COLD INDUCED INJURY

Indications

- Exposure to cold or wet environment

Move to a warm, protected area ASAP

Signs of life
- Start warming measures; handle gently

If ALOC
- Obtain rectal temp

Begin transport

No signs of life

If submersion ≤ 1 hour
- Obtain rectal temp

If rectal temp < 95°F*
- Initiate warming measures
- Follow appropriate protocol according to patient’s cardiac rhythm
- Immediately transport

If rectal temp > 95°F
- Follow appropriate protocol according to patient’s cardiac rhythm

If submersion ≥ 1 hour
- Determination of death

Warming measures
- Remove all wet clothing
- Cover entire body with warm blankets
- Apply hot packs
- Warm IV fluids

Symptoms
- Mild: shivering, increased RR & HR
- Moderate/Severe: ALOC, slurred speech, unsteady gait, slow HR & RR, low BP, (ventricular) dysrhythmias

Special Consideration
- Subtler presentations exist in elderly, newborns, chronically ill and alcoholics

* Withhold ACLS meds if temp < 86°F