

Saint Anthony EMS Academy  
1<sup>st</sup> Quarter 2010

Hypothermia - <http://www.nlm.nih.gov/medlineplus/hypothermia.html>

Hypothermia is defined as?

List at least six (6) variables that may contribute to hypothermia.

How long could it take before the heart and brains temperature start to drop.

Define the following:

Conduction

Convection

Radiation

Evaporation

Respiration

Explain the signs and symptoms of the stages of hypothermia.

Impending hypothermia

Mild hypothermia

Moderate hypothermia

Sever hypothermia

By swimming or treading water, a person will cool about \_\_\_\_\_% faster than if remaining still.

Describe "After Drop".

List the steps used in the treatment of an individual exposed to cold water.

Stages of Hypothermia

Fill in the table below with Signs and Symptoms

Core Body Temperature		Signs and Symptoms
99°F-96°F	37.0°C- 35.5°C	
95°F-91°F	35.5°C-32.7°C	
90°F-86°F	32°C-30°C	
85°F-81°F	29.4°C-27.2°C	
80°F-78°F	26.6°C-20.5°C	

Hyperthermia - <http://www.medicinenet.com/hyperthermia/article.htm>

What causes Hyperthermia and how is it detected?

Define each of the following.

Heat stress

Heat syncope

Heat cramps

Heat exhaustion

Heat stroke

List at least five (5) health and lifestyle risk factors which could contribute to hyperthermia?

Explain symptoms and treatment for...

Heat Cramps:

Heat Exhaustion:

Heat Stroke:

Describe how the sun causes burns.

What percent of UV radiation is reflected by water?

When dealing with water related incidents, the primary concern for a responder must be for ones own safety and the safety of by-standers. We have a tendency to get tunnel vision and not look beyond the obvious. The following is a partial list of problems related to water emergencies. Describe possible problems and treatment for each.

- Airway obstruction
  
- Cardiac arrest
  
- Injuries to head & neck
  
- Internal injuries
  
- Generalized hypothermia
  
- Substance abuse
  
- Drowning or near-drowning