

Hypothermia

Definition:

Hypothermia is a medical condition in which the body temperature drops below the normal range of 35.0 °C.

Hypothermia can be the result of prolonged exposure to cold and freezing temperatures or sometimes due to poorly heated environments and houses.

High-risk populations include older people, newborns, infants, and severely underweight individuals.

Signs and Symptoms:

- Cold skin, trembling
- Pale skin
- Lethargy and confusion
- Breathing difficulty
- Bradycardia or slow heart rate (under 60 beats/minute)

Treatment:

- Wrap the patient with blankets or covers and place him or her in a warm environment.
- Provide the patient with a hot drink or high-sugar foods, like chocolate.
- Check the patient's vital signs, if possible, for specific respiration, heart rate, and response levels.
- Remove and change any wet or soaked clothes.
- Do not leave the patient alone.
- Send the patient to the ER with an AED.