Hypothermia/Frostbite

Pre-Medical Control

MFR/EMT/SPECIALIST/PARAMEDIC

1. Follow **General Pre-hospital Care Protocol**

HYPOTHERMIA:

MFR/EMT/SPECIALIST/PARAMEDIC

2. If cardiac arrest develops follow **Hypothermia Cardiac Arrest Protocol**.
3. Move patient to a warm dry place, remove wet clothing & wrap in warm blankets and protect from wind exposure.
4. 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.
   B. Use warmed humidified oxygen if available

EMT/SPECIALIST/PARAMEDIC

   C. If patient is alert, administer warm non-caffeinated beverages (if available) by mouth, slowly.

5. If patient temperature is less than 30° C (86° F)
   A. Transport immediately.
   B. Follow local MCA transport protocol.

SPECIALIST/PARAMEDIC

6. Administer warm NS IV/IO fluid bolus up to 1 liter, wide open, if available.
7. Use warmed humidified oxygen if available.

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

6. Treat pain per **Pain Management Procedure**.

Follow **General Pre-hospital Care Protocol**

Hypothermia

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

If cardiac arrest develops, follow **Hypothermia Cardiac Arrest Protocol**

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

YES

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

NO

- Transport immediately
- Follow local MCA transport protocol
- Administer warm NS IV/IO fluid bolus up to 1 liter, wide open, if available
- Use warm humidified oxygen if available

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
- Treat pain per **Pain Management Procedure**