

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management

9. Exposure, Environment & Everything Else

c. Medical Emergencies

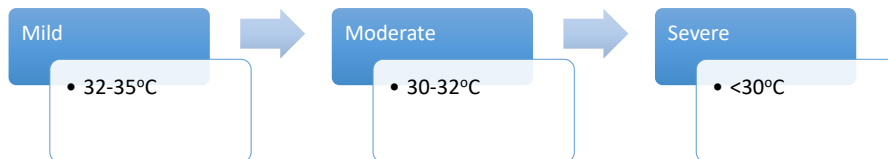
vi. Hypothermia

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Hypothermia



Core Temperature	Features
35°	Maximum shivering thermogenesis
31°	Shivering stops
30°	Atrial fibrillation & other dysrhythmias
29°	Reduced LOC, bradycardia, bradypnoea
24°	Hypotension
22°	Ventricular fibrillation
18°	Asystole



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Management of Hypothermia

- Remove Pt from cold and remove wet clothes
- Dry skin gently
- High Flow O₂
- Continuous observation
- Careful handling
 - Airway adjuncts may trigger VF
- Withhold adrenaline until 30°C
- And then double the interval
 - 3rd, 7th, 11th
- If in cardiac arrest
 - Deliver 3 shocks as per protocol – despite temperature
 - Withhold further shocks until +30°C

