

# Heat Cramps (1 of 2)

- Involuntary spasms of the muscles
- Often occur after exercise, especially in hot weather
- Most commonly occur in the leg or calf muscles
- When abdominal cramps occur, it may appear that the patient is having an acute abdominal problem.



# Heat Cramps (2 of 2)

- Treatment
  - Move the patient to a cool place.
  - Have the patient lie down in a comfortable position.
  - Give the patient water to drink.
  - If the cramps do not disappear, arrange to have the patient transported.



# Heat Exhaustion (1 of 4)

- Occurs when a person is exposed to temperatures greater than 80°F (27°C), usually in combination with high humidity
- Can also occur as the result of vigorous exercise at lower temperatures



# Heat Exhaustion (2 of 4)

- Signs and symptoms
  - Profuse sweating
  - Lightheadedness
  - Dizziness
  - Nausea
  - Weak pulse
  - Low blood pressure



# Heat Exhaustion (3 of 4)

- Predisposing factors may make some people more susceptible.
  - Very young or old age
  - Preexisting medical conditions
  - Certain medications
  - High ambient temperatures
  - High humidity



# Heat Exhaustion (4 of 4)

- Treatment
  - Move the patient to a cooler place and treat him or her for shock.
  - Unless the patient is unconscious, nauseated, or vomiting, give fluids by mouth.
  - Monitor the ABCs.
  - Arrange transport to a medical facility.



# Heatstroke (1 of 4)

- Occurs when the body is subjected to more heat than it can handle and the normal mechanisms for getting rid of the excess heat are overwhelmed
- The patient's body temperature rises until it reaches a level at which brain damage occurs.



# Heatstroke (2 of 4)

- Signs and symptoms
  - Flushed, dry skin that feels hot to the touch
  - Semiconsciousness or unconsciousness
  - Internal temperatures as high as 106°F (41.1°C)
- Treatment
  - Maintain the patient's ABCs.
  - Remove the patient from the hot environment.



# Heatstroke (3 of 4)

- Treatment (cont'd)
  - Remove the patient's clothes, down to the underwear.
  - Soak the patient with water.
  - If the patient is conscious and not nauseated, administer small amounts of cool water.
  - Arrange for rapid transport.



# Heatstroke (4 of 4)



**Table 12-1** Comparing Heat Exhaustion and Heatstroke

Heat Exhaustion	Heatstroke
Normal body temperature	High body temperature
Sweating	Dry skin (usually)
Cool and clammy skin	Hot and red skin
Dizziness and nausea	Semiconscious (or unconscious)