

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management

9. Exposure, Environment & Everything Else

c. Medical Emergencies

v. Heat Illness

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The Society of Sports Therapists

Heat Illness

- Minor heat illness
 - <40°C core temp
 - Muscle cramps
 - Oedematus
 - Hyperventilation
 - Carpo-pedal spasm
 - Syncope
 - Can lead to exhaustion & major heat illness if left



- Treatment of minor heat illness
 - Remove to cool environment
 - Fan and spray with luke warm water
 - Cold water increases vasoconstriction and thus core temperature
 - Cool IV fluids if cramping
 - In absence of trauma



Major Heat Illness

- Core temperature above 40°C
- Signs
 - Confused & irritable
 - Reduced LOC & collapse
 - Seizure
 - Decerebrate (extn) posturing
 - Tachycardia
 - (+100bpm)
 - Tachypnoea
 - (+20 breaths per minute)
 - Hypotension
 - Cardiac arrest





- Management of major heat illness
 - Move to cool environment
 - Assess ABCDE & Manage ABC including O₂
 - Cool IV fluids (in absence of trauma)
 - Fan & spray with luke warm water
 - Ice blocks to pulse points
 - Wrists, armpits, neck, groin
 - Treat seizure with rectal/ IV Diazepam
 - Refer to ED ASAP
 - Do NOT give Anti-Pyretic's (e.g. paracetamol)
 - Mortality rate of 10%