

**SIERRA-SACRAMENTO VALLEY EMS AGENCY
TREATMENT PROTOCOL-MEDICAL EMERGENCY**

**ENVIRONMENTAL
REFERENCE NO. E-1**

SUBJECT: HEAT STRESS EMERGENCIES: HYPERTHERMIA

BLS PRIORITIES

- ABCs
- Oxygen
- Immediate rapid transport should be considered with treatment performed en route.
- Take patients temperature if thermometer available.
- Move to a cool environment, remove excess clothing & begin cooling measures.
- If the patient is in extremis, begin treatment prior to secondary survey.

DETERMINE DEGREE OF HEAT ILLNESS

HEAT CRAMPS

- **ALERT**
- Temperature usually normal
- Sweaty, may be warm or cool to touch
- Neuro exam is normal except for muscle cramps (usually legs)

HEAT EXHAUSTION

- Temperature normal to slight elevation.
- Sweaty, usually hot to touch.
- Neuro exam, no loss of control of extremities, but feels very weak, with normal neuro function.
- **Patient typically feels sick with flu like symptoms.**

HEAT STROKE

- **ALTERED MENTAL STATUS.**
- Core temperature usually ≥ 104 .
- Skin usually flushed, hot; may or may not be moist if exercise induced.
- May have persistent seizures.

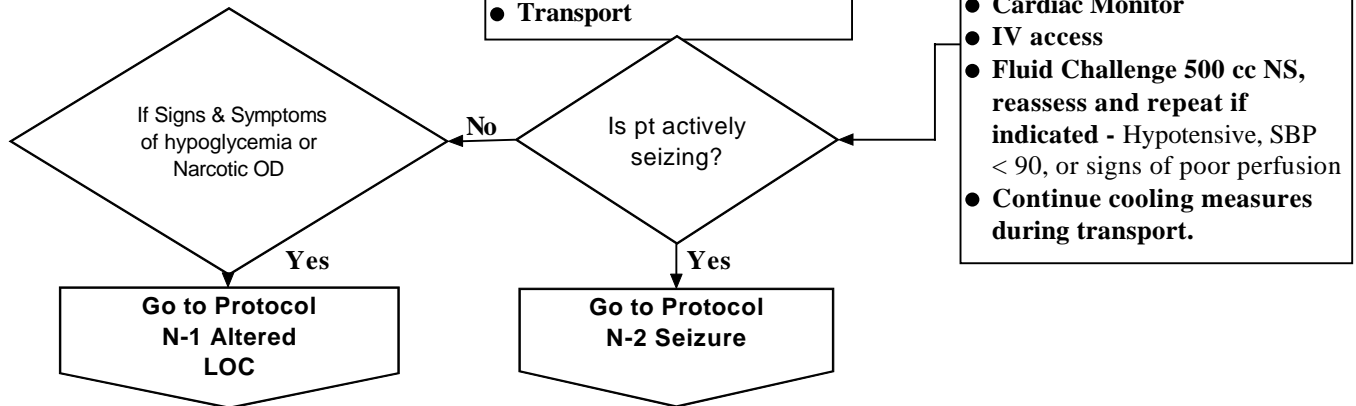
ALS

- Cardiac Monitor
- IV access
- Fluid Challenge 500 cc NS
- Give cool/cold fluids slowly by mouth as tolerated
- Transport

ALS

- **Aggressive cooling** - Cool packs on neck axilla and inguinal areas; fanning and misting, if possible, undress patient, cover with sheet and wet thoroughly.
- Cardiac Monitor
- IV access
- Fluid Challenge 500 cc NS, reassess and repeat if indicated - Hypotensive, SBP < 90, or signs of poor perfusion
- Continue cooling measures during transport.

- Give cool/cold fluids slowly by mouth
- Rest the cramping muscles.



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