Exposure Illness For FLW






HEALTH ILLNESS

- Common in India because of high humidity
- Prolonged time in the sun can lead to loss of water from the body which can cause heat illnesses
- Two common heat illnesses-
    1. Heat Exhaustion
    2. Heat Stroke

HEAT EXHAUSTION

- Warning that the body is getting too hot
- Body on touch will feel cold and clammy
- Temperature and pulse are normal
- Exhaustion in simple terms mean “getting tired”.
- Body is tired because of loss of water and salt due to excessive sweating
- More common in elderly people

HEAT STROKE

- When heat exhaustion is left untreated, it leads to more severe symptoms causing a ‘heat stroke’
- Most serious heat illness and is caused by body temperature rising to 104 oF (40 oC) or higher
- A person in heat stroke would need immediate transport to the nearest appropriate facility
- Heatstroke can quickly damage brain, heart, kidneys and muscles
- Degree of damage will depend on the height of body temperature and the amount of time

RECOGNIZING HEAT EXHAUSTION AND STROKE

Heat exhaustion

- Dizziness or fainting
- Excessive sweating
- Cool, pale and clammy skin
- Rapid and weak pulse
- Nausea or vomiting
- Muscle cramps

Heat stroke

- Headache
- No sweating
- Red, hot and dry skin (feels like fever)
- Rapid but strong pulse
- Nausea or vomiting
- May lose consciousness

MANAGEMENT – SPECIFIC MEASURES

In a case of heat exhaustion, assure the following:

- Get the person to lie down in a cool place in the shade
- Loosen his/her clothing
- Apply cool, wet cloth on the forehead, neck, arms and other exposed areas of the body
- Fan the person with cool air
- Give sips of water slowly
- If vomiting occurs, refer immediately to the nearest health facility

HEAT STROKE

- Start cool bath or sponging to reduce body temperature
- Start rapid cooling until body temperature reaches 38°C (100.4°F). External cooling is most effective. Place patient on a cooling surface, wet the victim's skin and dry with fan, and place ice packs to the neck
- Cold water immersion is effective, but not practical.
- Do not give fluids orally if the person is not conscious.
- If the victim starts having fits (seizures), follow the stabilization protocol

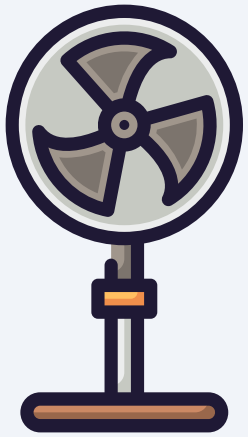
EXTERNAL COOLING

- Method that involves application of a cooling media (like cold water, ice, fanning etc.) to the skin.
- Causes removal of heat, resulting in a lower temp.
- Important in extreme cases of heat illnesses
- Two types-
  1. Evaporative Cooling
  2. Immersive Cooling

EXTERNAL COOLING

Evaporative Cooling

- Using air to cause cooling to the victim
- Any object that is available can be used e.g. magazine, paper, cloth etc
- Most acceptable and readily available techniques, well tolerated by victims.
- In case of Heat Stroke victim should not be sweating
- First wet the victim's skin by splashing some water on the victim's face and body and then use a hand held fan, etc



Immersive Cooling

- Though simple but not always possible; use only in EXTREME SITUATIONS
- Fill a vessel (a bucket preferably) with ice-cold water.
- Dip the victim's hands/ feet in the bucket
- Can also dip a cloth in this water and put it on the forehead of the victim
- Frequently change ice pack/cloth and reapplication of cold water will allow for more rapid cooling
- Caution: Do not use in elderly, monitor for 'shivering'

SAFE TRANSPORT, REFERRAL AND FOLLOW-UP

Referral and transport:

- Refer especially in a case of heat stroke or if the person presents with vomiting

Follow-up Care:

- Do not require long term follow up care in most of the cases once treatment is completed
- If required ASHA/MPW should help the patient maintain treatment compliance

PREVENTION AND AWARENESS AT COMMUNITY LEVEL

Heat illnesses are self-limiting and are largely preventable.

Following precautionary measures should be used-

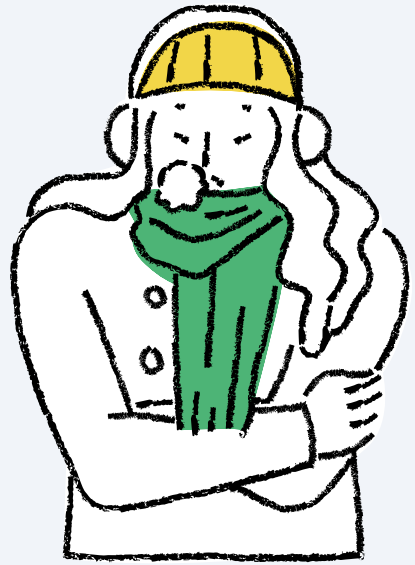
1. Wear loose fitting, light colored clothes in summer. Always keep head covered when going out in the sun
2. Avoid direct sun heat
3. Rest in shaded places
4. For occupations which require working outdoors, take frequent breaks
5. Avoid vigorous physical activities in hot and humid weather
6. Drink plenty of fluids and water

COLD ILLNESSES

1. Some parts of the Indian terrain are also prone to cold exposure related illnesses especially in the Himalayan regions, Ladakh, Siachen, Leh owing to extreme cold weather.

2. Hypothermia and Frostbites are the commonest form of Cold illnesses in India.

3. Such cases should always be treated as a medical emergency.



Hypothermia

Sharp fall in the body temperature, caused by prolonged exposures to very cold temperatures. The body's temperature drops below 95°F (35°C) and the body temperature gets dangerously low, the brain and body cannot function properly and hence it should always be treated as an emergency.

Frostbites- When skin is exposed to 32°F or lower temperature most susceptible are hands, lips, feet, mouth (open surfaces of the body).

Hypothermia	Frostbite
Adults • Shivering • Exhaustion • Confusion • Fumbling hands • Memory loss • Slurred speech • Drowsiness **Infants:** • Bright red, cold skin • Very low energy	• Redness or pain in any skin area may be the first sign of frostbite • A white or grayish-yellow skin area • Skin that feels unusually firm or waxy • Numbness- victim unable to feel the affected area

WHAT TO DO

- Move the victim away from the cold exposure to a warm room or shelter.
- You could use hot water bags/ bottles to help warm the affected area.
- Do not use electric warmers or other dry heating sources as these could cause burns.
- Do not rub or make the victim walk or use the affected body part.
- If there are blisters, be careful to not break them or let the victim break them.
- Remove any wet clothing the victim is wearing.

WHAT TO DO

- Keep the body dried and wrapped, including their head and neck, in a warm blanket.
- If the victim is conscious and alert, you could offer warm fluids like tea, warm milk or high energy food like chocolate etc.
- If the victim is unresponsive, on assessment, he/she may be in need of CPR or assisted breathing.

Caution: A victim of frostbite could often be unaware due to numbness in the skin of the affected body part. In such situations, the victim could be prone to self-harm. While stabilizing, you should be careful not to allow the victim to rub, scratch or massage the affected area

EVALUATION

True or False

- If Heat exhaustion is left untreated it may cause heat stroke T/F
- In heat exhaustion skin is cool, pale and clammy T/F
- Consciousness is lost in heat stroke T/F
- External cooling is an application of a cooling media T/F

Thank You