

Medical: Hypothermia

EMR

- Remove from environment
- ABC and vital signs monitoring core temperature with hypothermia thermometer
- Airway management with **oxygen** maintaining a SaO₂ of 94-98% through titration
- Remove wet clothing and start warming process
- Determine Blood sugar
 - If abnormal refer to Diabetic Emergency protocol
- Treat other associated signs/symptoms per protocol
- If patient appears in extremis or is in severe hypothermia, displays signs of hypotension or is pulseless quickly consider air transport.

EMT STOP

EMT

- Consider Cardiac monitor

EMT STOP

EMT IV

ADVANCED EMT

- Vascular access

EMT IV / ADVANCED EMT STOP

Key Points/Considerations

- Assess pulses for minimum of 30 seconds. If there are no pulses start CPR.
- Treat gently, do not rub or manipulate the extremities. Keep patient supine.
- Oxygen should be heated if possible.
- Attempt to increase temperature with hot packs to the groin, neck, and armpits. Cover patient entirely with heated blanket and cover head to minimize heat loss.