



**ADULT ENVIRONMENTAL  
AE-04**

**HEAT RELATED  
EMERGENCY**

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Last Revision:  
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**History and Physical:**

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

**Assessment:**

- Environmental Assessment

**Clinical Management Options:**

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

**Consult:**

- None