

Heat Related Illness

Key Points*:

- Rapid cooling is the most effective strategy for minimizing M&M from heat stroke and should be initiated ASAP and within 30 min of presentation
 - Ice water immersion is most effective (ICE immersion tub, Rubbermaid tubs, body bag)
 - Cool 10-15 min or until body temp is 39°C (102°F) then remove from bath
 - Prevent overshooting, goal temp is 101-102°F (38.3-38.9°C)
 - Cooling via ice water immersion occurs at a rate of ~ 1°C every five min
 - Consider benzodiazepines to prevent/treat shivering during cooling measures
- Rectal temp required to assess core body temp → Hasbro has portable continuous rectal thermometer
- IV fluids, ice packs, cooling blankets and fans are proven less effective

Hasbro Disaster Trailer:

- Located outside ambulance bay
- Keys:
 - Disaster trailer: A pod Omnicell, under "Keys"
 - "T" key to the water hose outside the ambulance bay: ACM office, top cabinet drawer
- Includes:
 - ICE immersion tub system
 - Instructions are attached to it and found here: [Immersion Cooling Equipment set up \(youtube.com\)](#)
 - Note: rectal temp must be obtained periodically while using
 - 3 fans (Infection Control okayed use for this indication)

Anderson:

- Decon room: ICE immersion tub system
- B closet: 3 fans and 2 Rubbermaid tubs
 - Key to open the closet: Pyxis in CC room 1
- These can also be brought to Hasbro if needed

Obtaining Ice:

- 0500-1900: call x4-8880
- 1900-0230: call cafeteria
- 0230-0500: areas below (transport or security can help access these)
 - Photo 1 – Cafeteria ice machine
 - Photo 2 – Kitchen ice machine (basement)
 - Photo 3 – Main Kitchen freezer (basement) Key# BBMB3 or a Master Key
 - Photo 4 – Ice bags in Main Kitchen freezer
- Runners may need to bring trash bags/basins and a stretcher to facilitate transport of ice to ED

Immediate questions/concerns call Koren Kanadanian (RIH Emergency Management)



