



POLICY: 555.64  
 TITLE: Heat Illness (Pediatric)

EFFECTIVE: 7/1/2018  
 REVIEW: 7/2023  
 SUPERCEDES:

APPROVAL SIGNATURES ON FILE IN EMS OFFICE

**HEAT ILLNESS (PEDIATRIC)**

- I. AUTHORITY: Health and Safety Code, Division 2.5, California Code of Regulations, Title 22, Division 9
- II. PURPOSE: To serve as the treatment standard for EMRs, EMTs, AEMTs and Paramedics within their scope of practice.
- III. PROTOCOL:

**Heat Exhaustion:** Muscle cramping, fatigue, nausea, headache, normal or slightly elevated body temperature. Syncope or dizziness is almost universal.

**Heat Stroke:** Persistently altered level of consciousness and elevated body temperature (usually greater than 104° F or 40° C), tachycardia and hypotension. Sweating is variable.

<b>STANDING ORDERS</b>	
<b>HEAT EXHAUSTION</b>	
<b>ASSESS</b>	CAB
<b>OXYGEN</b>	Oxygen delivery as appropriate.
<b>COOLING MEASURES</b>	Place patient in a cool environment.
<b>HEAT STROKE</b>	
<b>ASSESS</b>	CAB
<b>SECURE AIRWAY</b>	Using the simplest effective method. A BLS airway with objective evidence of good ventilation and oxygenation is adequate and acceptable. Refer to Policy 554.00 – General Protocols.
<b>COOLING MEASURES</b>	Remove heavy or insulating clothing and splash patient with water. Place ice packs on head, neck and in axilla and inguinal areas. Promote cooling by fanning. Use all available cooling measures.
<b>OXYGEN</b>	Oxygen delivery as appropriate.
<b>IV/IO ACCESS</b>	Two large bore cannulas with volume control chambers. Give 20 ml/kg boluses until length based tape systolic BP target. Reassess the patient after each bolus.
<b>CONSIDER</b>	
<b>ACCUCHECK</b>	Test for glucose.
<b>DEXTROSE</b>	If blood glucose less than 60mg/dl: <b>Less than &lt;1 year D10W 5 ml/kg IV/IO. Greater than &gt;1 year D10 150 mL (15 gms) IV/IO.</b> Give oral glucose solution to patients who are awake and have an intact gag reflex. Recheck blood glucose in 5 minutes.
<b>GLUCAGON</b>	If blood glucose less than 60 mg/dl and no IV/IO access immediately available. 0.5 mg – less than 2 years / 1.0 mg – 2 years or greater; May repeat once. Recheck blood glucose in 5 minutes.

**MIDAZOLAM**

If seizing: 0.1 mg/kg IV/IO (maximum dose 5 mg.) If unable to establish IV after one attempt, give 0.2 mg/kg IM (maximum dose 5 mg.) May repeat once in 10 minutes if seizures continue.