

ASSESS COLD PATIENT

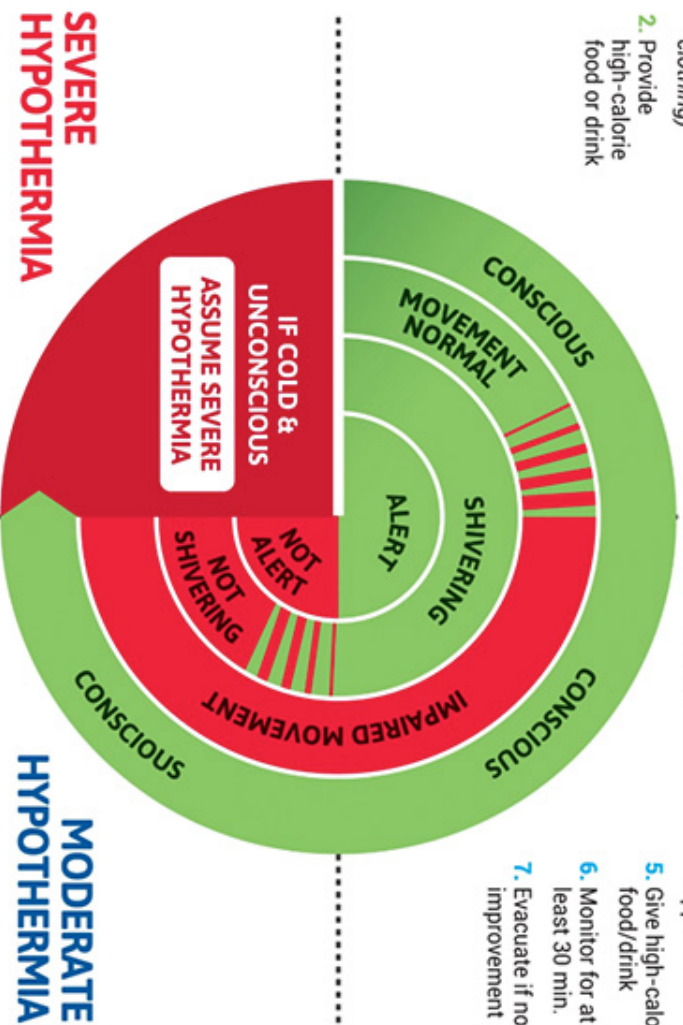
1. From outside ring to centre: assess Consciousness, Movement, Shivering, Alertness
2. Assess whether **normal**, **impaired** or **no function**
3. The colder the patient is, the slower you can go, once patient is secured
4. Treat all traumatized cold patients with active warming to upper trunk
5. Avoid burns: following product guidelines for heat sources; check for excessive skin redness

COLD STRESSED, NOT HYPOTHERMIC

1. Reduce heat loss (e.g., add dry clothing)
2. Provide high-calorie food or drink
3. Move around/ exercise to warm up

MILD HYPOTHERMIA

1. Handle gently
2. Have patient sit or lie down for at least 30 min.
3. Insulate/ vapour barrier
4. Give heat to upper trunk
5. Give high-calorie food/drink
6. Monitor for at least 30 min.
7. Evacuate if no improvement



SEVERE HYPOTHERMIA

1. Treat as Moderate Hypothermia, and
 - a) IF no obvious vital signs, **THEN 60-second breathing / pulse check**, or assess cardiac function with cardiac monitor
 - b) IF no breathing / pulse, **THEN Start CPR**
2. Evacuate carefully ASAP

MODERATE HYPOTHERMIA

1. Handle gently
2. Keep horizontal
3. No standing/walking
4. No drink or food
5. Insulate/ vapour barrier
6. Give heat to upper trunk
7. Volume replacement with warm intravenous fluid (40-42°C)
8. Evacuate carefully

CARE FOR COLD PATIENT

SUGGESTED SUPPLIES FOR SEARCH/RESPONSE TEAMS IN COLD ENVIRONMENTS:

- | | |
|---|--|
| 1 - Tarp or plastic sheet for vapour barrier outside sleeping bag | 1 - Plastic or foil sheet (2 x 3 m) for vapour barrier placed inside sleeping bag |
| 1 - Insulated ground pad | 1 - Source of heat for each team member (e.g., chemical heating pads, or warm water in a bottle or hydration bladder), or each team (e.g., charcoal heater, chemical / electrical heating blanket, or military style Hypothermia Prevention and Management Kit [HPMK]) |
| 1 - Hooded sleeping bag (or equivalent) | |

INSTRUCTIONS FOR HYPOTHERMIA WRAP "The Burrito"

1. Dry or damp clothing: **Leave clothing on**
IF Shelter / Transport is less than 30 minutes away, **THEN Wrap immediately**
2. Very wet clothing: **IF Shelter / Transport is more than 30 minutes away, THEN Protect patient from environment, remove wet clothing and wrap**
3. Avoid burns: follow product instructions; place thin material between heat and skin; check hourly for excess redness

