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# Frostbites

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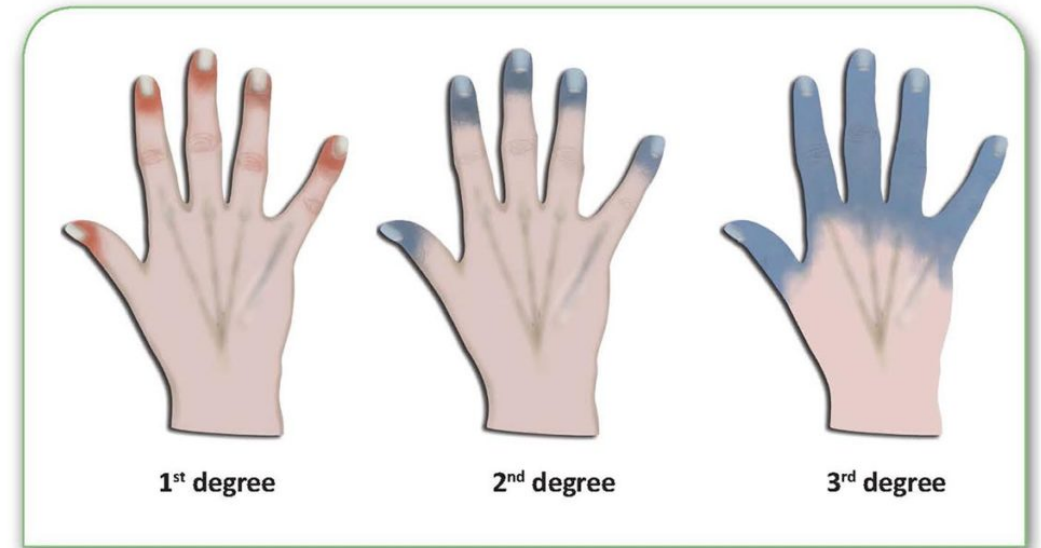
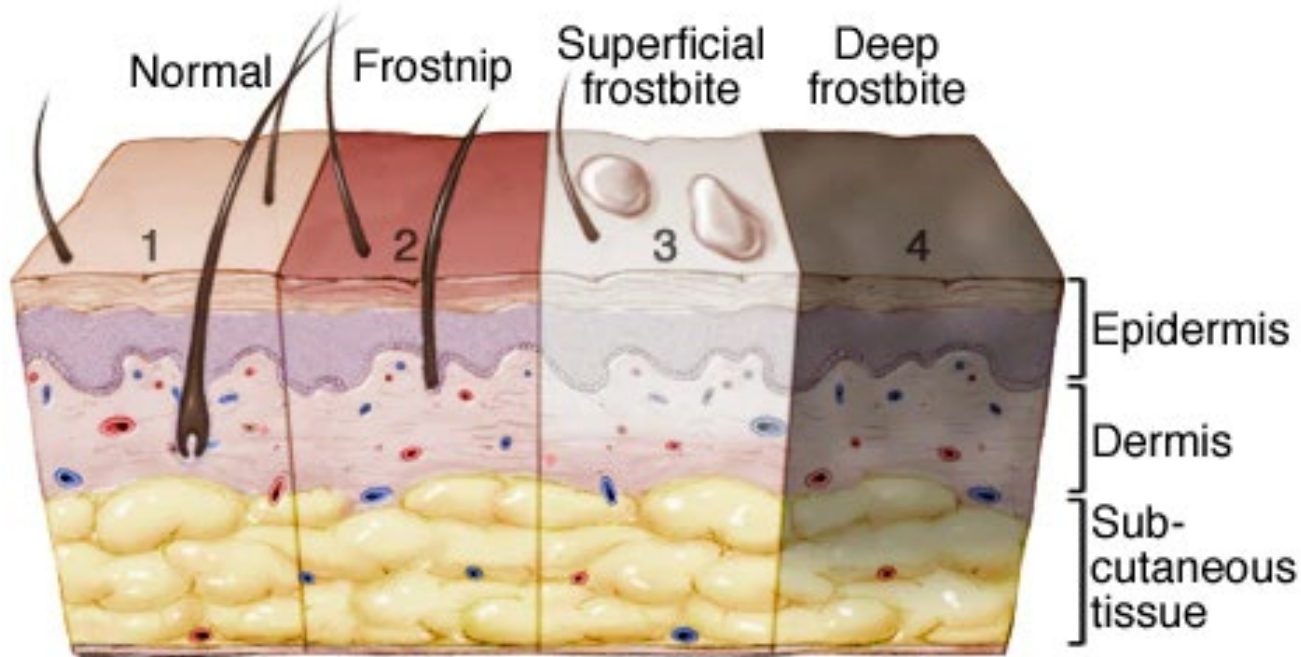
# Learning objectives

- Student will learn the degrees of frostbite.
- Student will learn the basics of FA for frostbite.
- Student will learn the possibilities of frostbite.

# Definition + characteristics

- Local damage of skin or deeper structures
- From cold, wind, dampness
- Most often the extremities – ears, nose, limbs
- First signs: cold, stabbing feeling, pain, redness
- Before rewarming: pale, cold, decrease sensitivity
- The degree is clear after couple of days

# The degrees



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# Therapy

- Transport to warm place, thermal comfort
- Undress wet clothes
- Rewarm only if there is no danger of another freezing
- Warm bath 37 – 38°C, ideally with antiseptic
- Dry carefully, wrap in sterile dressing
- Frostbites on legs – do not walk
- Seek the doctor

# What NOT to do

- Rub the frostbite with ice or snow
- Puncture the blisters
- Use direct heat source
- Underestimate the first signs of frostbites

# Prevention

- Enough fluids and energy
- Appropriate clothes – boots, gloves,...
- Spare clothes – change if wet
- Do not smoke
- Sufficient acclimatization
- Search actively for signs of frostbites

# Learning outcomes

- Student is able to name and define the degrees of frostbite.
- Student is able to describe the principles of FA for frostbite.
- Student is able to discuss the possibilities of frostbite prevention.



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**Thank you for your attention**

# Sources

- <https://www.theuiaa.org/mountaineering/treating-frostbite-in-the-field/>
- Pictures:
  - <https://www.theuiaa.org/mountaineering/mountain-skills-how-frostbite-occurs/>
  - <https://www.mayoclinic.org/diseases-conditions/frostbite/multimedia/img-20114490>

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