## Hypothermia

- Remove wet clothing Prevent heat loss/ wind chill Maintain horizontal position Avoid rough movement Monitor core temperature Monitor cardiac rhythm **Airway Breathing** Circulation **Start CPR** Give 1 shock Pulse & Intubate breathing Ventilate with warm, humid Oxygen No present? **Establish IV** Infuse warm normal saline Yes 34-36 C (94-97F) Mild Hypothermia \* Passive rewarming Core \* Active external rewarming Temp 30-34 C (86-94 F) Moderate Hypothermia Core \* Passive rewarming Temp \* Active external rewarming of truncal areas only. (1)< 30 C (86F) Severe Hypothermia > 30 C (86 F) \* Active internal warming < 30 C (86F) **Continue CPR** Active internal rewarming: **Continue CPR** Give IV meds prn(2) \* Warm IV fluid Withhold IV meds Repeat defibrillation \* Warm, humidified oxygen Give one shock for VF/VT as temp \* Peritoneal lavage **Transport ASAP** rises \* Extracorporeal rewarming **Continue internal rewarming until:** \* Core temp > 35 C ( 95 F) or \* Return of spontaneous circulation or \* Resuscitative measures cease Notify receiving hospital ASAP Monitor cardiac rhythm, core temp, Monitor VS, SpO2, ETCO2
- 1. Methods include: electrical or charcoal warming devices, hot water bottles, heating pads, radiant heat sources and warming beds. Beware of superf in chicial burns if external temperature is to hot, especially in children and the elderly.
- 2. Give IV medications, space them out at longer than standard intervals.

Support respiratory effort