

# Hypothermia



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Casualty Care Course 2012

# Factors

- o Very important
- o Normal body temperature 37°C
- o Heat production less than heat loss
- o Cold, windy, wet, unfit, injured
- o Heat produced in muscles during exercise

# Problem

- Shivering produces heat
- Below 33°C shivering stops so body temperature falls much faster
- Mild hypothermia 33-37°C
- Severe hypothermia below 33°C
- Usual scenario exposure (? due to injury)
  - collapse with hypothermia

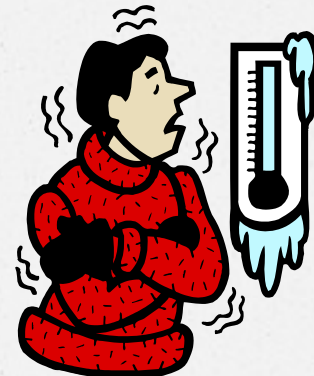
# Symptoms

- o Mild
- o 37 - 35°C
- o “chilly”
- o Stiff fingers
- o Numb
- o Muscles uncoordinated
- o Shivering starts



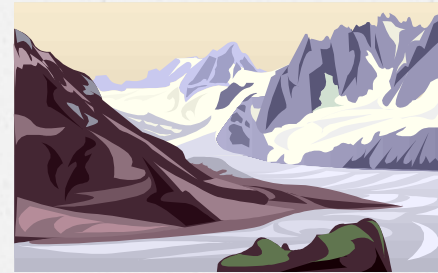
# Symptoms

- o Moderate
- o 35 - 33°C
- o Stumbling
- o Confused
- o Weakness
- o Speech slow
- o Shivering stops!



# Symptoms

- o Severe
- o 32 - 30°C
- o Unable to walk or stand
- o Slow pulse
- o Irritable
- o Reduced respiratory rate
- o Severe muscular incoordination



# Symptoms

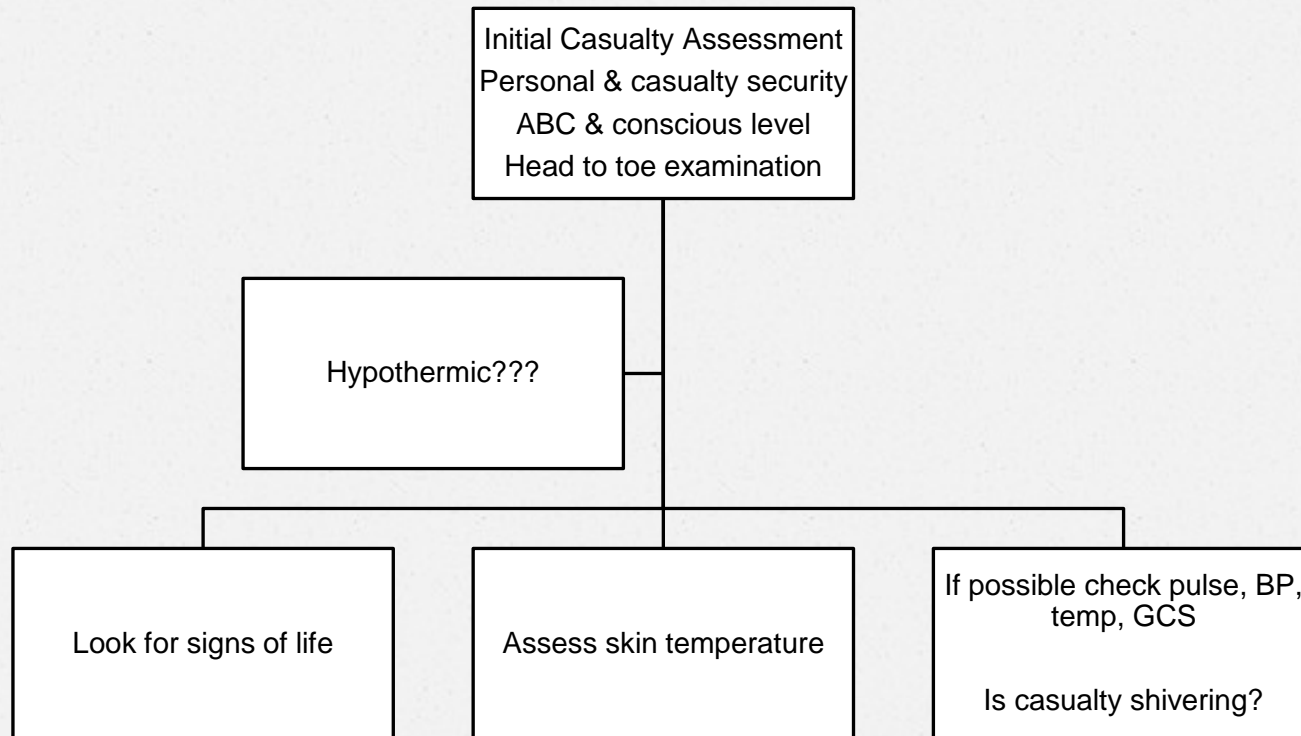
- o Even lower!
- o 30 - 28°C
- o Muscles rigid
- o Semi-conscious
- o Pupils dilated
- o Pulse & breathing may be difficult to detect
  
