

HEAT ILLNESS

ALWAYS USE BODY SUBSTANCE ISOLATION PRECAUTIONS

INDICATION

- Exposure to unusually high temperatures, humidity, or vigorous exercise resulting in heat cramps, heat exhaustion, or heat stroke

CRITICAL INFORMATION

- Heat Cramps:
 - Severe painful cramping of fatigued muscles in the setting of heat stress, often following fluid replacement with hypotonic fluids
- Heat Exhaustion:
 - Systemic symptoms, often vague and nonspecific, precipitated by significant hypovolemia under conditions of heat stress, and characterized by any of the following: weakness, fatigue, nausea, vomiting, headache, impaired judgment, vertigo, syncope, tachycardia, hypotension and dizziness, often orthostatic. Mental status is normal.
- Heat Stroke:
 - Catastrophic life-threatening failure of homeostatic thermoregulatory mechanisms, manifested by extreme elevation of body temperature & severe CNS dysfunction, which may present as disorientation, delirium, seizure or coma.

TREATMENT

- Move to a cool environment and remove clothing
- ALS RMC
- Heat cramps:
 - Replenish electrolytes by mouth or IV **NS** 250 ml fluid challenge; recheck vitals q 250 ml; MR to a total of 1000 ml
- Heat exhaustion and heat stroke:
 - Cooling measures
 - IV fluids as stated above
- Treat ALOC, seizures or shock per appropriate policy