

# Silver Cross Hospital EMS System **November** Continuing Education Study Guide **2013**

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1. What is the basic range of temperatures in hypothermia?
2. What are the primary EMS considerations for the hypothermic patient?
3. List the mechanisms of heat loss:
4. Add the definition of these mechanisms:
5. List the clinical indications of hypothermia:
6. What are the degrees of hypothermia?
7. What is cold shock?
8. How could cold shock happen?

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9. What are the first steps in EMS treatment of the hypothermic patient?
  
10. What precipitates rewarming shock?
  
11. Where are the most optimal spots to place heat packs to avoid rewarming shock?
  
12. How many times is it indicated to defibrillate the hypothermic patient in VF?
  
13. What is the dosage of Morphine for the normotensive patient in pain related to cold injury?
  
14. How is the patient's skin treated in severe frostbite situations?
  
15. Why would a seemingly alert patient in cold water not be able to grab a life preserver?