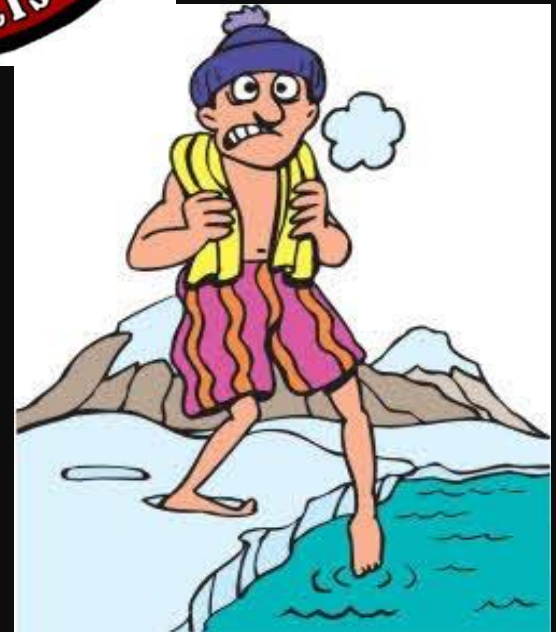


SERC Fun with Hypothermia (A.K.A. is the sauna on

Jeannie Duncan



Hypothermia

- Describing the condition
- What to Expect
- How to Treat
- Resources
 - A video of Jeany Duncan talking about hypothermia is here: <https://www.youtube.com/watch?v=Qk92ACcsOw4>



Hypothermia

Subnormal Body Temperature

- Normal 97-100° (37° C)
- Mild Hypothermia 90-96° F or 32-35° C
- Severe Hypothermia Below 90° F or 32° C

What do all hypothermic swimmers say
when you ask them how they're feeling?






I'm OK

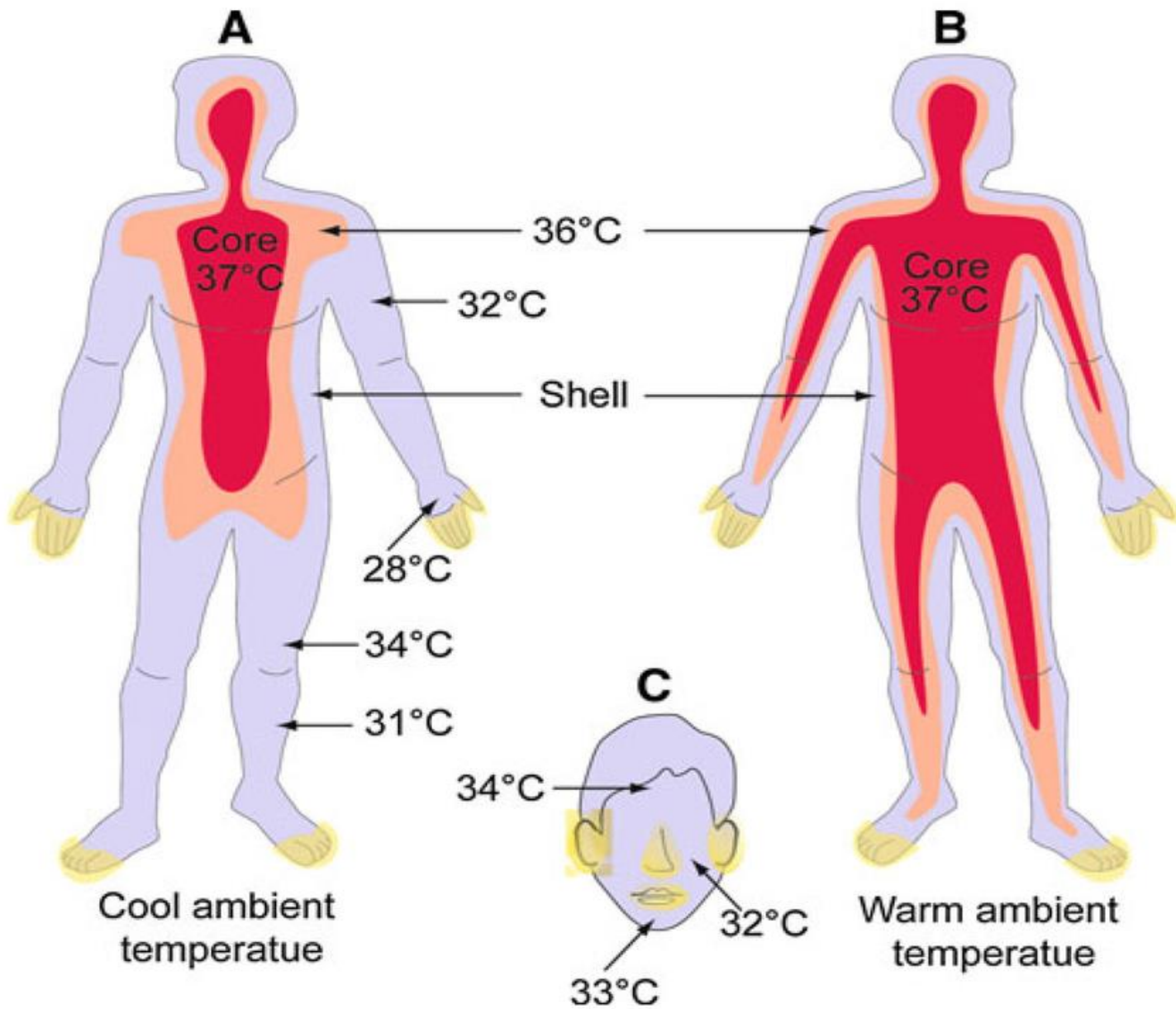
The image features a white background with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the page.


