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Accidental hypothermia

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Learning objectives

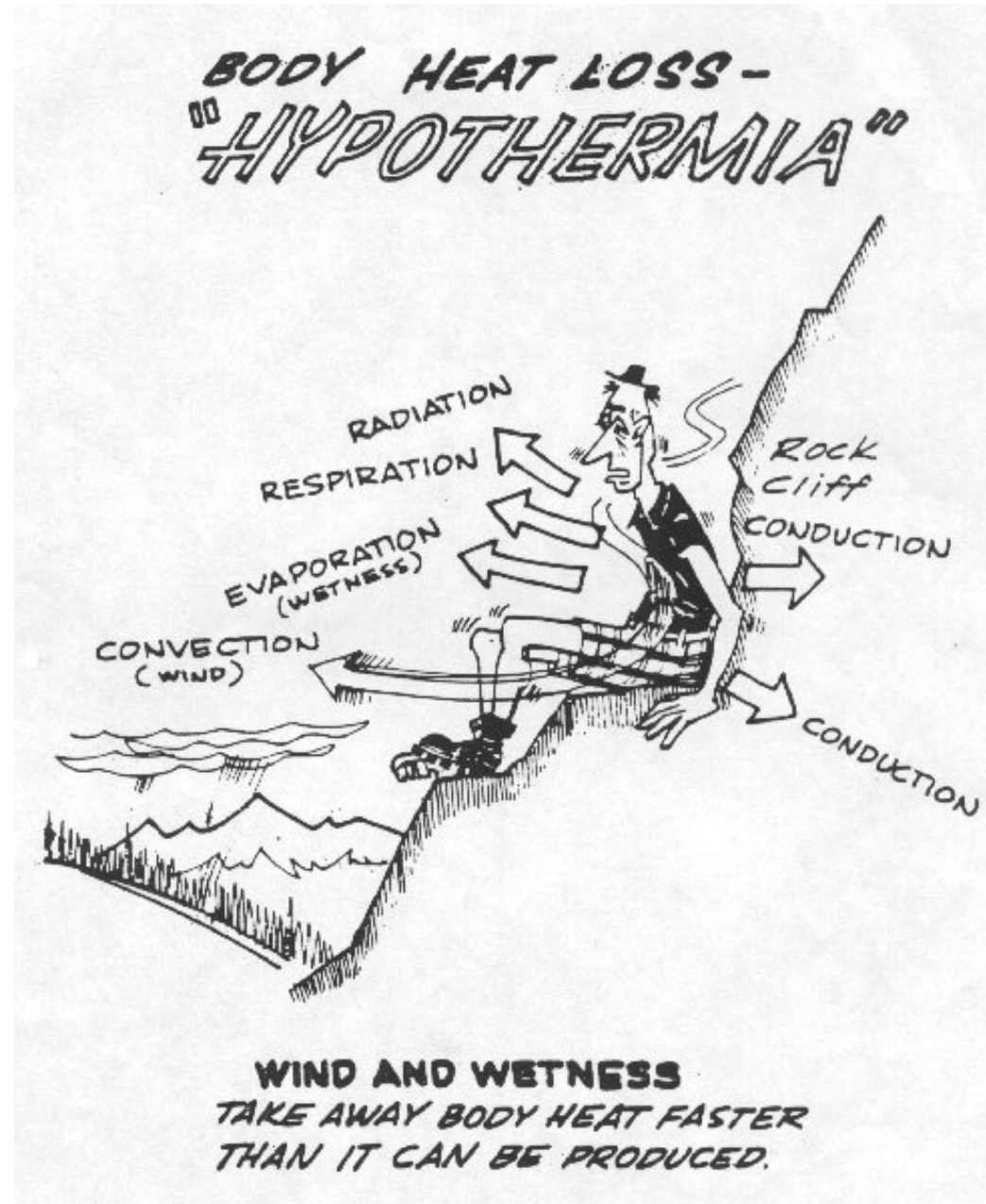
- Student will learn the degrees of hypothermia and their symptoms.
- Student will be able to discuss the mechanisms of heat loss.
- Student will learn the basics of FA in hypothermia.

