

# Southern Illinois Regional EMS System

## EE-8 HEAT EMERGENCIES

### ALS/ILS/BLS

#### Heat Cramps or Tetany:

- Patient assessment and initial care
- Move patient to a cool environment
- Remove excess clothing
- Oxygen by nasal cannula to O<sub>2</sub> sat > 94%
- If capable, allow the patient to drink water or sports drink (if available)
  - Avoid oral fluids if the patient is nauseated
- (ALS/ILS) Cardiac monitoring
- (ALS/ILS) IV/IO NS, consider 200mL bolus
- DO NOT massage cramped muscle
- (ALS/ILS) Contact Medical Control
- Transport

#### Heat Exhaustion:

- Patient assessment and initial care
- Move patient to a cool environment
- Monitor and record mental status
- Oxygen 15LPM NRB to O<sub>2</sub> sat > 94%
- If capable, allow the patient to drink water or sports drink (if available)
  - Avoid oral fluids if the patient is nauseated
- (ALS/ILS) Cardiac monitoring
- Place the patient in supine position
- Remove as much clothing as possible
- Passive cooling
  - Turn down the air conditioning thermostat in ambulance
  - Fan the patient
  - AVIOD shivering
- (ALS/ILS) IV/IO NS, administer 200mL bolus
- (ALS/ILS) Contact Medical Control
- Vomiting precautions
  - (ALS/ILS) Consider antiemetic
- (ALS/ILS) Contact Medical Control
- Transport

#### Heat Stroke:

- Patient assessment and initial care
- Move patient to a cool environment
- Monitor and record mental status
- If capable, allow the patient to drink water or sports drink (if available)
  - Avoid oral fluids if the patient is nauseated
- (ALS/ILS) Cardiac monitoring
- 15LPM O<sub>2</sub> NRB mask to O<sub>2</sub> sat > 94%
  - Consider BVM ventilations with shallow or inadequate respirations

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(continued)

- (ALS/ILS) IV/IO NS, initially administer 200mL bolus
  - Watch for signs of shock and be prepared for fluid resuscitation
- (ALS/ILS) Contact Medical Control
- Place the patient in supine position
- Initiate rapid active cooling:
  - Remove as much clothing as possible
  - Apply cold packs to:
    - Lateral chest wall
    - Groin
    - Axilla
    - Carotid arteries
    - Temples
    - Behind the knees
  - Sponge or mist with tepid water and fan or cover body with wet sheet and fan
  - AVIOD shivering
  - DO NOT cool below 102° F to further reduce the risk of shivering (rebound hypothermia)
- Rapid transport
- Seizure precautions
- (ALS/ILS) Contact Medical Control
- Transport

### Notes:

- (BLS) Avoid fluids by mouth if the patient is nauseated
- (ALS/ILS) When giving fluids by mouth, be prepared to administer an antiemetic
- Vasopressors or anticholinergic medications may potentiate heat stroke by inhibiting sweating and can cause hypermetabolic state in high temperatures
- When cooling using passive or active methods, AVOID shivering
  - Shivering creates heat and is counterproductive to our cooling efforts
- Be prepared for seizure activity
- Whether the patient is experiencing classic heatstroke or exertional heatstroke, the treatment is the same