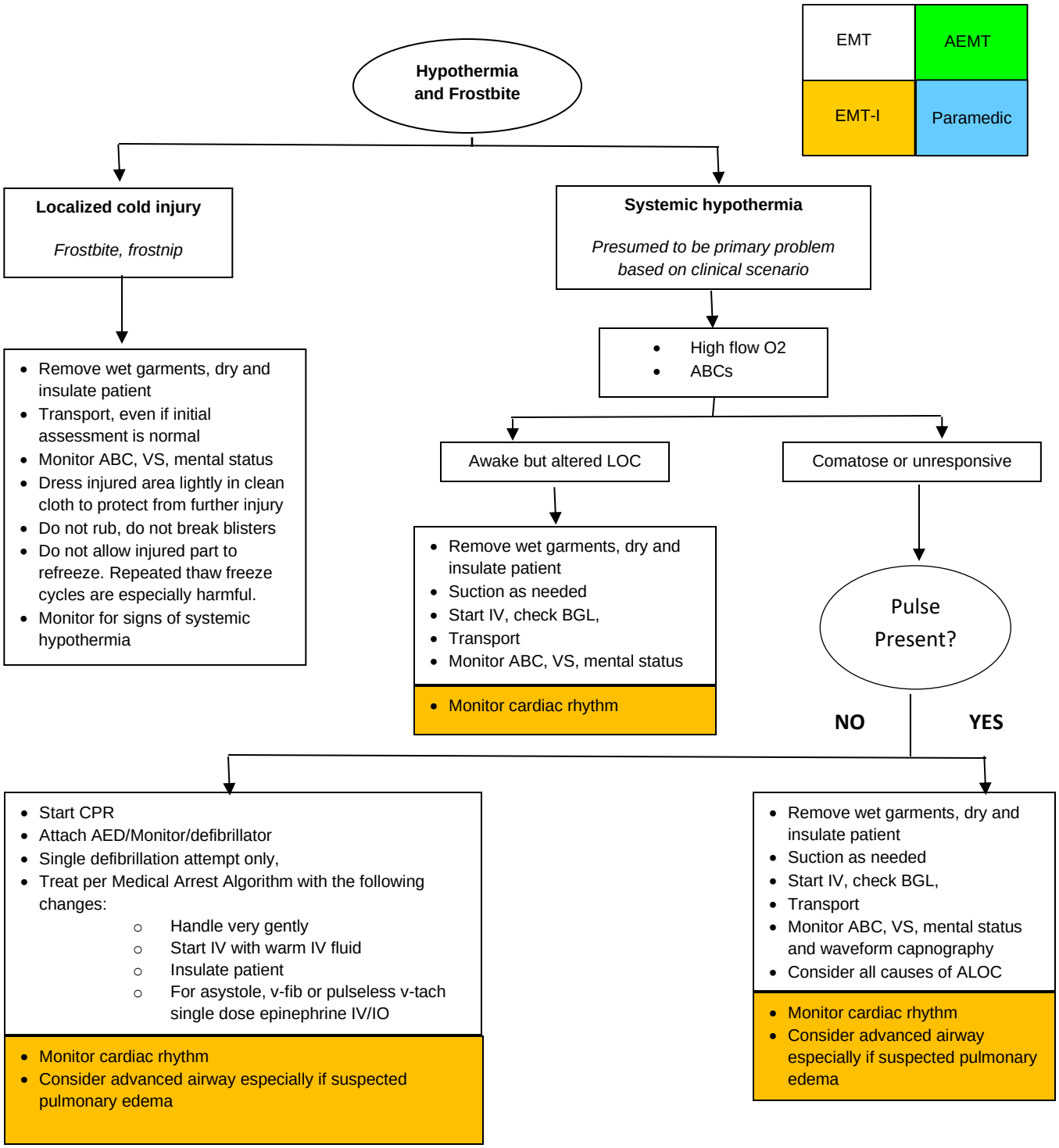
E053 HYPOTHERMIA



- Passive external rewarming: place patient in warm environment and prevent further exposure to cold, remove cold/wet clothing, and cover with blankets or insulating materials.
- Active external rewarming: Apply external heat, like warm blankets, heating pads/hot packs, forced warm air, etc. If possible, apply to torso first to decrease core temperature drop.
- Even profound bradycardias may be sufficient in setting of severe hypothermia and decreased O2 demand.
- Good outcomes after even prolonged hypothermic arrest are possible, therefore patients with suspected hypothermia should generally be transported to the hospital.
- BLS: pulse and respirations may be very slow and difficult to detect if patient is severely hypothermic. If no definite pulse, and no signs of life, begin CPR.
- If not breathing, start rescue breathing.
- ALS: advanced airway and resuscitation medications are indicated.

Approved by Laramie Fire Department Medical Director March 1, 2024