



# INLAND COUNTIES EMERGENCY MEDICAL AGENCY POLICY AND PROTOCOL MANUAL

**Reference No. 13020**  
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## HEAT RELATED EMERGENCIES

### I. FIELD ASSESSMENT/TREATMENT INDICATORS

#### **MINOR HEAT ILLNESS SYNDROMES**

- Environmental conditions.
- Increased skin temperature.
- Increased body temperature.
- General weakness.
- Muscle cramps.

#### **HEAT EXHAUSTION (Compensated)**

- All or some of the symptoms above.
- Elevated temperature.
- Vomiting.
- Hypotension.
- Diaphoresis.
- Tachycardia.
- Tachypnea.

#### **HEAT STROKE (Uncompensated)**

- All or some of the symptoms above.
- Hyperthermia.
- ALOC or other signs of central nervous system dysfunction.
- Absence or decreased sweating.
- Tachycardia.
- Hypotension.

#### **HEAT EXHAUSTION/ HEAT STROKE**

- Dehydration.
- Elevated temperature, vomiting, hypotension, diaphoresis, tachycardia and tachypnea.

- No change in LOC.

## II. BLS INTERVENTIONS

- Remove patient from heat source, position with legs elevated and begin cooling measures.
- Oxygen as clinically indicated.
- Rehydrate with small amounts of appropriate liquids as tolerated. Do not give liquids if altered level of consciousness.
- If patient has signs of Heat Stroke, begin rapid cooling measures including cold packs placed adjacent to large superficial vessels.
- Evaporative cooling measures.

## III. LIMITED ALS INTERVENTIONS

- Obtain vascular access.
  - ADULT
    - Fluid bolus with 500 ml NS. Reassess and repeat fluid bolus if continued signs of inadequate tissue perfusion.
  - PEDIATRIC
    - Patients less than nine (9) years of age: Initial 20 ml/kg IV bolus; reassess and repeat fluid bolus if continued signs of inadequate tissue perfusion.
- If clinically indicated, obtain blood glucose. If hypoglycemic administer:
  - ADULT/PEDIATRIC
    - Dextrose per ICEMA Reference #11010 - Medication - Standard Orders.
    - Glucagon per ICEMA Reference #11010 - Medication - Standard Orders.
- Seizure precautions, refer to ICEMA Reference #14060 - Altered Level of Consciousness/Seizures - Adult.
- Contact base hospital for destination and further treatment orders.

## IV. ALS INTERVENTIONS

- Obtain vascular access.
  - ADULT
    - Fluid bolus with 500 ml NS. May repeat fluid bolus if continued signs of inadequate tissue perfusion.

➤ PEDIATRIC

- Patients less than nine (9) years of age: Initial 20 ml/kg IV/IO bolus; reassess and repeat fluid bolus if continued signs of inadequate tissue perfusion.
- If clinically indicated, obtain blood glucose. If hypoglycemic administer:

➤ ADULT/PEDIATRIC

- Dextrose per ICEMA Reference #11010 - Medication - Standard Orders.
- Glucagon per ICEMA Reference #11010 - Medication - Standard Orders.
- Base hospital may order additional medication dosages and additional fluid boluses.
- Obtain rhythm strip for documentation with copy to receiving hospital.
- For tonic/clonic type seizure activity administer:
  - ADULT/PEDIATRIC
    - Midazolam per ICEMA Reference #11010 - Medication - Standard Orders.

## V. REFERENCES

| <u>Number</u> | <u>Name</u>                                     |
|---------------|-------------------------------------------------|
| 11010         | Medication - Standard Orders                    |
| 14060         | Altered Level of Consciousness/Seizures - Adult |