- o Below 28°C Unconscious/ cardiac arrest

# Treatment

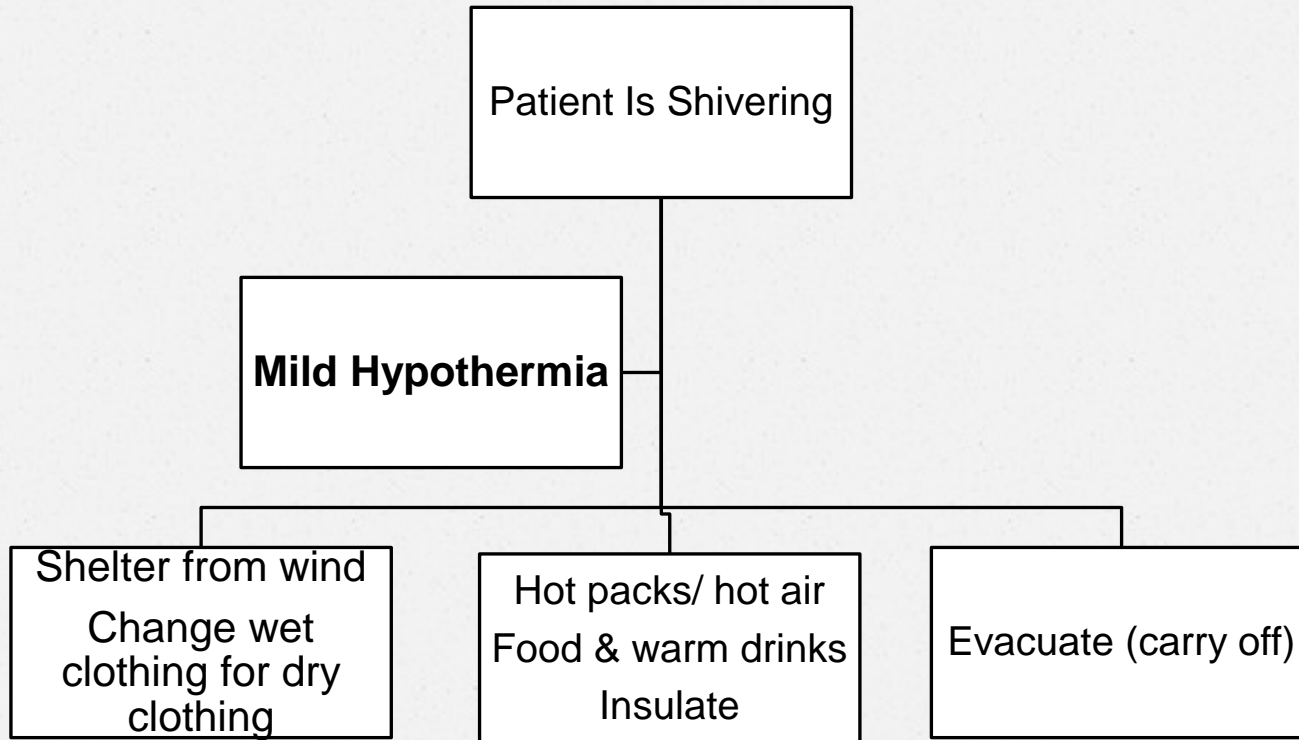
- Follow algorithm



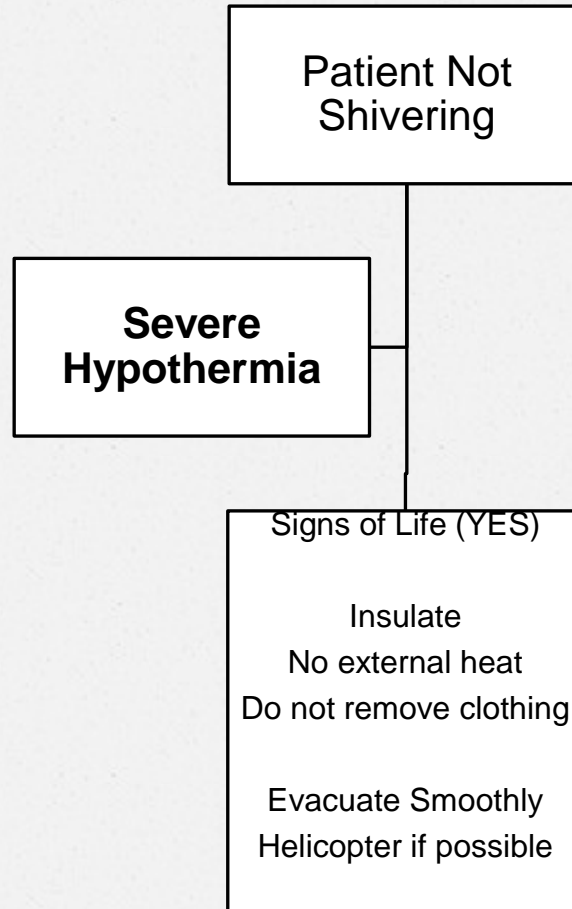
# Hypothermia Algorithm for Fell Use (MRC England & Wales)



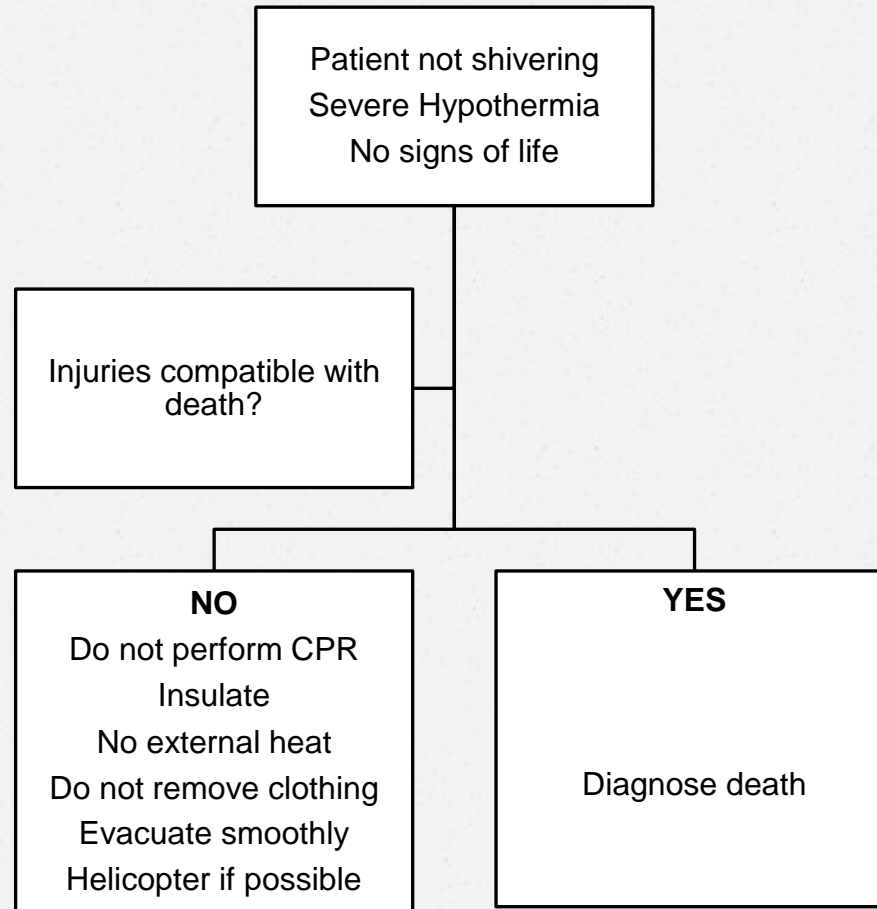
# Hypothermia Algorithm for Fell Use continued



# Hypothermia Algorithm for Fell Use continued



# Hypothermia Algorithm for Fell Use



# Hypothermia Algorithm for Fell Use (MRC England & Wales)

- o LDSAMRA Medical Sub Committee – Hypothermia Working Party
- o November 1995
  
- o If in doubt ask for help!

# Frostbite

- o Thankfully rare
- o Freezing of tissues
- o Toes, fingers and nose
- o White, stiff, hard & frozen extremities
- o Insulate
- o Do not rub affected part



# Questions



# Hypothermia The End



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