
4. Appropriate management of hypothermia induced cardiac arrest
5. Prevent loss of limbs

### Patient Presentation

1. Patients may suffer from hypothermia due to exposure to a cold environment (increased heat loss) or may suffer from a primary illness or injury that, in combination with cold exposure (heat loss in combination with decreased heat production), leads to hypothermia
2. Patients may suffer systemic effects from cold (hypothermia) or localized effects (i.e., frostbite)
3. Patients with mild hypothermia will have normal mental status, shivering, and may have normal vital signs while patients with moderate to severe hypothermia will manifest mental status changes, eventual loss of shivering and progressive bradycardia, hypotension, and decreased respiratory status
4. Patients with frostbite will develop numbness involving the affected body part along with a "clumsy" feeling along with areas of blanched skin — later findings include a "woody" sensation, decreased or loss of sensation, bruising or blister formation, or a white and waxy appearance to affected tissue

### Inclusion Criteria

Patients suffering systemic or localized cold injuries.

### Exclusion Criteria

1. Patients without cold exposure
- OR**
2. Patients with cold exposure but no symptoms referable to hypothermia or frostbite

### Patient Management

#### Assessment

1. Patient assessment should begin with attention to the primary survey, looking for evidence of circulatory collapse and ensuring effective respirations
  - a. The patient suffering from moderate or severe hypothermia may have severe alterations in vital signs including weak and extremely slow pulses, profound hypotension, and decreased respirations
  - b. The rescuer may need to evaluate the hypothermic patient for a pulse for longer than the normothermic patient (up to 60 seconds)
2. History: along with standard SAMPLE — type history, additional patient history should include: