

HEAT CRAMPS/ HEAT EXHAUSTION

1. Obtain vital signs and perform secondary survey, as indicated.
2. Obtain core temperature with thermometer.
3. Apply cardiac monitor.
4. Move patient to cooler environment, and remove their excess clothing.
5. Apply cool packs to forehead, neck, axilla, groin, and extremities.
Consider evaporative airflow.
6. Administer oral fluids (water, sports drinks diluted with 2 parts water for every 1 part sport drink).
7. Establish IV/IO access.
8. Administer NS, if unable to take oral fluids or hypotensive. Administer trial of volume infusion.