

Treatment Protocols**Hypothermia****Date: 07/01/2025****Policy #9110A****Adult BLS Standing Orders**

- Universal Patient Protocol
- Scene Safety
- Assess and intervene on airway, provide oxygen and/or ventilate PRN per **Airway Policy**
- Monitor O₂ saturation PRN
- Blood glucose PRN
- Capnography
- Remove patient from dangerous environment

Hypothermia

- Handle patient gently and avoid unnecessary movement
- Remove wet clothing
- Initiate gentle warming with blankets or warm packs
- Do not apply heat directly to the skin
- Insulate to prevent further heat loss

Frostbite

- Do not rewarm if any chance of refreezing
- Rewarm gently, avoid trauma
- Do not massage or rub affected extremity
- Wrap affected body part in dry, sterile gauze to prevent further exposure and handle with extreme care
- Separate affected digits with dry gauze

Adult LALS Standing Orders

- Establish IV PRN
- Capnography

Hypothermia and hypotensive

- Warmed NS 500-1,000 mL IV MR x 1 to a max of 2,000 mL to maintain a SBP of \geq 90 mmHg

Adult ALS Standing Orders

- Monitor EKG
- Establish IV/IO
- Capnography
- Obtain 12 Lead ECG
- Consider **Pain Medication Protocol**

Hypothermia and Hypotensive

- Warmed NS 500-1,000 mL IV/IO MR x 1 to a max of 2,000 mL to maintain a SBP of \geq 90 mmHg

Frostbite

- Refer to **Pain Management Protocol** PRN

Adult Base Hospital Orders**Frostbite**

BH: Additional pain medication dosing per Pain Management Protocol

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- Hypothermia can occur at any time of year and in any age group
- The especially old and young are at the highest risk
- Remember scene safety and the avoidance of putting yourself at risk
- **Hypothermic Cardiac Arrest (Ex: If patient is found down in near-freezing temperatures, or was pulled from near-frozen water)**
- If no pulse is present, start CPR
- If defibrillation is indicated, limit to one (1) shock until patient is warm
- If patient presents with dysrhythmias, treat as appropriate
- If core temperature is less than 86°F, withhold IV medications until body temperature rises

APPROVED:SIGNATURE ON FILE – 07/01/25

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