

**San Joaquin County  
Emergency Medical Services Agency****BLS Hyperthermia**

**AUTHORITY:** Health and Safety Code, Division 2.5, Sections 1797.60, 1797.80, 1797.197, 1797.197a, 1797.204, 1797.220, 1798; California Code of Regulations, Title 22, Chapter 2, Sections 100062, 100063, 100064

**INFORMATION NEEDED:**

Patient age, activity level.

Medications.

Associated symptoms: headache, chest pain, cramps, nausea, weakness, temperature.

Air temperature and humidity; presence or absence of clothing.

**OBJECTIVE FINDINGS:**

Heat Cramps and Heat Exhaustion: Temperature normal to slightly elevated; mental status alert to slightly confused; skin signs diaphoresis, warm or hot to touch; muscle cramps and weakness.

Heat Stroke: High core temperature usually above 104°F; altered mental status; skin hot to touch and flushed; possible seizure activity; low blood pressure; tachycardia.

**TREATMENT:**

1. Primary Survey – ensure ABC's.
2. Note patient's temperature if possible.
3. Move patient to cool environment.
4. Remove excess clothing.
5. Spray with cold water and use fanning to evaporate.
6. For heat stroke: Apply ice packs to hands, soles of feet, and face. If available place patient in ice bath to rapidly lower body temperature while monitoring continuously; remove patient from ice bath as soon as temperature reaches normal or near normal.
7. Monitor SpO<sub>2</sub>.
8. Administer oxygen for shortness of breath or signs of hypoxia: Oxygen 10-15 L/min via non-rebreathing mask. Patients with ineffective respirations: support ventilations with BVM and airway.
9. For heat cramps-heat exhaustion may give patient cool/cold liquids by mouth.
10. May massage and stretch cramped muscles to relieve pain.
11. Secondary Survey and Routine Medical Care.