



San Benito County Emergency Medical Services Agency

COLD EXPOSURE/HYPOTHERMIA

Policy : E-2
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 warming measures.
- C. Transport.
- D. Contact Base Station.

Notes:

If patient is pulseless, consider a single counter shock at 360J and a single round of drugs. Do not repeat.

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

****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 significantly cause deterioration of vital signs.