Definition

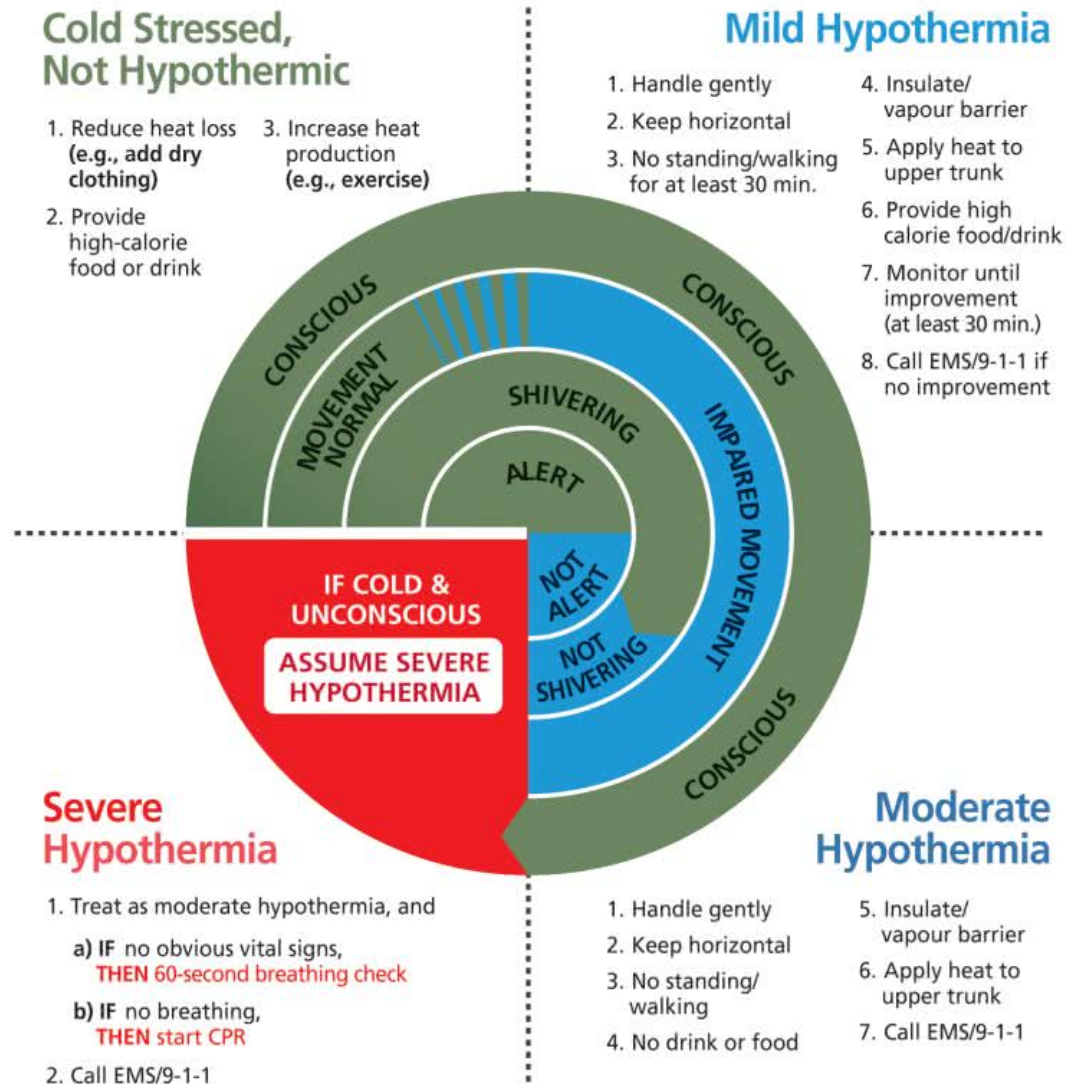
- Involuntary drop of the body temperature $< 35^{\circ}\text{C}$
- Life threatening situation
- Body loses heat faster than generates
- Not necessary freezing weather

