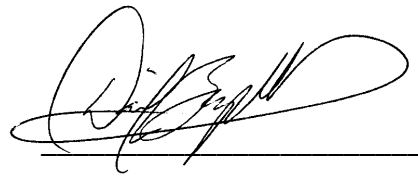


EL DORADO COUNTY EMS AGENCY

PREHOSPITAL PROTOCOLS

Effective: January 1, 2017



EMS Agency Medical Director

BLS Hypothermia – Frostbite

INFORMATION NEEDED:

- Length and history of exposure
 - Air temp. water temp. wind velocity, was patient wet or dry
- History and time of mental status changes
- Medical history:
 - Trauma, alcohol consumption, medications, pre-existing medical problems

OBJECTIVES FINDINGS:

- Altered mental status, body temp, exposure
- Evidence of local cold injury:
 - Blanching, red or hot looking skin, especially ears, nose, fingers and toes, burning, numbness in affected areas.

TREATMENT:

1. ABC's
2. Gently move patient to warm environment
3. Remove wet clothing and cover with warm blankets
4. Heat pack that are less than 110 degrees may be applied to groin and axillary for warming measures.
5. Oxygen 10-15L/min via non-rebreather mask. Patients with ineffective respirations: support ventilations with BVM and appropriate adjunct.
6. Place patient in a warm environment.
7. Patient should be handled gently; avoid patient exertion.
8. Pulse should be taken for 60 seconds for accuracy.
9. Routine medical care
10. **If frostbite is present:** Do NOT attempt to thaw out frost bitten areas or apply heat packs to frostbite sites. Immobilize and wrap affected extremity with thick warm blankets or clothing. Do not rub skin to rewarm. Do not allow refreezing.

AED equipped BLS instructions (patient > 1 year old only):

CARDIAC ARREST (prior to EMS arrival) – Perform 2 minutes of CPR while attaching automatic or semiautomatic external defibrillator to patient if so equipped. **If defibrillation is indicated, limit shocks to one (1) only.** Follow with two (2) minutes of CPR. If there is still no pulse or evidence of breathing, continue CPR until ALS personnel take over care of patient.

CARDIAC ARREST (during patient treatment)- Attach automated or semiautomatic external defibrillator to patient if so equipped. **If defibrillation is indicated limit to only one (1) shock.** Follow with two (2) minutes of CPR. IF there is still no pulse or evidence of breathing, continue with CPR until ALS personnel take over care of patient. IF no defibrillator is available perform CPR until return of spontaneous circulation or ALS personnel take over care of patient.