

Pediatrics Heat Emergencies- July / August 2021

McHenry Western lake County EMS

Name: _____ Date: _____ Department _____

1. What is KEY is the prevention of heat emergencies?
A: Emergency treatment
B: 0.9 NS Fluid Challenges
C: Education
D: Fluid intake post-emergency

2. In the treatment of a suspect case of heat exhaustion, which treatments should be provided:
A: Remove all of the child's excess clothing
B: Move the child to a cool environment
C: NS IVF in 200 ml increments (Peds 10ml/kg to maintain SBP \geq 90)
D: All of the above

3. A typical sign of heat exhaustion is warm/hot skin?
A. True
B. False

4. Which of the following skin assessment findings are associated with heat stroke
A: Warm/hot
B: Dry, flushed
C. Cool/cold
D: A & B

5. Which is the maximal single dose of midazolam to be used in treating a pediatric seizure?
A: 1 mg IVP
B: 4mg IVP
C: 2mg IVP
D: 6mg IVP

Chemical cold packs (CCP) may be used may be used in the care for a heat emergency.
List 3 optimal placement sites to promote cooling.

6. _____
7. _____
8. _____

Define the ABC's of the Pediatric Assessment Triangle:

9. A= _____
10. B= _____
11. C= _____

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12. A 7 y.o patient presents alert and oriented with tachycardia, tachypnea , and cool - clammy skin, after playing in a soccer game on a 90 degree afternoon. Which heat emergency do you suspect?
 - A: Heat exhaustion
 - B: Heat Stroke
 - C: Heat Cramps
 - D: All the above

13. What is the most important treatment to initiate in managing a pediatric heat related emergency?
 - A: Remove clothing and move the patient to a cool environment
 - B: Acquire IV access
 - C: Administer NS via IV Bolus
 - D: Apply the ECG monitor

14. How long can it take for a car temperature to reach a critical level (125 degrees) on a hot summer day?
 - A. 5 minutes
 - B. 20 minutes
 - C. 45 minutes
 - D. 60 minutes

15. . Which heat emergency would be suspected in assessing a body temperature of 104 degrees or greater?
 - A. Heat Cramps
 - B. Heat Exhaustion
 - C. Heat Stroke

16. Pediatric patients often do not maintain sufficient fluid intake during activity. What concern should have in caring for a child presenting with signs of a heat emergency?
 - A. Seizure precautions
 - B. Vomiting precautions
 - C. Respiratory precautions

If you are NOT a member of the McHenry Western Lake County EMS System, Please include your address on each optional quiz turned into our office. Our mailing address is: Northwestern Medicine – McHenry Hospital EMS, 4201 Medical Center Drive, McHenry, Illinois 60050. We will forward verification of your continuing education hours to your home address. If you ARE a member of our EMS System, your credit will be added to your Image Trend record. Please refer to Image Trend to see your current list of continuing education credits. Any questions regarding this can be addressed to Cindy Tabert at 224-654-0160. Please scan your quiz to Cindy Tabert by email to cynthia.tabert@nm.org