06-0604 – Adult Hypothermia

AUTHORITY:

Health and Safety Code Division 2.5, California Code of Regulations, Title 22, Division 9

DEFINITION:

LOW BODY TEMPERATURE - 95°F OR LESS

1. **MILD** 95°F to 93° F - Shivering, complaint of cold, usually conscious, ALOC, clumsiness, normal BP, or cyanosis.
2. **MODERATE** 86°F to 93°F - Confusion, semiconscious, combative, shivering ceases, muscle rigidity, dilated pupils, decreased breathing rate, BP difficult to obtain, VF with agitation/sudden movement(handle patients with great care).
3. **SEVERE** 93°F to 86°F - Comatose, no rigidity (flaccid), apnea, spontaneous VF, the severely hypothermic patient may appear to be clinically dead.

   Pulse and respirations may need to be checked for longer periods before beginning CPR (up to 60 seconds).

BLS TREATMENT:

1. **OXYGEN**: as appropriate keep SpO2 at least 94%, assist ventilations as necessary.
2. **VITALS**: assess vitals, may need to assess for pulse for a minimum of one minute in severe hypothermia.
3. **CHECK TEMPERATURE**: assess temperature
4. **BLOOD SUGAR CHECK**: test blood sugar and treat as appropriate.
5. **WARMING MEASURES**: Remove wet clothing. If patient requires moving, do so carefully to avoid jostling or bumping.

   Gentle warming measures (blankets & hot packs), avoid unnecessary movement or rubbing. Protect against heat loss, keep patient horizontal, Initiate CPR as needed. CPR may need to be prolonged until patient is warmed.

Transport patients who are suffering from severe hypothermia to the nearest most appropriate facility.

ALS TREATMENT: MILD/MODERATE 86°F OR GREATER

1. **OXYGEN**: as appropriate keep SpO2 at least 94%, establish advanced airway as needed.
2. **MONITOR**: treat rhythm as appropriate. If pulseless/apneic initiate CPR.
3. Give IV meds as indicated, but at longer than standard intervals. Defibrillate VF/VT as necessary.
4. **IV/IO ACCESS**: Warm IV fluids rate as appropriate.
5. **BLOOD SUGAR CHECK**: Test blood sugar if < 60 mg/dl refer to protocol Altered Level of Consciousness.

ALS TREATMENT: SEVERE LESS THAN 86°F

1. **OXYGEN**: as appropriate keep SpO2 at least 94%, establish advanced airway as needed.
2. **MONITOR**: assess for pulse up to 60 seconds, treat rhythm as appropriate. If pulseless/apneic initiate CPR. Withhold IV meds until temperature is **GREATER THAN 86°F** Limit shocks for VF/VT to one shock. Once temperature is **GREATER THAN 86°F** defibrillate VF/VT as necessary (standard ACLS).
3. **IV/IO ACCESS**: Administer warm IV fluid bolus (250 ml increments), reassess patient frequently. Most severely hypothermic patients are volume depleted.
4. **BLOOD SUGAR CHECK**: Test blood sugar if < 60 mg/dl refer to protocol Altered Level of Consciousness.