**THE BODY LOSES HEAT 20X
FASTER IN 50 DEGREE WATER
THAN IN 50 DEGREE AIR**




The body's Initial response to cold water immersion (WTF!?!?)


- Peripheral vasoconstriction
 - Increase in Heat production
- 






• The body's response to sustained cold water exposure (UHOH!)

- Increased energy demands
 - Decreased energy stores
 - Cold diuresis
- 



Body's response to leaving the water (the emergency is over)

- Peripheral vasodilation
 - Afterdrop
- 



• Body's response to rewarming
(AAAAAAHHHH!)

- DROP IN BLOOD PRESSURE
 - SYNCOPE
- 


Mild Hypothermia (90-95° F 32-35°

C) Symptoms

- Shivering
- Lack of coordination
- Flat affect
- Minor confusion
- Slurred speech
- Possibly pale/ashy lips
- Skin cold to the touch
- Feeling really bad/restless / impending doom
- Drop in blood pressure causing dizziness and/or syncope



The “umbles”

- Stumbling
 - Grumbling
 - Mumbling
 - Fumbling
- 

Treatment for mild hypothermia

- Remove the swimmer from the water.
- Prevent further heat loss
- Provide external source of heat (heat packs, body heat, warm liquids and ultimately the sauna)
- Remove wet clothing, cover with dry jacket, blanket, covering all exposed skin. Protect from wind.
- Lay swimmer flat in the sauna, do NOT sit them up in the shower! Sugary fluids!! Energy bar!!
- Don't leave the swimmer alone until you're confident that they're back to normal or they're with somebody else that will watch them.

Severe hypothermia (<90° F or 32° C) symptoms

- Muscle rigidity (Frankenstein walk) and/or inability to walk or move
- Slow pulse
- Weakness and/or sleepiness
- Slow/shallow respirations
- Pale or cyanotic skin that's cold to the touch
- Altered mental status/confusion
- Loss of consciousness
- Conscious but non verbal or minimal response to verbal stimuli

Treatment for severe hypothermia

- Call 911!
- Update 911 dispatch if that location changes. Have somebody wait at the door to the club to guide responders. Have necessary info for responders, name, DOB, medical history
- Keep swimmer lying down in the sauna. Minimize door opening. Provide added body heat to swimmer.
- Don't give oral fluids if swimmer isn't able to swallow
- If swimmer vomits, turn them on their side and clear out their mouth as best as possible
- Begin CPR if swimmer becomes pulseless prior to paramedic arrival



Enjoy and Be
Smart