Heat losses

- Radiation
- Evaporation
- Conduction
- Convection



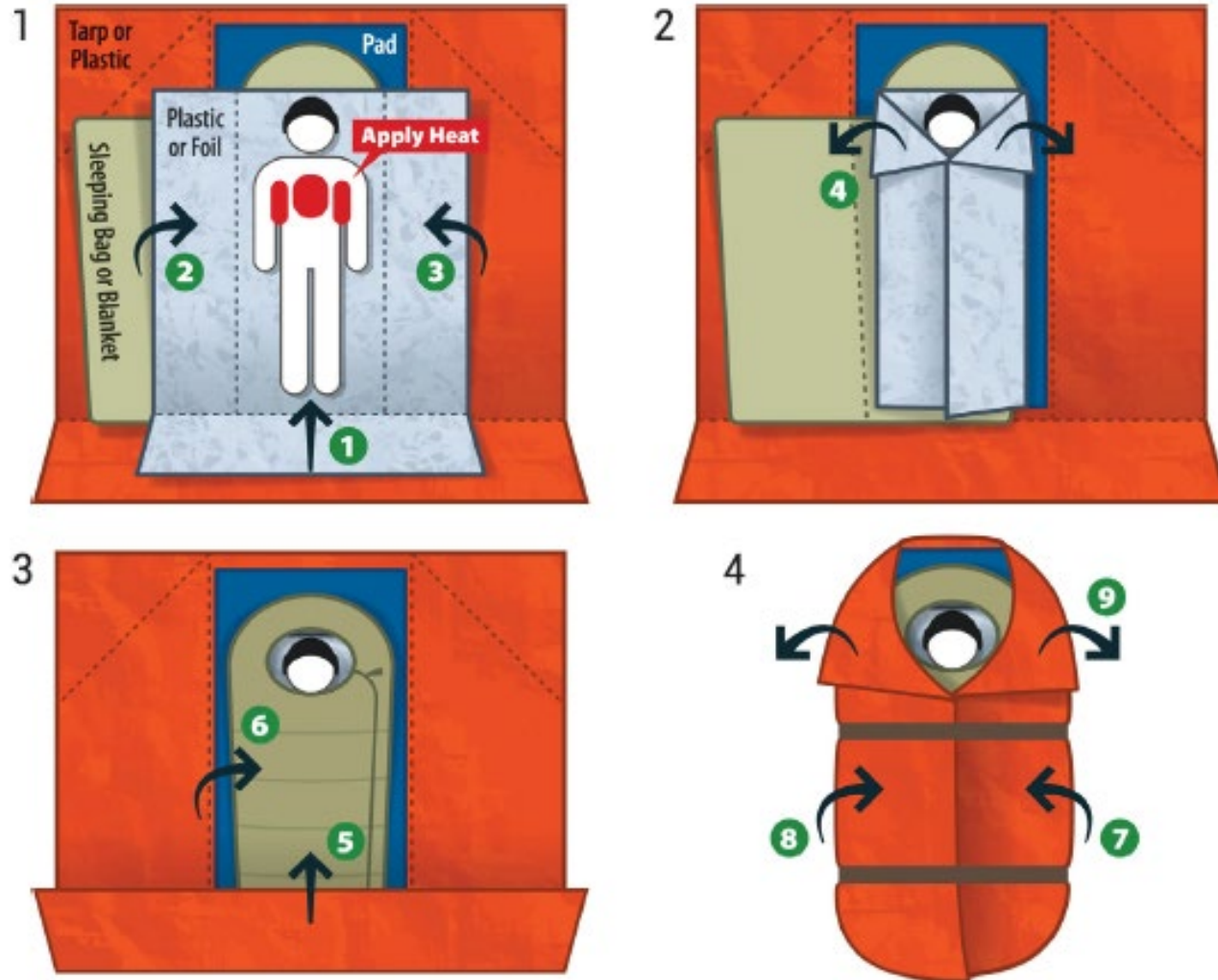
Symptoms and degrees



Therapy

- Transport to warm place
- Limit patient movement
- Avoid additional heat losses
- Change wet clothes
- Start rewarming from the core
- If disorder of consciousness nothing p.o.
- Do not give the patient alcohol
- If moderate or severe hypothermia seek expert help
- If cardiac arrest start CPR

Hypothermia wrap



Learning outcomes

- Student is able to name the degrees of hypothermia and describe their symptoms.
- Student is able to name the mechanisms of heat loss.
- Student is able to describe the basics of FA in hypothermia.

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Thank you for your attention

Sources

- <https://www.horosvaz.cz/res/archive/006/004208.pdf?seek=1324039340>
- https://cprguidelines.eu/sites/573c777f5e61585a053d7ba5/content_entry573c77e35e61585a053d7baf/573c78115e61585a053d7bce/files/S0300-9572_15_00329-9_main.pdf?
- Pictures:
 - <https://www.alertfirstaid.com/blog/brrr-its-cold-outside/>
 - <http://www.sarbc.org/resqair/heatloss.html>

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