

	<b>Department Name Address</b>	<b>BLS</b>	<b>EMT</b>
		<b>Revision #</b>	
		<b>Implementation Date</b>	
<b>Protocol</b>	<b>4.1.30 Hypothermia - Adult</b>	<b>Last Reviewed/Update Date</b>	
<b>Author / Owner</b>		<b>Medical Director</b>	

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, treat with one shock if advised.
9. If core temperature <30°C (86°F):
  - Continue CPR.
  - Limit AED shocks to a maximum of 3.
10. If core temperature >30°C (86°F):
  - Continue CPR.
  - Repeat AED as core temperature rises.
11. Begin external re-warming.

12. Call for ALS intercept.

13. Transport with lights and sirens.

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*Medical Director's Signature*

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*Date*

Disclaimer:

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