

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

3.20 Hyperthermia

Key Performance Outcomes

- Manage heat exhaustion

Patient Instructions

C/C:	"I feel dizzy and weak"
HxC/C:	You decided to go for a jog (something that you normally don't do). After running for about 30 minutes you started to feel dizzy and weak
Pain Assessment (PQRST)	N/A
Relevant symptoms:	You have been sweating profusely for 30 minutes
Relevant past Med Hx:	Minor arthritis
Medications:	Vitamin D, Diclofenac for joint pain
Allergies:	Sulpha Drugs
Other:	You have not had anything to drink for a least two hours You are found sitting in the sun up against a tree You are portraying a 40 year old patient

Scenario Information

Dispatch Information

You are dispatched to a local park for a "sick" person

Scene Information

It is early spring but the temperature is 30 degrees celsius. Someone meets you at the parking lot and informs you that a jogger almost collapsed while running around the park. The witness says that he and another person helped sit the patient down but that the patient is a little shaky on his feet. As you approach you see a man in his 40's sitting in the sun leaning up against a tree.

Witnessed or Secondary Information (as required)

Criteria	Relevant findings	Required actions
RSE	Unusually hot spring day	Move the patient to a cool location (shade)
LOC	Alert	
D	None	
A	Open and clear	
B	Rapid and shallow but adequate	
C	Radial pulse rapid and weak	
RBS	No injuries found but patient is sweating profusely. The patient looks pale	Notice sweating and skin
Critical Interventions	Manage heat exhaustion	Keep the patient at rest, elevate legs, remove as many clothes as possible, fan the patient
C/C	"I feel dizzy and weak"	
HX C/C	You decided to go for a jog (something that you normally don't do). After running for about 30 minutes you started to feel dizzy and weak	
Med Hx	Minor arthritis	
Medication	Vitamin D, Diclofenac for joint pain	
Allergies	Sulpha Drugs	
Vital Signs	Initial Set	Second Set (if applicable)
	LOC Alert	LOC Alert
	PULSE 130 weak	PULSE 100 weak
	RESP 24 shallow	RESP 20 shallow
	SKIN Pale but extremely sweaty	SKIN Pale
Other/Misc.		Oxygen therapy as soon as practical