

HYPERTHERMIA/HEAT ILLNESS (# 7007)

- **Routine Medical Care**
- Protect patient from environment.
- If the patient is in extremis, begin treatment prior to secondary survey.
- Consider: the environment, patient age, and preexisting conditions

1. SIGNS AND SYMPTOMS OF A HEAT EMERGENCY

- ✓ Weakness or exhaustion
- ✓ Dizziness
- ✓ Headache
- ✓ Sweating may or may not be present
- ✓ Fainting or feeling faint
- ✓ Rapid heart rate
- ✓ Muscle cramps
- ✓ Altered mental status (coma, seizures, delirium)

2. PREEXISTING CONDITIONS THAT CAN CONTRIBUTE TO A HEAT EMERGENCY:

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| ✓ Psychiatric disorder (both because of the medications taken and perhaps the patient's poor judgement) | ✓ Fever |
| ✓ Heart disease | ✓ Fatigue |
| ✓ Diabetes | ✓ Obesity |
| ✓ Alcohol | ✓ Dehydration (either decreased fluid intake or sweating) |
| | ✓ Medications |

3. TREATMENT:**If the patient is conscious:**

- ✓ Remove patient from hot environment
- ✓ Loosen or remove clothing
- ✓ Place in supine position with legs elevated
- ✓ Administer O₂
- ✓ Fan the patient
- ✓ Water may be given if patient is alert, has a gag reflex and is not nauseated.

If altered mental status is present: (see above)

- ✓ Place on left side, and monitor airway
- ✓ Wet the skin and fan aggressively
- ✓ Apply cold packs to the axillae, groin and neck. (if available)
- ✓ Administer IV fluid challenge (250-500cc NS)
- ✓ Transport immediately