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Over, Under, Hot and Cold

Environmental injuries and illnesses are something that every medic and EMT must be familiar with, be able to recognize and be able to treat. Can you recognize what a drowning patient looks like? Why can obese patients not scuba dive then fly on an airplane the same day? How do you recognize heat stroke and how do you treat it? All will become clear as we look at Over (High altitude illness), Under (Drowning), Hot (Heat exposure) and Cold (Hypothermia).

Dr. Syrett has become well known for his "original" presentation style at Pulse Check Conferences. In his position as Director of Prehospital Care for the Rochester General Health System, he often responds to calls, sometimes as the primary responder for 911 calls in his region. Having been a paramedic, ALS chief, Director of Operations and Flight Medic, he brings his unique and original presentation style to his lectures and has become a nationally recognized EMS speaker.

After attending this session, the learner will be able to:

1. Recognize the signs, symptoms and treatment plans for environmental medical problems.
2. Recognize and be able to treat high altitude illnesses.
3. Recognize a drowning victim.

Outline:

1. Over
 - a. Complications of high altitude
 - b. HACE, HAPE, AMS
 - c. SCUBA
2. Under
 - a. Drowning
 - b. Rescue
 - c. Underwater emergencies
3. Hot
 - a. Heat emergencies
 - b. Heat stroke versus heat exhaustion
 - c. Thermoregulation
4. Cold
 - a. Hypothermia, frostbite and frostnip
 - b. Management
 - c. Role of therapeutic hypothermia