

Hypothermia/Frostbite

Pre-Medical Control

MFR/EMT/SPECIALIST/PARAMEDIC

Follow **General Pre-hospital Care Protocol**

Hypothermia

1. Move patient to a warm dry place, remove wet clothing & wrap in warm blankets and protect from wind exposure.
2. If the patient's temperature is greater than 30° C (86° F) or patient shivering & conscious:
 - a. Apply heat packs to groin, axillae, and neck if possible.

SPECIALIST/PARAMEDIC

- b. Consider warm IV NS.

EMT/SPECIALIST/PARAMEDIC

- c. Use warmed humidified oxygen if available.
- d. If patient is alert, administer warm non-caffeinated beverages (if available) by mouth, slowly.
3. If patient temperature is less than 30° C (86° F)
 - a. Transport immediately. Follow local MCA transport protocol.

SPECIALIST/PARAMEDIC

- b. Administer warm NS IV fluid bolus.

EMT/SPECIALIST/PARAMEDIC

- c. Use warm humidified oxygen if available.
4. If cardiac arrest develops follow **Hypothermia Cardiac Arrest Protocol**.

Suspected Frostbite

MFR/EMT/SPECIALIST/PARAMEDIC

1. Remove wet or constricting clothing. Keep skin dry and protected from wind.
2. Do not allow the limb to thaw if there is a chance that limb may re-freeze before evacuation is complete or if patient must walk to transportation.
3. Dress injured areas lightly in clean cloth to protect from pressure, trauma or friction. Do not rub. Do not break blisters.
4. Keep patient warm.
5. Frostbitten areas should be supported and elevated during transport.

PARAMEDIC

NARCOTIC ANALGESIC OPTIONS

(Select Options)

- Fentanyl 50-100 mcg IV/IO (1 mcg/kg) may repeat every 5 minutes until maximum of 3 mcg/kg
- Morphine Sulfate 2-5 mg IV (0.05 mg/kg) may repeat dose every 5 minutes until maximum of 20 mg.

Medication Administration Option

(Choose one)

- Pre- radio
- Post-radio

6. Administer narcotic analgesic per MCA selection, as indicated.

EMT/SPECIALIST/PARAMEDIC

7. Contact Medical Control.

Follow **General Pre-hospital Care Protocol**

Hypothermia

- Move patient to warm dry place
- Remove wet clothing
- Wrap in warm blankets
- Protect from wind exposure

Patient temperature is greater than 30° C (86° F)? Patient is shivering and conscious?

NO

- Transport immediately
- Follow local MCA transport protocol
- Administer warm NS IV fluid bolus
- Use warm humidified oxygen if available

If cardiac arrest develops, follow
Hypothermia Cardiac Arrest Protocol

YES

- Apply heat packs to groin, axillae and neck if possible
- Consider warm IV NS
- Use warmed humidified oxygen if available
- If patient is alert, administer warm non-caffeinated beverages (if available) by mouth slowly

Suspected Frostbite

- Remove wet or constricting clothing
- Keep skin dry and protected from wind
- Do not allow limb to thaw if there is a chance that limb may re-freeze before evacuation is complete or if patient must walk to transportation
- Dress injured areas lightly in cloth to protect from pressure, trauma or friction.
- Do not rub
- Do not break blisters
- Keep patient warm
- Frostbitten areas should be supported and elevated during transport
- Administer narcotic analgesic per MCA selection, as indicated

Contact Medical Control

NARCOTIC ANALGESIC OPTIONS
(Select Options)

- Fentanyl 50-100 mcg IV/IO (1 mcg/kg) may repeat every 5 minutes until maximum of 3 mcg/kg
- Morphine Sulfate 2-5 mg IV (0.05 mg/kg) may repeat dose every 5 minutes until maximum of 20

Medication Administration Option
(Choose one)

- Pre-radio
- Post-radio