

	Department Name Address	ILS	EMT/Intermediate
		Revision #	
		Implementation Date	
Protocol	3.1.30 Hypothermia - Adult	Last Reviewed/Update Date	
Author / Owner		Medical Director	

Hypothermia is generally defined into three categories; Mild hypothermia: temperatures between 93.2°F (34°C) and 98.6°F (37°C), Moderate hypothermia: temperatures between 86°F (30°C) and 93.2°F (34°C), Severe hypothermia: temperatures below 86°F (30°C). Mild to moderate hypothermia patients will present with shivering, lethargy, and stiff uncoordinated muscles. Severe hypothermia patients may be disoriented and confused, stuporous, or unresponsive. Shivering will typically be absent and physical activity will be uncoordinated. Severe hypothermia will frequently produce dysrhythmias.

1. Baseline care standards.
2. Remove wet garments and gently dry patient.
3. Protect against further heat-loss and wind-chill.
4. Maintain horizontal position.
5. Avoid rough movement and excess activity.
6. Monitor core temperature.
7. Treat major trauma as the first priority and hypothermia as the second.
8. If pulse/breathing are absent:
 - Start CPR.
 - Place AED - If ventricular fibrillation/ventricular tachycardia are present - treat with one shock.
 - Maintain airway per protocol.
 - Establish IV of warm Normal Saline at 150 ml/hour.
9. If core temperature <30°C (86°F):
 - Continue CPR.
 - Limit shocks to a maximum of 3.
10. If core temperature >30°C (86°F):
 - Continue CPR.

- Repeat defibrillation for ventricular fibrillation/ventricular tachycardia as core temperature rises.
11. If pulse/breathing are present:
 - Initiate IV of warm Normal Saline at 150 ml/hour.
 12. Check blood sugar, if glucose < 80 mg/dl, give:
 - 25 Grams D50 IV
 13. Begin external re-warming.
 14. Call for ALS intercept.
 15. Transport with lights and sirens.

Medical Director's Signature

Date

Disclaimer:

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