



History and Physical:

Historical Findings	Physical Findings
<ul style="list-style-type: none">▪ Exposure to heat▪ Environmental potential of heat related emergency including high temperature, high humidity, and vigorous activity	<ul style="list-style-type: none">▪ Normothermic or hyperthermic with weakness, dizziness, N/V, syncope▪ Heat cramps<ul style="list-style-type: none">○ Cramping in extremities or abdomen▪ Heat exhaustion<ul style="list-style-type: none">○ Temperature normal or 1-2 degrees above normal with weakness, dizziness, nausea, syncope, profuse sweating, tachycardia▪ Heat Stroke<ul style="list-style-type: none">○ Temperature of 105°F or greater and any of the following: AMS, seizure activity, lack of sweating, cardiac arrest

Assessment:

- Environmental Assessment

Clinical Management Options:

Interventions	Pharmacology
<ul style="list-style-type: none">▪ Oxygen therapy as appropriate▪ External cooling<ul style="list-style-type: none">○ Remove patient's clothing○ Apply cold packs to axillary and groin▪ Vascular Access<ul style="list-style-type: none">○ Cooled Saline○ Fluid bolus PRN▪ If hypotension persists use non-traumatic shock/hypotension protocol (monitor closely for pulmonary edema)	<ul style="list-style-type: none">▪ Nausea/Vomiting Management

Consult:

- None