

STOP, THINK, UNDERSTAND

Multiple Choice

Choose the correct answer.

- All of the following are signs and symptoms of frostbite, except the _____.
 - core body temperature drops below 95°F (35°C).
 - affected area is initially white or waxy.
 - affected area appears black, shriveled, and dry.
 - presence of clear or blood filled blisters.
- All of the following are times in which you should not rewarm a frostbitten body part, except when _____.
 - medical care is available within two hours.
 - there is a possibility of refreezing the body part.
 - the body part has spontaneously thawed.
 - the patient complains of pain while the body part is rewarming.
- An avalanche victim extricated within _____ minutes has greater than a 90 percent chance of survival.
 - 15
 - 20
 - 25
 - 30
- If a patient is extricated within 15 minutes, what is the percent chance of survival?
 - 90%
 - 20%
 - 30%
 - 45%

List

List five steps you can take to minimize heat loss in the field.

- _____
- _____
- _____
- _____
- _____

Matching

- Match each of the following descriptions to the correct category of hypothermia.

- | | |
|-------------------------------|--|
| _____ 1. mild hypothermia | a. the heart is at risk of ventricular fibrillation |
| _____ 2. moderate hypothermia | b. vigorous shivering occurs |
| _____ 3. severe hypothermia | c. core body temperature is at 86°–93.2°F (30°–34°C) |
| | d. shivering stops |
| | e. core body temperature is below 86°F (30°C) |
| | f. core body temperature is at below 95°F (35°C) |
| | g. the patient appears to be clinically dead |

- Write "yes" in the line if the procedure should be tried to rewarm a hypothermic patient or "no" if the procedure should not be attempted.

- | |
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| _____ a. Place the patient in a supine position. |
| _____ b. Provide warm nonalcoholic high-energy drinks if the patient is responsive. |
| _____ c. Apply heat packs/warm water bottles to patients with moderate to severe hypothermia. |
| _____ d. Have mildly hypothermic patients exercise immediately. |
| _____ e. Rapidly transport a patient with moderate to severe hypothermia to the hospital. |
| _____ f. Attempt to immerse the whole body of patients with mild to severe hypothermia in warm water (if available). |
| _____ g. Use body-to-body contact for patients with moderate to severe hypothermia, if no other resources are available. |
| _____ h. Aggressively rub the patient's extremities to produce frictional heat. |
| _____ i. Handle patients with moderate to severe hypothermia very gently to minimize the risk of ventricular fibrillation. |
| _____ j. Begin CPR on patients with severe hypothermia even if they have minimum respirations and pulse. |