

Effective Date : November 18, 2018

Last Review: New Policy

Next Review: November 2020

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**Authority:** Health and Safety Code, Division 2.5, California Code of Regulations, Title 22, Division 9

**DEFINITION: LOW BODY TEMPERATURE - 95°F OR LESS**

**MILD 93°F to 95° F** - Shivering, complaint of cold, usually conscious, ALOC, clumsiness, normal BP, or cyanosis.

**MODERATE 86°F to 93°F** - Confusion, semiconscious, combative, shivering ceases, muscle rigidity, dilated pupils, decreased breathing rate, BP difficult to obtain, VF with agitation/sudden movement (handle/move patient gently).

**SEVERE 86°F OR LOWER** - Comatose, no rigidity (flaccid), apnea, spontaneous VF, the severely hypothermic patient may appear to be clinically dead.

**Pulse and respirations may need to be checked for longer periods before beginning CPR (up to 60 seconds).**

**BLS TREATMENT:**

**OXYGEN:** as appropriate keep SpO2 at least 94%, assist ventilations as necessary.

**VITALS:** assess vitals

**CHECK TEMPERATURE:** assess temperature

**BLOOD SUGAR CHECK:** test blood sugar and treat as appropriate.

**WARMING MEASURES: REMOVE WET CLOTHING.** If patient requires moving, be gentle. Avoid unnecessary movement or rubbing. Cover patient with blanket to prevent heat loss, keep patient horizontal. Initiate CPR as needed.

**ALS TREATMENT: MILD/MODERATE 86°F OR GREATER**

**OXYGEN:** as appropriate keep SpO2 at least 94%, establish advanced airway as needed.

**MONITOR:** treat rhythm as appropriate. If pulseless/apneic initiate CPR.

Give IV meds as indicated, but at longer than standard intervals. Defibrillate VF/VT as necessary (standard ACLS); refer to length based assessment tape for drug doses and energy settings.

**IV/IO ACCESS:** Warm IV fluids use appropriate size; refer to length based assessment tape. Administer 20ml/kg fluid bolus for hypotension.

**BLOOD SUGAR CHECK:** Test blood sugar if < 60 mg/dl refer to **Pediatric M5 ALOC Policy**

**ALS TREATMENT: SEVERE LESS THAN 86°F**

**OXYGEN:** as appropriate keep SpO2 at least 94%, establish advanced airway as needed.

**MONITOR:** assess for pulse up to 60 seconds, treat rhythm as appropriate. If pulseless/apneic initiate CPR. Withhold IV meds until temperature is **GREATER THAN 86°F** Limit shocks for VF/VT to one shock. Once temperature is **GREATER THAN 86°F** defibrillate VF/VT as necessary; refer to length based assessment tape for energy settings.

**IV/IO ACCESS: WARM IV FLUIDS;** use appropriate size refer to length based assessment tape. Administer 20ml/kg fluid bolus for hypotension.

**BLOOD SUGAR CHECK:** Test blood sugar if < 60 mg/dl refer to **Pediatric M5 ALOC Policy.**

**Refer to length based assessment tape for drug doses, energy settings and proper equipment sizes.**



## POLICY PEDIATRIC M10 HYPOTHERMIA

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