# Heat Stroke

St John

- Primary Care
- Intermediate Care
- Advanced Care
- Critical Care

**HEAT-STROKE IDENTIFIED**

**When safe to do so:** Move patient to a cool environment / shade

**PRIMARY SURVEY** with c-spine consideration

**Manage seizures**

**Commence CPR** if no signs of life

**Position patient supine if appropriate**

**Apply reassurance**

**Perform Vital Sign Survey**

**Consider cardiac monitoring as** indicated

Consider **IV access** as necessary

**Administer: Oxygen** if indicated

**Ventilate** if necessary

**Commence active cooling**

**CONSIDER delaying transport** to ensure patient adequately cooled

- **STRIP** clothing off patient
- **SOAK**/spray with tepid water
- **FAN** patient to promote heat loss
- **IMMERSE** patient in ice bath OR icepacks to neck/groin/armpits
- **COVER** patient with wet cold cloths; continue to fan

**Consider Secondary / CNS Survey**

**Manage Trauma** as required

Consider **fluid therapy** as required

Re-evaluate

**Re-consider: Patient positioning**

**Monitor closely**
**Record observations**
Stable: Every 10 minutes
Time Critical: Every 5 minutes.

**Time Critical: Transport Priority 1**

**Patient Stable: Transport** Via normal road conditions

**Continue cooling the patient during transport to hospital.**