



# Yolo County Emergency Medical Services Agency

## Protocols

Revised Date: May 1, 2024

HYPOTHERMIA	
Adult	Pediatric
<b>Definitions</b>	
<p><b>Mild Hypothermia:</b> Signs and Symptoms of mild hypothermia include shivering, dizziness, hunger, nausea, trouble speaking, slight confusion, lack of coordination, fatigue, and increased heart rate.</p> <p><b>Moderate Hypothermia:</b> Signs and Symptoms of moderate hypothermia include: conscious; shivering, although, as hypothermia worsens shivering stops; lethargic; clumsiness or lack of coordination; slurred speech or mumbling; confusion and/or poor decision-making; lack of concern about one's condition; skin pale and cold; and lips, ears, fingers, and toes may become blue.</p> <p><b>Severe Hypothermia:</b> Signs and Symptoms of severe hypothermia include: stuporous or comatose, dilated pupils, hypotension to pulseless, slowed to absent respirations, exposed skin becomes blue and puffy.</p>	
<b>BLS</b>	
<p>Assess vital signs If no pulse, begin chest compressions O<sub>2</sub>, titrate SpO<sub>2</sub> to ≥ 94% Assist ventilations as necessary Temperature Remove wet clothing and replace with dry blankets Insulate head Move to a warm environment</p>	
<b>ALS</b>	
Cardiac Monitor, Waveform EtCO <sub>2</sub> , Vascular Access	
<b>Moderate and Severe Hypothermia</b>	
<p><u>Observe organized rhythm and pulses for 1 minute</u></p> <ul style="list-style-type: none"><li>• If asystole, begin chest compressions</li><li>• If ventricular fibrillation, defibrillate once, perform chest compressions</li><li>• Withhold medication administration until patient has been rewarmed. (Rewarming occurs at 30° C [86° F])</li></ul>	
<p><b>Warm NS 10 mL/kg IV/IO (If lungs are clear)</b></p> <ul style="list-style-type: none"><li>• May repeat as needed</li></ul>	
<b>Frostbite</b>	
<ul style="list-style-type: none"><li>• Wrap affected extremity in dry soft dressing</li><li>• <b>DO NOT</b> rub or actively rewarm</li><li>• Consider pain management</li></ul>	



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Consider	
<ul style="list-style-type: none"><li>With severe hypothermia metabolic rate slows and vital signs may be very slow.<ul style="list-style-type: none"><li>RR can be as slow as 4 - 6 breaths a minute</li><li>HR as slow as 20 - 30 BPM</li></ul></li></ul>	
	Direction
<ul style="list-style-type: none"><li>Contact Base Hospital for additional treatment</li></ul>	