

Prehospital Hypothermia Management for Thai Cave Rescue

The Lesson Learned for Emergency Preparation Plan





Abstract:

The Hypothermia condition concerns a body core temperature of less than 35°C without a primary defect in the thermoregulatory system. It is a serious threat to prehospital patients, especially injured patients that can induce a vicious cycle of the synergistic effects of hypothermia, acidosis and coagulopathy that refer to the trauma triad of death. To prevent and manage deterioration of a cold patient, Prehospital Hypothermia Management should start before the medical evacuation.

Thai Cave Rescue-TCR demonstrated the significant of medical operation under limited data and difficult environment. The aim of this discussion is to share the best practices and lesson learned for emergency preparation plan of Hypothermia protocol for combat medicine, based on actual practice of the "Operation the World Never Forget" and provide an up-to-date systematic overview of the current available treatment modalities and the effectiveness of prehospital hypothermia management.

Prehospital Management of Anesthesized and Hypothermic Patients: The Thai Cave Rescue Protocol.

The After Action Review (AAR) on Day 1 identified hypothermia as the critical components, resulted in the development of Thai Cave Rescue Protocol that addresses both medical and non-medical aspects as well as public communication.

The Protocol focuses on three major steps: Triage, Stabilization, and Referral. The Triage of hypothermic patients who received general anesthesia with only full-face mask could be complicated by the unclear patient identification, unclear doses of medications given during the transfer. Shivering process is a critical endogenous heat production but could be disrupted in a severe hypothermic patient or impaired as a consequence of anesthetic-induced inhibition of thermoregulation. Adequate and proper external and internal rewarm techniques are essential.

Hypothermia increasing concern, BT monitoring more frequent, intervention more comprehensive, hypothermia incidents decrease

Lawthaweesawat C, et al. **Prehospital Management of Anesthesized and Hypothermic Patients: The Thai Cave Rescue Protocol.**(Manuscript under review)



Dear Dr. Harris,

Q1:What-What is Sedation protocol for this Operation? I refer from your hand writing, the doses are right?

A1: These doses are correct: Premedication: Alprazolam 0.5mg PO.

- + Atropine 20mcg/kg IM. [I think the atropine was a good idea to stop hyper salivation]
- + KETAMINE: Loading dose: 5mg/kg and Rescue does: 2.5mg/kg
 [But I would call this general anaesthesia not conscious sedation]

A2: I made a very clear plan with the divers. How to decide if the child needs more ketamine. How too decide on the dose. How to give the injection.

The British and "Eurodivers" did an amazing job and must be congratulated.

Q3:Where-Where is the area that provide the Rescue dose?

A3: The first check was in chamber 8 after the 350m dive. Most kids needed another dose somewhere in this chamber. After that I am not sure exactly where the kids were inspected or re-dosed. The oximetry of the kids as never checked.

Q4:Why-Why KETAMINE is the best option for this Operation? (Non-Anesthesiologists might concern and want to know)

A4: I think **ketamine** is the only viable option as it **maintains respiration**, **blood pressure and some airway responses in the unconscious patient**. All other drugs are a problem in this regard.

Thank you all for your support and advice during the rescue. I felt like my Thai colleagues were looking after me in a very difficult time. Thank you Dr. Lawthaweesawat for the temperature information.

Your friend

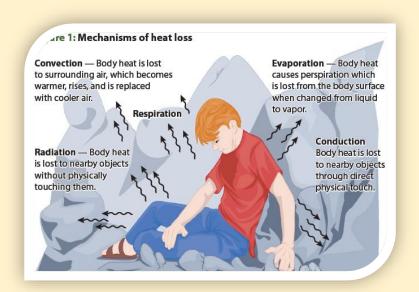
Harry

Prehospital Hypothermia Management for Thai Cave Rescue: Lesson learn for Emergency Preparation Plan

Prehospital Hypothermia Management for Thai Cave Rescue

The Lesson Learned for Emergency Preparation Plan

The Hypothermia condition concerns a body core temperature of less than 35°C without a primary defect in the thermoregulatory system. It is a serious threat to prehospital patients, especially injured patients that can induce a vicious cycle of the synergistic effects of hypothermia, acidosis and coagulopathy that refer to the trauma triad of death



HEAT BALANCE

The human body produces heat through metabolism and exercise. In order to maintain a constant temperature, that heat production must balance out the multiple ways in which the body can lose heat to the environment:

- Conduction
- Convection
- Radiation
- Evaporation

Prehospital Hypothermia Management for Thai Cave Rescue

The Lesson Learned for Emergency Preparation Plan

CLASSIFICATION of hypothermia based on core temperature:

Stage	Core Temperature	Axillary Temperature	Signs & Symptoms ^{6, 7, 8}
Mild	32-35°C	30.5-35°C	Alert Vigorous shivering.
Moderate	30-32°C	28.5-32°C	Reduced level of consciousness Shivering diminishes Loss of fine motor control Loss of coordination Blue lips - Cyanosis
	28-30°C	26.5-30°C	Shivering Stops Fixed dilated pupils
Severe	25-28°C	23.5-28°C	Unconscious Shivering has stopped Rigid muscles Appears Dead Potential arrhythmias
	20-25°C	18.5-25°C	Cardiac Arrest
Profound	<20°C	<18.5°C	No detectable vital signs

Conscious	Shivering	Passive Rewarming Remove wet clothing and dry Insulate from all heat loss High Sugar food and drink Encourage movement				
Cons	Not Shivering	Active Rewarming Minimise movement Cut away wet clothing and gen Gently warm – heat packs and Insulate from all heat loss				
/		Do not move: Treat as a Spinal Casualty				
Unconscious No Vital Signs	Check for breathing and Pulse for 60 seconds Provide 3 minutes of mouth-to-mouth ventilations Recheck for breathing and pulse for 60 seconds					
	No Vita	Vital Signs detected and Definitive Care < 3hrs Continue ventilations only	No Vital Signs detected or Definitive Care > 3hrs CPR for up to 30 mins			

Prehospital Management of Hypothermia An Up-to-Date Overview

Prehospital Management of Hypothermia for Combat Medicine

AIM OF STUDY: To provide an up-to-date systematic overview of the currently available treatment modalities and their effectiveness for prehospital hypothermia management.

