**COLD INDUCED INJURY**

**ALWAYS USE STANDARD PRECAUTIONS**

Suspected cold induced injury
Indication: exposure to cold or wet environment

Move patient to warm, protected area ASAP

- Signs of life
  - Start warming measures; Handle gently
    - If ALOC, obtain rectal temp
      - Begin transport
    - During warming measures, auscultate HR for 1 minute & ventilate for 3 minutes; assess electrical activity
      - *Asystole*
      - *PEA*
      - *Vfib/pVT*
      - Begin CPR
      - Withhold CPR, focus on warming
      - Defibrillate once @ highest joule setting, then CPR
      - *Withhold ACLS meds if temp <86 F*
  - No signs of life
    - If submersion ≤one hour, obtain rectal temp
      - If rectal temp <95 F
        - Follow Adult Cardiac Arrest, GPC
      - If rectal temp > 95 F
        - If ALOC, obtain rectal temp
          - Determine Death
    - If submersion ≥one hour
      - Obtain rectal temp

**Warming measures include:**
- Remove all wet clothes
- Cover entire body with warm blankets
- Hot packs
- Warm IV fluids

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

**Special Considerations:**
- Subtler presentations exist in elderly, newborns, chronically ill and alcoholics