Objectives

|  |  |
| --- | --- |
| You should now be able to: | Your Test |
| State the classes of Hypothermia? | Q1 |
| Define Hypothermia? | Q2 |
| Write down two factors to be considered when looking at the effects of cold on the human body? | Q3 |
| Describe your management strategy for each class of Hypothermia? | Q4 |
| Write down the features associated with Hypothermia? | Q5 |

Questions:

Q.1

Complete the following definition of Hypothermia:

Hypothermia exists when the body’s ...............temperature has ............. to .................°C or...................

Q.2

Which one of these is not a class of Hypothermia?

1. Mild
2. Moderate
3. Partial
4. Severe

Q.3

Using the list below complete this chart of the effects on a person in the water at 10°C. Put the effects in order of falling core temperature.

Q.4

There are four features associated with immersion. One has the general heading ‘complications’ state the other three?

Q.5

Take a look at the list below of management techniques.

Use them to put together the three different strategies for mild, moderate and severe hypothermia. Remember you can use some of the techniques more than once. Write the technique in the relevant box in the order in which you would use it, the first one has been done for you.

|  |  |  |
| --- | --- | --- |
| Mild Hypothermia | Moderate Hypothermia | Severe Hypothermia |
| 1. Prevent further heat loss |  |  |

Management techniques:

* Prevent further heat loss
* Remove wet clothing
* Medevac
* Pat skin dry
* Hot drinks
* Skin-to skin warmth
* CPR
* Warm bed

Answers

Answer to Q.1

Complete the following definition of Hypothermia:

Hypothermia exists when the body’s core temperature has fallen to 35°C or below

Answer to Q.2

Which of these is not a class of Hypothermia?

The correct answer is 3. Partial is not a class of Hypothermia

Answer to Q.3

Using the list below complete this chart of the effects on a person in water at 10°C. Put the effects in order of falling core

Now compare your answer to the chart below:



Answer to Q.4

There are four features associated with immersion. One has the general heading ‘complications’. State the other three? Answer below:

* Cold shock
* Dry drowning
* Secondary drowning

Answer to Q.5

Take a look at the list of management techniques’ below; use them to put together three different strategies for mild, moderate, and severe Hypothermia. You can use some of the techniques’ more than once. Write the technique in the relevant box in the order in which you would use it?

Your answer should look like the table below:

|  |  |  |
| --- | --- | --- |
| Mild Hypothermia  Temperature °C 35 - 31 | Moderate Hypothermia  °C 35 - 31 | Severe Hypothermia  Temperature °C < 30 |
| 1. Prevent further heat loss with blankets and dry clothing 2. Remove wet clothing 3. Active re warming with hot drinks 4. Medevac | **1. Prevent further heat loss** **with blankets and dry clothing**  **2. Remove wet clothing**  **3. Active re warming with hot drinks**  **4. Medevac** | 1. Remove wet clothing 2. Use rescuers body heat as well as blankets 3. Exhale air close to nose and mouth 4. **No** active re-warming 5. CPR 6. Oxygen 7. Medevac |