

Hypothermia

(hypo/less
thermia/temperature)



Hypothermia occurs when the core body temperature drops to less than 95 degrees F or 35 C.

When the outside environment gets too cold, or the body's ability to produce heat decreases, a condition known as hypothermia, which is life threatening, occurs.

Symptoms of Hypothermia:

- Mild - shivering, lethargy, apathy, confusion, rapid heart rate
- Moderate - shivering stops, increased confusion or delirium, slowing heart rate which may become irregular
- Severe - coma, ventricular fibrillation, may appear deceased, brain activity stops

Signs of Hypothermia:

- Hypothermia develops gradually which is particularly dangerous because it often goes unnoticed.
- In addition to the shivering and cold that is felt, the ability to think clearly, and reason is affected.
- Initial hunger and nausea will give way to apathy characterized by a lack of interest and enthusiasm.
- Confusion, lethargy, slurred speech follow which gives way to eventual loss of consciousness, and coma.
- The affected person will want to remove their clothing. They lie down, fall asleep. Death is imminent.

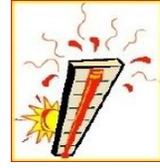
There is a direct correlation between brain function and body temperature. The colder the body the less brain function. Abnormal electrical rhythm due to the heart's inability to pump blood may lead to cardiac arrest.

Treatment of Hypothermia

Remove the affected person from elements of cold and provide shelter from wind. Replace wet clothing with dry, including a head covering. Provide blankets, and body to body warmth. Activate emergency services. Monitor

Hyperthermia

(hyper/more
thermia/temperature)



Hyperthermia occurs when the body is in a state of "overheating". The person affected will experience heat related illness that can potentially lead to death. Among the most severe is heat stroke which occurs when the body's temperature rises in excess of 105 F or 40C.

Symptoms of Hyperthermia:

- Headache
- nausea, weakness, dizziness, fainting,
- muscle cramps,
- seizures and coma

Signs of Hyperthermia:

- High body temperature (+104 F or 40C).
 - Skin that is red, hot, and either moist or dry and sweating may have stopped.
 - Difficulty breathing, rapid heart rate.
 - Confusion and restlessness
 - Seizures, unconsciousness, coma
- When any of these signs are presented, you may be dealing with a life threatening emergency.

Treatment of Hyperthermia

Get the affected person to a cooler place and remove restrictive clothing.

Cool the person immediately by fanning vigorously, immersing in water, or apply cold packs/ice to armpits, neck or groin areas.

Rehydrate by giving fluids.

Monitor and call for medical assistance.



Prevention: Good planning, Good judgment!

Wear appropriate clothing and always prepare for the worst when there is a possibility of cold weather.

Drink 16-32 ounces of fluids each hour. When sweating heavily replace salt and minerals with sport drinks and or fruit juice. Wear lightweight, light colored loose fitting clothing, sunscreen and hats. Pace yourself and rest periodically

References

Wedro, B. (2013) <http://www.medicinenet.com/hypothermia/article.htm>. Retrieved May 10, 2013

Doerr, S. (2013). <http://www.medicinenet.com/hyperthermia/article.htm>. Retrieved May 10, 2013