

ASSESS COLD PATIENT

1. From outside ring to centre: assess Consciousness, Movement, Shivering, Alertness
2. Assess whether **normal function**, or **impaired or no function**
3. Treat according to appropriate result-quadrant
4. Treat all traumatized cold patients with active warming to upper trunk

COLD STRESSED, NOT HYPOTHERMIC

1. Reduce heat loss (e.g., add dry clothing)
2. Provide high-calorie food or drink
3. Increase heat production (e.g., exercise)

37-35 degrees

MILD HYPOTHERMIA

1. Handle gently
2. Keep horizontal
3. No standing/walking for at least 30 min.
4. Insulate/vapour barrier
5. Heat applied to upper trunk
6. High-calorie food/drink
7. Monitor until improvement (at least 30 min.)
8. Evacuate if no improvement

35-32 degrees

< 28 degrees
< 25 degrees = risk of spontaneous cardiac arrest

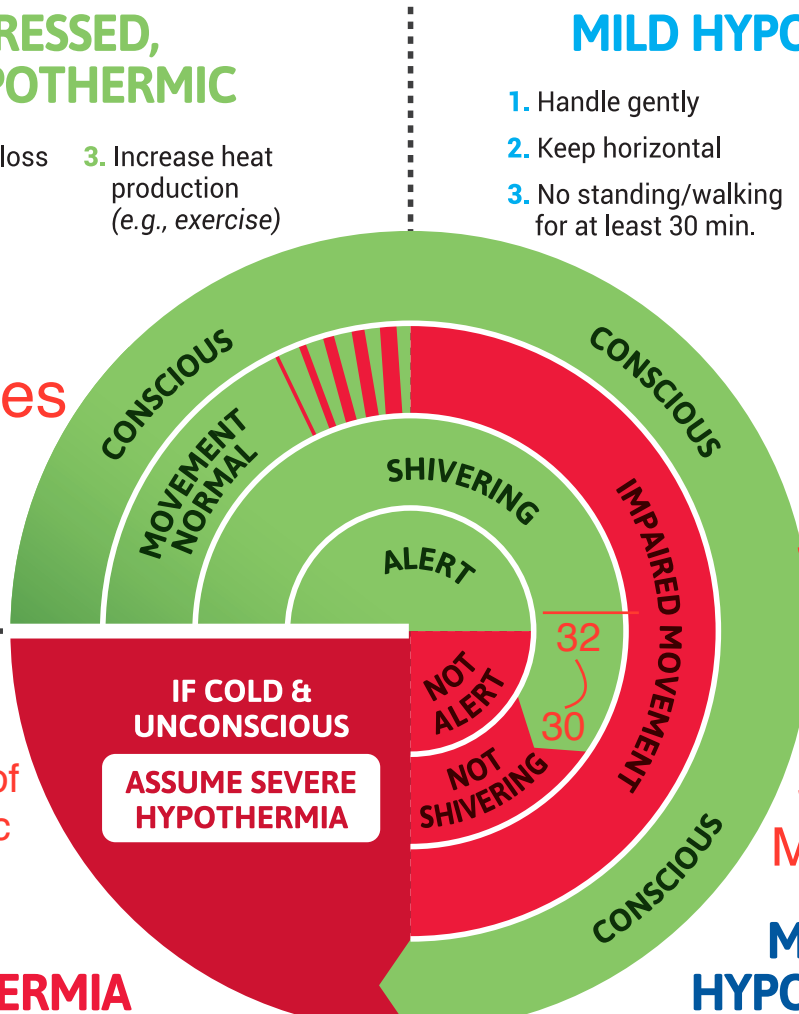
SEVERE HYPOTHERMIA

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

32-28 degrees
Move cautiously!

MODERATE HYPOTHERMIA

1. Handle gently
2. Keep horizontal
3. No standing/walking
4. No drink or food
5. Insulate/vapour barrier
6. Heat applied to upper trunk
7. Volume replacement with warm intravenous fluid
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 - Insulated ground pad
- 1 - Hooded sleeping bag (or equivalent)
- 1 - Plastic or foil sheet (2 x 3 m) for vapour barrier placed inside sleeping bag
- 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])

INSTRUCTIONS FOR HYPOTHERMIA WRAP “The Burrito”

1. Dry or damp clothing: *Leave clothing on*
2. Very wet clothing: *IF Shelter / Transport is less than 30 minutes away, THEN Wrap immediately*
IF Shelter / Transport is more than 30 minutes away, THEN Protect patient from environment, remove wet clothing and wrap

