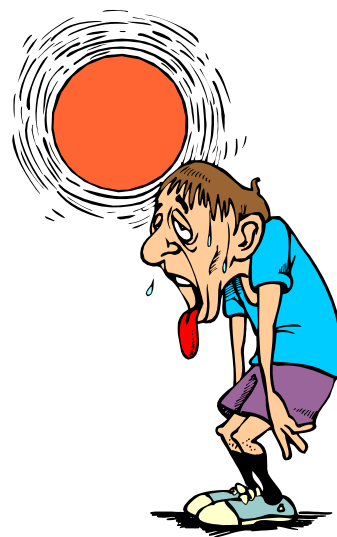

HEAT-RELATED DISORDERS

1) Heat Cramps

- Can be induced by acute exposure to heat for some duration. Often worsened by exercise. Commonly occur in extremities and abdomen.

Tx: Stretch and massage cramped area, mild heat on part may help



2) Heat Syncope (“sin-co-pee”)

- Occurs when victim is sitting in hot environment such as hot tub or steam room for some amount of time. Blood vessels going to the brain become dilated and blood becomes less viscous (thick).
- Victim then may stand up very quickly; blood rushes down the body (leaving the brain) and passes out immediately.
- Victim will regain consciousness very quickly. Our biggest concern is head injury from falling.

Tx: ABC’s, Treat other injuries if any, O₂, EMS, Education.

3) Heat Exhaustion and Heat Stroke

HEAT EXHAUSTION		HEAT STROKE
A serious disturbance of the circulation due to excessive loss of salt and fluids from sweating	Definition	A failure of the body’s heat-regulating mechanism to function. This leaves body unable to cool.
Exposure to hot, humid environment/ excessive exercise in sun	History	Exposure to a hot, humid environment or extreme heat for extended periods of time.
Conscious and Responsive	LOC	Unconscious, confused, disoriented
Weak, rapid	Pulse	Strong, bounding, fast
Shallow and Quiet	Respirations	Deep and fast
PEARL	Eyes	Dilated, equal, reactive
Pale, Cool, Clammy	Skin	Red, Hot, Dry
May experience heat cramps	Other	May go into convulsions
<ul style="list-style-type: none"> ✓ Remove from source ✓ Loosen tight clothing ✓ Position of comfort ✓ Keep <i>comfortably</i> warm ✓ Monitor Temperature Carefully. ✓ Can give SMALL amount water ✓ Oxygen & Treat for Shock 	Treatment	<ul style="list-style-type: none"> ✓ Remove from source ✓ ABC’s ✓ EMS ✓ Oxygen/Airway ✓ Lateral Position (if unc) ✓ Begin to actively cool body <ul style="list-style-type: none"> • Wet sponge, towel, etc. ✓ Monitor carefully