



## Colorado EMS Primary Instructor Training Lesson Guide

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**Session Title:** Care of the Patient With Hypothermia

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

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## **Preparation / Set:**

### **Attention / Motivation:**

Cold emergencies are found in varied groups of individuals, including hunters, sailors, skiers, climbers, swimmers, and all others in the wilderness, rural, and urban setting. The greatest number of hypothermia cases are reported in the urban setting, many involving the elderly.

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**Objectives:**

At the completion of this session, the student will be able to:

1. Explain the steps in providing emergency medical care to a patient exposed to cold.

**Session Overview:**

- C Care of generalized hypothermia
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<b>Instructor Notes</b>	<b>Outline</b>
	<ul style="list-style-type: none"><li>I. Care for the patient with generalized hypothermia<ul style="list-style-type: none"><li>A. Remove the patient from the environment</li><li>B. Protect the patient from further heat loss</li><li>C. Remove wet clothing and cover with a blanket</li><li>D. Handle the patient gently.</li><li>E. Do not allow the patient to walk or exert themselves</li><li>F. Administer oxygen if not already done as part of the initial assessment<ul style="list-style-type: none"><li>1. Oxygen should be warmed and humidified</li></ul></li><li>G. Assess pulses for 30 - 45 seconds before starting CPR</li><li>H. If the patient is alert and responding appropriately actively rewarm<ul style="list-style-type: none"><li>1. Warm blankets</li><li>2. Heat packs or hot water bottles to the groin, axillary, and cervical regions</li><li>3. Turn the heat up high in the patient compartment of the ambulance</li></ul></li><li>I. If the patient is unresponsive or not responding appropriately, rewarm passively<ul style="list-style-type: none"><li>1. Warm blankets</li><li>2. Turn the heat up high in the patient compartment of the ambulance</li></ul></li><li>J. Do not allow the patient to eat or drink stimulants</li><li>K. Do not massage extremities</li></ul></li></ul>

**Summary:**

**Review:**

C Care of generalized hypothermia

**Re-motivation:**

**Evaluation**

Written test and/or quizzes.