

Hypothermia Demystified



Classifications of Hypothermia	Core Body Temperature	Patient's Ability to Rewarm Without External Heat Source	Clinical Presentation of Hypothermic Patient	
NORMAL	Above 95°F (35°C)	N/A	Cold Sensation Shivering	
MILD	95-90°F (35-32°C)	Good	Physical Impairment - Fine motor - Gross motor	Mental Impairment - Complex - Simple
MODERATE	90-82°F (32-28°C)	Limited	Below 90°F (32°C) shivering stops Below 86°F (30°C) consciousness is lost	
SEVERE	Below 82°F (28°C)	Unable	- Rigidity - Vital signs reduced or absent	- Severe risk of mechanically stimulated ventricular fibrillation - (VF) (rough handling)
	Below 77°F (25°C)	Unable	Spontaneous Ventricular Fibrillation (VF) Cardiac Arrest	