

# Emergency Operations Rehabilitation

**Includes:** Individuals with occupational related hyperthermia and/or dehydration related to emergency operations requiring cooling and hydration. This includes Fire, EMS, and Law Enforcement personnel.

**Excludes:** Symptomatic injury, illness, or dysrhythmia (excluding sinus tachycardia). Non-occupational related hyperthermia/dehydration or occupational exposure not related to emergency operations.

## EMT

- Time 0 minutes: initial vital signs obtained after oral hydration and cooling.
  - VS within NFPA parameters → Release
  - VS not within NFPA parameters → Rest and oral rehydration for 20 minutes
- Time 20 minutes after 1<sup>st</sup> evaluation: Obtain 2nd set of vital signs
  - VS within NFPA parameters → Release
  - VS not within NFPA parameters → Initiate ALS patient care (ePCR now required)
    - Initiate Universal Care as indicated.
    - Patient disposition either transport or Treat and Release

## Paramedic

- Obtain 12 lead ECG
  - Abnormal ECG for the patient → Transport
  - Normal ECG for the patient → Rest, rehydrate, and treatment for an additional 20 minutes. Treatment may include:
    - 20 mL/kg IV fluid bolus for mild hypotension or tachycardia
    - Oxygen as indicated for hypoxemia or elevated carboxyhemoglobin (SpCO) levels
- Time 40 minutes after 1<sup>st</sup> evaluation: Obtain 3<sup>rd</sup> set of vital signs.
  - VS within NFPA parameters → Release or Refusal per agency policy
  - VS not within NFPA parameters → Transport

### NFPA 1584 Recommended Vital Signs for Release from Rehab:

- Temperature: < 100.6° F
- Heart Rate: < 100
- Respiratory Rate: 12-20
- Systolic Blood Pressure: < 160
- Diastolic Blood Pressure < 100
- Pulse Oximetry: > 94%

### Carboxyhemoglobin (SpCO) Levels:

- SpCO 0-5% (and asymptomatic) → Release
- SpCO 5-14% and symptomatic → Oxygen via Nonrebreather mask X 30 minutes and reassess
  - If oxygen is administered, initiate patient care (ePCR now required)
  - Repeat SpCO < 5% and complete resolution of symptoms → Release or Refusal per agency policy
  - Repeat SpCO > 5% and any continued symptoms → Transport
- SpCO ≥ 15% → Oxygen via Nonrebreather mask and transport

Symptoms of Carbon Monoxide toxicity may include headache, nausea, dizziness, shortness of breath, chest pain, or loss of judgment.