

## FIRST RESPONDER INITIAL CERTIFICATION/LICENSURE OR RE-LICENSING PRACTICAL EVALUATION

### 3.18 Frostbite

#### Key Performance Outcomes

- Manage frostbite

#### Patient Instructions

C/C:	"My feet are frozen"
HxC/C:	Hiking/snowshoeing for 4 hours in - 20 C temperatures
Pain Assessment (PQRST)	Both feet feel numb, pain does not radiate, 4/10 for severity, and the pain has been getting less severe the last hour of the hike
Relevant symptoms:	The skin appears white and waxy
Relevant past Med Hx:	Diabetic for 10 years
Medications:	Insulin
Allergies:	Demerol
Other:	You are portraying a 60 year old patient.

## Scenario Information

### Dispatch Information

You are dispatched to the trailhead of a popular cross-country skiing and snowshoeing area for an injured hiker. Dispatch informs you that the call came in on a cell phone and that the hiker is walking out and will meet you at the trailhead.

### Scene Information

It is a -20C winter day. After waiting 10 minutes you see two hikers enter the parking lot area. One hiker is assisting the other hiker. As you approach you notice that the patient is a woman who appears to be in her 60's. She states "I think my feet are frozen".

### Witnessed or Secondary Information (as required)

The couple has been hiking for 4 hours

Criteria	Relevant findings	Required actions
<b>RSE</b>	-20C temperature	Remove patient to a warm location
<b>LOC</b>	Alert	
<b>D</b>	None	
<b>A</b>	Open and clear	
<b>B</b>	Present and adequate	
<b>C</b>	Radial pulse present and regular	
<b>RBS</b>	Deep frostbite in both feet (white, waxy, skin feels hard to touch, and extremely cold)	Find injuries
<b>Critical Interventions</b>	Manage frostbite	Remove footwear and socks, cover with dressings, protect feet, handle gently, keep patient and feet warm
<b>C/C</b>	"My feet are frozen"	
<b>HX C/C</b>	Hiking/snowshoeing for 4 hours in - 20 C temperatures	
<b>Med Hx</b>	Diabetic for 10 years	
<b>Medication</b>	Insulin	
<b>Allergies</b>	Demerol	
<b>Vital Signs</b>	Initial Set	Second Set (if applicable)
	<b>LOC</b> Alert	<b>LOC</b> Alert
	<b>PULSE</b> 96 regular	<b>PULSE</b> 72 regular
	<b>RESP</b> 24 regular	<b>RESP</b> 16 regular
	<b>SKIN</b> Normal (sweaty from hiking)	<b>SKIN</b> Normal
<b>Other/Misc.</b>		Oxygen therapy as soon as practical