



County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 EMELINE AVENUE SANTA CRUZ, CA 95061-0962

(831) 454-4120 FAX: (831) 454-4272 TDD: (831) 454-4123

EMERGENCY MEDICAL
SERVICES PROGRAM

Protocol No. E2-P
April 1, 2012

Emergency Medical Services Program

Approved

Medical Director

Subject: COLD EXPOSURE/HYPOTHERMIA

I. BLS Treatment Protocol:

- A. Treat life threats. (See Policy 4000)
- B. Implement warming measures but avoid aggressive external rewarming for pulseless patients*.
- C. Prepare for transport / transfer of care.

II. ALS Treatment Protocol: (Moderate Hypothermia* to Severe Hypothermia)**

- A. Treat life threats. (See Policy 4000)
- B. Continue external warming measures, unless patient is pulseless.
- C. IV/IO NS 20ml/kg bolus (PRE-WARMED)
- D. Transport.
- E. Contact Base Station.

Notes:

If patient is pulseless, defibrillate as you would a normothermic patient; however, only a single round of drugs should be administered.

***Moderate Hypothermia:** No shivering, decreased LOC, atrial fibrillation, bradycardia, hypoventilation, dilated pupils, bright pink to pale skin, susceptible to ventricular fibrillation.

****Severe Hypothermia:** Muscle tone resembling rigor mortis, apneic, comatose, ventricular fibrillation or asystole, dilated and fixed pupils, skin is edematous and face is swollen.

Avoid rough movement and excess activity. Stimulation of the patient could significantly cause deterioration of vital signs.

Avoid external rewarming for pulseless patients.