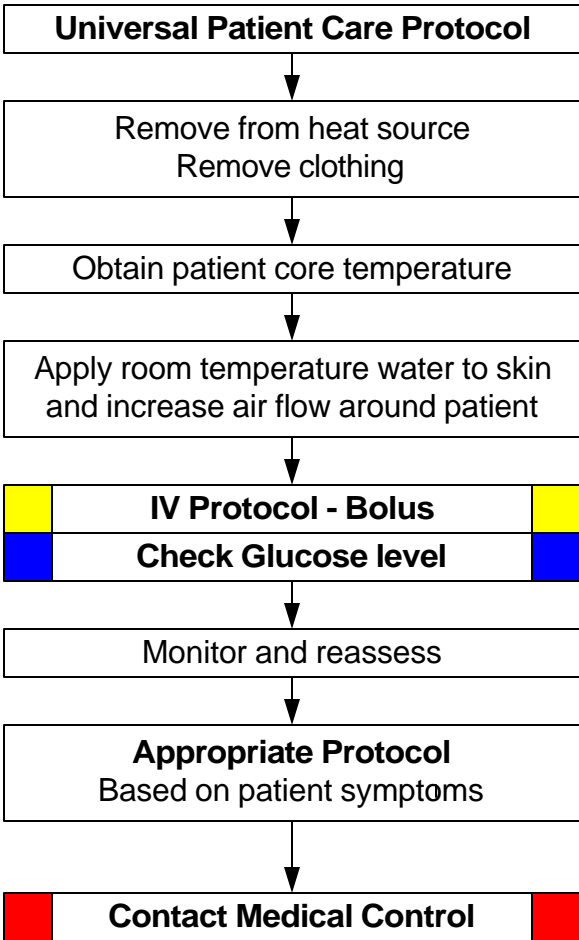


# FORSYTH COUNTY EMS Trauma Protocols

## Hyperthermia

<b>History:</b> * Age * Exposure to increased temperatures and / or humidity * Past medical history / medications * Extreme exertion * Time and length of exposure * Poor PO intake * Fatigue and / or muscle cramping	<b>Signs and Symptoms:</b> * Altered mental status or unconsciousness * Hot, dry or sweaty skin * Hypotension or shock * Seizures * Nausea	<b>Differential:</b> * <b>Fever (Infection)</b> * <b>Dehydration</b> * <b>Medications</b> * <b>Hyperthyroidism (Storm)</b> * <b>Delirium tremens (DT's)</b> * <b>Heat cramps, exhaustion, stroke</b> * <b>CNS lesions or tumors</b>
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Legend		
	MR / EMT	
	Expanded Scope EMT	
	EMT-I	
	EMT-P	
	Medical Control	

**Pearls:**

- \* **Exam: Mental Status, Skin, HEENT, Heart, Lungs, Neuro**
- \* Extremes of age are more prone to heat emergencies (i.e. young and old)
- \* Predisposed by use of: tricyclic antidepressants, phenothiazines, anticholinergic medications and alcohol.
- \* Cocaine, Amphetamines, and Salicylates may elevate body temperatures.
- \* Sweating generally disappears as body temperature rises above 104°F (40°C).
- \* Intense shivering may occur as patient is cooled.
- \* **Heat Cramps** consists of benign muscle cramping 2\* to dehydration and is not associated with an elevated temperature.
- \* **Heat Exhaustion** consists of dehydration, salt depletion, dizziness, fever, mental status changes, headache, cramping, nausea and vomiting. Vital signs usually consist of tachycardia, hypotension, and an elevated temperature.
- \* **Heat Stroke** consists of dehydration, tachycardia, hypotension, rectal temperature >104°F (40°C), and an altered mental status. \*Heat stroke patients may still be sweaty.