



Yolo County Emergency Medical Services Agency

Protocols

Revised Date: May 1, 2024

HYPOTHERMIA	
Adult	Pediatric
Definitions	
<p>Mild Hypothermia: Signs and Symptoms of mild hypothermia include shivering, dizziness, hunger, nausea, trouble speaking, slight confusion, lack of coordination, fatigue, and increased heart rate.</p> <p>Moderate Hypothermia: Signs and Symptoms of moderate hypothermia include: conscious; shivering, although, as hypothermia worsens shivering stops; lethargic; clumsiness or lack of coordination; slurred speech or mumbling; confusion and/or poor decision-making; lack of concern about one's condition; skin pale and cold; and lips, ears, fingers, and toes may become blue.</p> <p>Severe Hypothermia: Signs and Symptoms of severe hypothermia include: stuporous or comatose, dilated pupils, hypotension to pulseless, slowed to absent respirations, exposed skin becomes blue and puffy.</p>	
BLS	
Assess vital signs If no pulse, begin chest compressions O ₂ , titrate SpO ₂ to ≥ 94% Assist ventilations as necessary Temperature Remove wet clothing and replace with dry blankets Insulate head Move to a warm environment	
ALS	
Cardiac Monitor, Waveform EtCO ₂ , Vascular Access	
Moderate and Severe Hypothermia	
<p style="text-align: center;"><u>Observe organized rhythm and pulses for 1 minute</u></p> <ul style="list-style-type: none"> If asystole, begin chest compressions If ventricular fibrillation, defibrillate once, perform chest compressions Withhold medication administration until patient has been rewarmed. (Rewarming occurs at 30° C [86° F]) <p>Warm NS 10 mL/kg IV/IO (If lungs are clear)</p> <ul style="list-style-type: none"> May repeat as needed 	
Frostbite	
<ul style="list-style-type: none"> Wrap affected extremity in dry soft dressing DO NOT rub or actively rewarm Consider pain management 	



Yolo County Emergency Medical Services Agency

Protocols

Revised Date: May 1, 2024

Adult	Pediatric
Consider	
<ul style="list-style-type: none">• With severe hypothermia metabolic rate slows and vital signs may be very slow.<ul style="list-style-type: none">• RR can be as slow as 4 - 6 breaths a minute• HR as slow as 20 - 30 BPM	
Direction	
<ul style="list-style-type: none">• Contact Base Hospital for additional treatment	