

Patient experiencing heat exhaustion progressing into heat stroke due to high temperature environmental conditions and heavy labor

Scenario	On a hot July day your are dispatched to a worker behaving abnormally. He has been unloading a truck, working in an un-conditioned closed facility for several hours without a break	
Equipment	BSI Equipment Run Sheet O ₂ Tank w/Liter flow regulator Bag Valve Mask Suction – Hard/soft catheters	Stethoscope Non-Rebreather Mask BP Cuff Airways – oral/nasal

Your Actions		Findings - Conscious
Scene Size-up:	• Scene Safety	Check for any hazards to you – including smoke, chemicals, unusual odors, strangers and pets
	• BSI	Minimum of gloves
	• Mechanism of Injury/Illness	Medical – Possible heat related
	• Additional Resources (beyond normal response)	Yes – assist in transport to medical facility if required.
	• Number of patients	1
	• Advanced care required	ALS may be required if patient condition declines
Initial Assessment	• General Impression/Chief Complaint	Poor – patient is sweating profusely, skin is clammy and pale, and he is complaining of head ache, weakness, dizziness
	• Assess Mental Status (AVPU) (PPT)	Alert and oriented,
	• Assess airway	OK
	• Assess breathing/interventions	OK – breathing is shallow
	• Assess circulation	Yes – rapid, weak
	• Determine priority	High

Conscious Medical Patient Focused History / Physical Exam	From Patient: <ul style="list-style-type: none"> • Obtain a Present illness history • O P Q R S T 	Onset: Came on over a short time – started to feel tired, cramps, very thirsty Provokes: Working to get truck off-loaded as soon as possible – hot enclosed building Quality: -N/A - Radiation: -N/A - Severity: -N/A - Time: -N/A -	
	From Patient: <ul style="list-style-type: none"> • Obtain a SAMPLE history 	Signs and Symptoms: Hot, sweaty, cramps, dizzy, pale, thirsty Allergies: Latex Medications: Deny Pertinent Past history: Deny Last Oral Intake: Lunch – 3 hours ago Events leading up to injury or illness: Unloading boxes	
	<ul style="list-style-type: none"> • Focused Physical Exam 	Suspect heat exhaustion – need to get fluid in, remove to cool area, lie down, use wet towels/ice packs for cooling	
	<ul style="list-style-type: none"> • Obtain baseline vitals 	Pulse: 124 BP: 128/86 Respirations: 16	Skin cool, sweaty, pale
	<ul style="list-style-type: none"> • ALS 	Not at this time	
Transport	<ul style="list-style-type: none"> • Treat/Load/Prepare for Transport 	Move to shade/cool building/vehicle/re-hydrate/O ₂ NOTE: NON LATEX EQUIPMENT ONLY	
Ongoing Assessment	<ul style="list-style-type: none"> • Repeat Initial assessment 	Sweating decreased, skin feels hot/drier to touch, patient becoming confused, agitated, combative (“I need to get back to work!!!)	
	<ul style="list-style-type: none"> • Reassess Vitals 	Very rapid pulse	
	<ul style="list-style-type: none"> • Repeat Physical Assessment 	Suspect Heat stroke - LIFE THREAT	
	<ul style="list-style-type: none"> • Treat Life Threats 	Must cool quickly with water spray, ice packs in armpits, on neck, and groin, Fan patient. REQUEST ALS	

TREAT LIFE THREATS	<ul style="list-style-type: none"> • Airway 	Maintain airway – if unconscious use Head-tilt/Chin-lift
	<ul style="list-style-type: none"> • Breathing 	If adequate - assist with O ₂ using non-rebreather If inadequate – BVM 1 breath every 5 seconds
	<ul style="list-style-type: none"> • Circulation 	CPR if required

Ongoing Assessment	<ul style="list-style-type: none"> • Repeat Initial assessment 	Patient begins to recover
	<ul style="list-style-type: none"> • Reassess Vitals 	Reassess/monitor during transport