

ED UNINTENTIONAL HYPOTHERMIA MANAGEMENT ADULT (17 years of age or older)

Weight (kg)

Bulleted orders are initiated by default, unless crossed out and initialed by the physician / prescriber. Boxed orders () require physician / prescriber check mark () to be initiated.

****This Order Set is to be utilized in conjunction with *Unintentional Hypothermia- Emergency Treatment Clinical Decision Support Tool #ED1724 and Quick Reference #ED1724QR* ****

- 1. ALLERGIES:** see #826234 – Allergy and Adverse Reaction Record
- 2. CODE STATUS / MOST:** See #829641 - Medical Orders for Scope of Treatment (MOST)
- 3. HYPOTHERMIA STAGING**

Physician to Select Hypothermia Stage from Table Below- selection will determine appropriate Adult Unintentional Hypothermia Emergency Treatment algorithm.

For patients with comorbid presentations, for example trauma, increase staging by one level.

For patients with Severe Hypothermia, initiate early consultation with intensivist and consideration of early transport to ECMO enabled centre.

Stage	Clinical Findings	Estimated Core Temperature (°C)
<input type="checkbox"/> Cold Stress	Normal mental status, shivering, normal function, able to care for self	35°C to 37°C
<input type="checkbox"/> Mild Hypothermia	Alert but mental status may be altered, unable to care for self, tachycardia, tachypnea, increased shivering	32°C to 35°C
<input type="checkbox"/> Moderate Hypothermia	Conscious or unconscious, depressed respirations and pulse, decreased shivering, cardiac dysrhythmias, hypotension	28°C to 32°C
<input type="checkbox"/> Severe Hypothermia	Unconscious, not shivering. Cardiac dysrhythmias, severe depressed respirations, hypotension, pulmonary edema, cardiac arrest	Less than 28°C

4. MONITORING

- Monitoring as per *Unintentional Hypothermia- Emergency Treatment Clinical Decision Support Tool #ED1724 and Quick Reference #ED1724QR*
- Point-of-Care Capillary Blood Glucose **STAT, then Q1H** until temperature greater than or equal to 36.0°C- *Initiate Adult Hypoglycemia Management as per Protocol #829518 if clinically indicated*

5. DIAGNOSTICS

- ECG 12 LEAD **STAT** **indicated in moderate to severe hypothermia OR if any cardiac concerns**
- CHEST PORT [RAD] **STAT**
- ECG 12 LEAD **STAT PRN** for cardiac abnormalities (ex. chest pain, dysrhythmias)

6. LABORATORY

STAT LABORATORY (for Moderate to Severe Hypothermia)

- CBC, Lytes4, Creatinine incl. GFR, Glucose Random, Urea
- Calcium, CK, lipase
- INR, PTT, fibrinogen
- Acetaminophen, Salicylate, Osmol, Ethanol
- Blood Gas - Arterial
- Blood Gas - Venous

Date (dd/mm/yyyy)	Time	Prescriber's Signature	Printed Name or College ID#
/ /			

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6. LABORATORY (cont'd)

TIMED LABORATORY (for Moderate to Severe Hypothermia)

- Blood Gas - Arterial 2 hours post initial
- Blood Gas - Venous 2 hours post initial

7. TREATMENTS

- Treatments as per *Unintentional Hypothermia- Emergency Treatment Clinical Decision Support Tool #ED1724 and Quick Reference #ED1724QR*
- Oxygen to keep SPO₂ greater than 92% warmed and humidified to prevent further heat loss
- Initiate two large bore peripheral IV lines STAT
 - If unable to insert peripheral IV within 5 minutes OR after 2 failed attempts insert intraosseous (IO) as per site policy/process
- Insert indwelling catheter to urometer

8. INTRAVENOUS THERAPY AND HYDRATION

Bolus IV Fluid Resuscitation

Physician to consider reassessing need for further boluses with each 2°C increase in temperature

****All IV fluids warmed to 40°C to 44°C to prevent further heat loss****

- Ringer's Lactate _____ mL IV/IO over _____ minutes
****OR****
- Normal Saline _____ mL IV/IO over _____ minutes

Maintenance IV Fluid

****All IV fluids warmed to 40°C to 44°C to prevent further heat loss****

- Ringer's Lactate _____ mL/H IV/IO
****OR****
- Normal Saline _____ mL/H IV/IO

9. MEDICATIONS

VASOACTIVE THERAPY

- norepinephrine 0 to 15 mcg/min IV infusion titrated to goal MAP of 65 mmHg ****OR**** _____ mmHg

ANALGESICS

- acetaminophen 500 to 1,000 mg PO Q6H PRN ****OR**** acetaminophen 650 mg PR Q6H PRN for pain (maximum 4,000 mg/24H from all sources)

ANTINAUSEANTS

- dimenhydrinate 25 mg to 50 mg PO/IV Q6H PRN for nausea
- ondansetron 4 mg PO/IV Q8H PRN for nausea

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