



San Benito County Emergency Medical Services Agency

COLD EXPOSURE/HYPOTHERMIA

Policy : E2-P
Effective : May 1, 2010
Reviewed : May 1, 2010

I. BLS Treatment Protocol:

- A. Treat life threats. (See Policy 4000)
- B. Implement warming measures but avoid aggressive external rewarming for pulseless patients*.
- C. Prepare for transport / transfer of care.

II. ALS Treatment Protocol: (Moderate Hypothermia* to Severe Hypothermia)**

- A. Treat life threats. (See Policy 4000)
- B. Continue external warming measures, unless patient is pulseless.
- C. IV/IO NS 20ml/kg bolus (PRE-WARMED)
- D. Transport.
- E. Contact Base Station.

Notes:

If patient is pulseless, consider a single round of drugs and single counter shock at 2 joules/kg. Do not repeat.

***Moderate Hypothermia:** No shivering, decreased LOC, atrial fibrillation, bradycardia, hypoventilation, dilated pupils, bright pink to pale skin, susceptible to ventricular fibrillation.

****Severe Hypothermia:** Muscle tone resembling rigor mortis, apneic, comatose, ventricular fibrillation or asystole, dilated and fixed pupils, skin is edematous and face is swollen.

Avoid rough movement and excess activity. Stimulation of the patient could cause significant deterioration of vital signs. Avoid external rewarming for pulseless patients.