

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

**ENVIRONMENTAL  
REFERENCE NO. E-2**

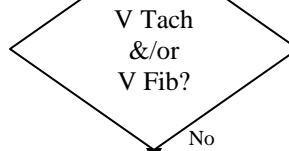
**SUBJECT: COLD STRESS EMERGENCIES: HYPOTHERMIA**

**BLS**

- **Airway** – establish and secure.
- **Consider** – spinal precautions.
- **Oxygen** - @ appropriate flow rate. Use adjuncts to prevent aspiration or if ventilations are inadequate (4-6 breaths per minute MAY be adequate). Oxygen should be humidified & if possible, warmed.
- **Temperature** – take pt’s temperature if thermometer available.
- **Pulse** – assess for 60 seconds or greater (if necessary)
- **Warm Environment** – extreme care & gentleness must be exercised when moving pt. Minimize physical movement of pt. Remove wet clothing, cover pt with warmed blankets &/or clothing.
- **AED** – if necessary.

**ALS**

Cardiac Monitor



- Start CPR
- Give 1 shock
  - Manual biphasic: device specific (typically 120-200 J). If unknown, use 200 J.
  - AED, device specific
  - Monophasic: 360 J
- Resume CPR immediately.

IV access – NS 500 cc fluid challenge  
(preferably while en route)

Check blood  
sugar  
(finger stick)

< 60 mg/dl

>60 mg/dl

**Dextrose 25 gm D50 slow IVP**  
If no IV, **Glucagon 1mg (1 unit) IM**

Contact Base hospital

Frostbite?

Go to policy:  
E-3 Frostbite

**Effective Date: 01/01/08**  
**Next Review Date: 09/2010**  
**Approved by:**  
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**Date last reviewed/revised: 9/18/07**  
  
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