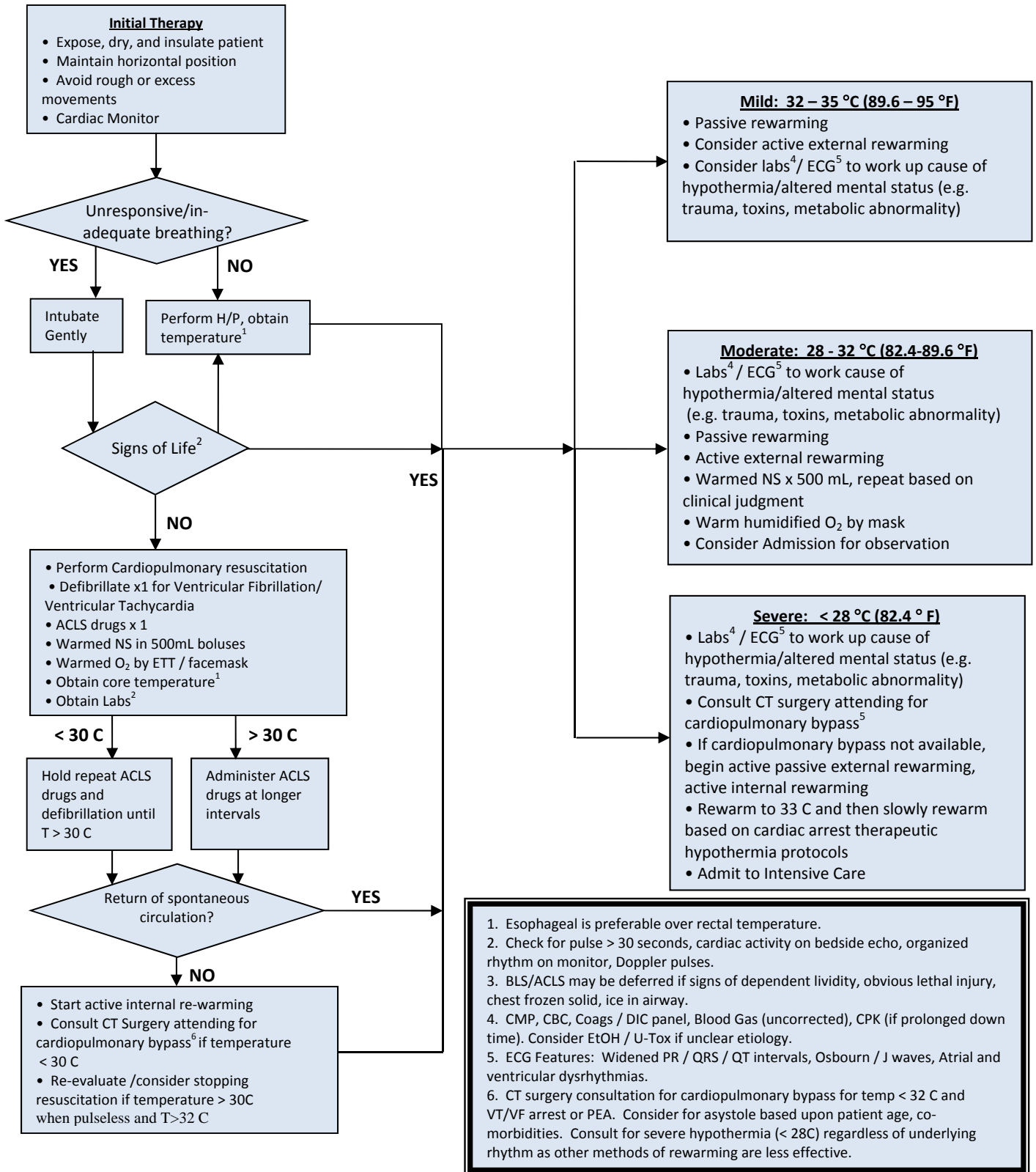


# Accidental Hypothermia Guideline



This guideline was ratified by the emergency department faculty at Maine Medical Center in January 2013. It reflects our expert opinion and is not necessarily applicable to all institutions. It is intended to be a reference for clinicians caring for patients and is not intended to replace providers' clinical judgment.

# Accidental Hypothermia Guideline

## REWARMING METHODS

### **Passive:**

Remove clothing, dry patient, cover with blankets / space blanket, provide warm sugary drinks.

### **Active External:**

1. Forced Air Rewarmer (eg: Bair Hugger) - to trunk only to reduce core temperature afterdrop.
2. Arctic Sun (for moderate / severe).

### **Active Internal:**

1. *Warmed fluids* (D5 NS @ 40-42 ° C) – Initially 250-500mL bolus, repeat based on clinical scenario.
2. *Warm, humidified oxygen.* By facemask or consider CPAP – by ETT if intubated.
3. *Peritoneal Lavage* – 2 liters of diasylate @ 40 – 45 ° C, remove after 20-30 minutes.  
Rewarming rate of 1-3 ° C / hr.
4. *Body cavity lavage* – Through Foley or NGT / OGT. 500mL boluses or continuous irrigation. Consider risk of fluid / electrolyte shifts.
5. *Closed Thoracic Lavage* – 2 large bore (38-40 fr) chest tubes in each hemithorax (one at mid clavicular line @ 2<sup>nd</sup> / 3<sup>rd</sup> interspace, second at post. axillary line @ 5<sup>th</sup> / 6<sup>th</sup> interspace).  
Infuse warmed (40-42 °C) saline and drain through posterior tube.
6. Thoracotomy with Mediastinal Lavage
  - 1-2 liters of warmed NS to mediastinum, remove after 1-2 minutes.
  - May utilize cardiac massage and internal defibrillation
  - Highly Invasive, requires disposition to OR.

### **Extracorporeal:**

1. *Continuous Venovenous Rewarming (CVVR)*
  - 2-3 ° C / hr
2. *Continuous Arteriovenous Rewarming (CAVR)*
  - 3-4 ° C / hr.
  - Requires adequate MAP.
  - Can be performed in ED with proper equipment.
3. *Hemodialysis*
  - 3-4 ° C / hr
  - Requires adequate MAP.
  - Possible to correct electrolyte and toxic abnormalities.
  - Requires dialysis staff.
4. *Cardiopulmonary Bypass*
  - Most rapid rewarming (8-10 ° C / hr).
  - Provides full cardiopulmonary support for hemodynamically unstable patients.

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