

Heat Related Illness Oshkosh Fire Dept

1) Routine Medical Assessment

2) Remove from heat source

3) Administer oxygen, 2L by nasal cannula. Titrate to maintain oxygen saturation of at least 94%.

4) If the patient is conscious, administer oral fluids as tolerated.

5) If the patient's vital signs are unstable, establish an IV of normal saline. Administer a fluid bolus for adults 500ml or 20 ml/kg for pediatrics. Reassess vitals. If the patient's vital signs are stable, establish an IV of normal saline TKO.

6) If the patient has an altered mental status, obtain glucometer reading.

- If the blood sugar is less than 70 mg/dl, administer 25 G (50 cc) of D50W.
- Pediatric patients under 5 years old administer 1 gram/Kg of D25W IV/IO.

7) If the patient has an altered mental status, obtain a rectal temperature.

8) Apply ice packs or cold compresses to the axilla, groin, flanks, and head.

9) Maintain cool airflow over the patient. Spray the patient with water mist.

10) If the patient develops seizures, administer 2 mg Versed IV/IN or 4 mg Versed IM.

- *Pediatric dose of Versed 0.1 mg/kg IV/IN or 0.2 mg/kg IM, not to exceed adult dose*

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