



## Colorado EMS Primary Instructor Training Lesson Guide

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**Session Title:** Care of the Patient With Heat Related Illnesses

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

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## **Preparation / Set:**

### **Attention / Motivation:**

Heat emergencies are prevalent in a large number of groups of individuals in many different settings. Heat emergencies range from very minor effects to life threatening conditions. Heat emergencies may occur during any season of the year.

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**Objectives:**

At the completion of this session, the student will be able to:

1. Explain the steps in providing emergency care to a patient exposed to heat

**Session Overview:**

- C Care of the patient with heat exhaustion
- C Care of the patient with heat stroke



Instructor Notes	Outline
	<ul style="list-style-type: none"><li>I. Care of heat exhaustion - patient with moist, pale, normal cool temperature, skin<ul style="list-style-type: none"><li>A. Remove the patient from the hot environment and place in a cool environment (back of air conditioned ambulance)</li><li>B. Administer oxygen if not already done during the initial assessment</li><li>C. Loosen or remove clothing</li><li>D. Cool patient by fanning</li><li>E. Put in supine position with legs elevated</li><li>F. If the patient is responsive and is not nauseated, have the patient drink water</li><li>G. If the patient is unresponsive or is vomiting, transport to the hospital with the patient on their left side</li></ul></li> <li>II. Care of heat stroke - patient with hot, dry, skin<ul style="list-style-type: none"><li>A. Remove the patient from the hot environment and place in a cool environment</li><li>B. Remove clothing</li><li>C. Administer oxygen if not already done during the initial assessment</li><li>D. Apply cool packs to neck, groin, armpits</li><li>E. Keep the skin wet by applying water with sponge or wet towels</li><li>F. Fan aggressively</li><li>G. Transport immediately - this is a life threatening problem</li></ul></li></ul>

**Summary:**

**Review:**

- C Care of the patient with heat exhaustion
- C Care of the patient with heat stroke

**Re-motivation:**

**Evaluation**

Written test and/or quizzes.