

	Department Name Address	ALS	Paramedic
		Revision #	
		Implementation Date	
Protocol	2.2.30 Hypothermia - Pediatric	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. Monitor cardiac rhythm.
8. Treat major trauma as the first priority and hypothermia as the second.
9. If pulse/breathing are absent:
 - Start CPR.
 - Defibrillate ventricular fibrillation/ventricular tachycardia with up to a total of 3 shocks (2 j/kg, 4 j/kg, and 4 j/kg or equivalent biphasic defibrillation)
 - Intubate per airway protocol.
 - Establish IV of warm Normal Saline.
10. If core temperature <30°C (86°F):
 - Continue CPR.
 - Withhold IV medications.
 - Limit shocks to a maximum of 3.

11. If core temperature $>30^{\circ}\text{C}$ (86°F):
 - Continue CPR.
 - Give IV medications based on dysrhythmia (but at longer intervals.)
 - Repeat defibrillation for ventricular fibrillation/ventricular tachycardia as core temperature rises.
12. If pulse/breathing are present:
 - Initiate IV of warm Normal Saline.
13. Check blood sugar, if glucose < 80 mg/dl, give:
 - *0.5 gm/kg of Dextrose 25%* (mix 25ml of D50 with 25ml of Normal Saline).
14. Begin external re-warming.
15. Insert Foley and NG tube for long transports.
16. Transport with lights and sirens.

Medical Director's Signature

Date

Disclaimer:

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