DATA SOURCES: Databases PubMed, EMbase and MEDLINE were searched using the terms: "Hypothermia", "accidental hypothermia", "Emergency Medical Services" and "Prehospital"

RESULTS: The literature search produced **903 articles**, **51 articles** focused on passive insulation and/or active heating.

- > Shivering hypothermic patients:
- Endogenous heat production from shivering, will likely be able to rewarm themselves with only insulation.
- > Non-shivering hypothermic patient:
- ☐ External Rewarm:
- Active warming is indicated as a will not rewarm spontaneously.
- Active external rewarming interventions include heat packs;
 chemical or electrical heated blankets; and forced air warming.
- ☐ Internal Rewarm:

All intravenous fluids must be reliably warmed before infusion.
 [40-42°C]







- ☐ External Rewarm:
- Heater Blanket ... Generate the body heat as normal.
- ➤ Foil Blanket ... Prevent the body heat loss, the whole body fully wrapped.
- ➤ **Hot Air Blower** ...Rewarm specific area: Head & Hand if pulse oximeter waveform analysis error.

☐ Internal Rewarm:

1. Hypothermia & Hypotension:

Warm 0.9% NSS IV. Loading 100ml then IV. drip until

hemodynamic stable +**New bag** before refer by air ambulance

- 2. Hypoglycemia: Start 5%D NSS IV. Drip
- Body Temperature[Ear] Monitor every 5 mins at least 30 mins or until BT>35°C in rewarm process



Prehospital Management for Thai Cave Rescue Army Field Hospital

1.TRIAGE 2.STABILIZE 3.REFER Advance TRIAGE protocol: A. Airway management by Anesthesiologist: Discharge criteria: O2 facemask, Oral AW, Intubation if indicated by Succinyl 1.5mg/kg A. Airway clearance **RED** B. Breathing management by Chest Med.: by Anesthesiologist Yellow Ventilator setting: Tidal vol.7ml/kg, RR 20bpm, PEEP 5, Pmax 30 Green C. Circulation management by Cardio Ped.: B. Breathing clearance by *Rapid Airway Assessment Atropine, Levophed, Adrenaline and Defibrillator as PALS protocol Chest Med. to a definitive care before * Cardiac & Respiratory Monitor: NIBP+EKG & O2Saturation+RR every 5 mins remove wetsuit and change C. Circulation clearance by Cardio Ped. spinal board D. Hypothermia management: BT>35 c stable in rewarm process D. Hypothermia management: **External Rewarm:** 1. **Heater Blanket** [from US.Air Force]...Generate the body heat as normal. Foil Blanket...Prevent the body heat loss, the whole body fully wrapped. 3. Hot Air Blower...Rewarm specific area: Head & Hand if pulse oximeter waveform analysis error. Internal Rewarm: 1. Hypothermia & Hypotension: *Handoff communication: Warm 0.9% NSS IV. Loading 100ml then IV. drip until hemodynamic stable +New bag before refer by Doctor to Doctor[D2D] *Handoff communication: air ambulance **Doctor to Doctor[D2D]** 2. Hypoglycemia: start 5%D NSS IV. drip *Body Temperature [Ear] Monitor every 5 mins at least 30mins or until BT>35 c in rewarm process

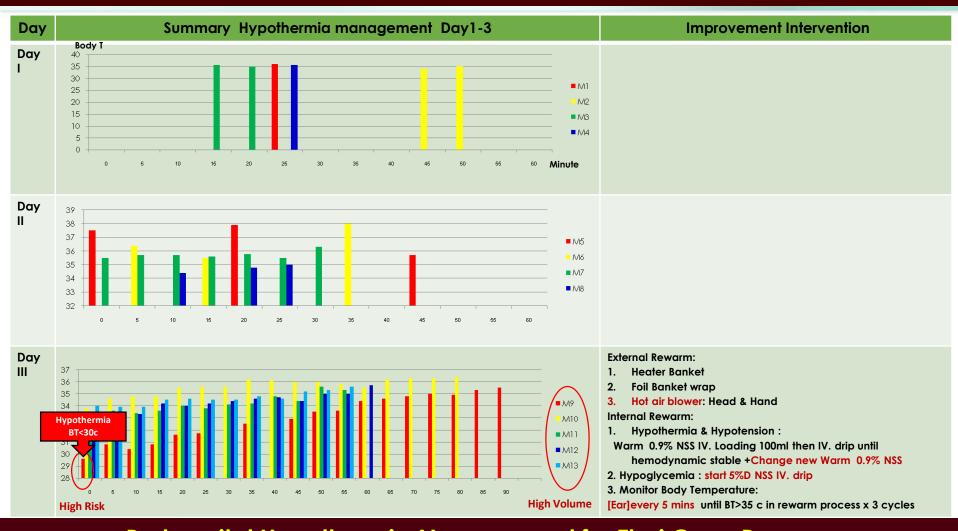
Prehospital Hypothermia Management for Thai Cave Rescue: Lesson learn for Emergency preparation plan

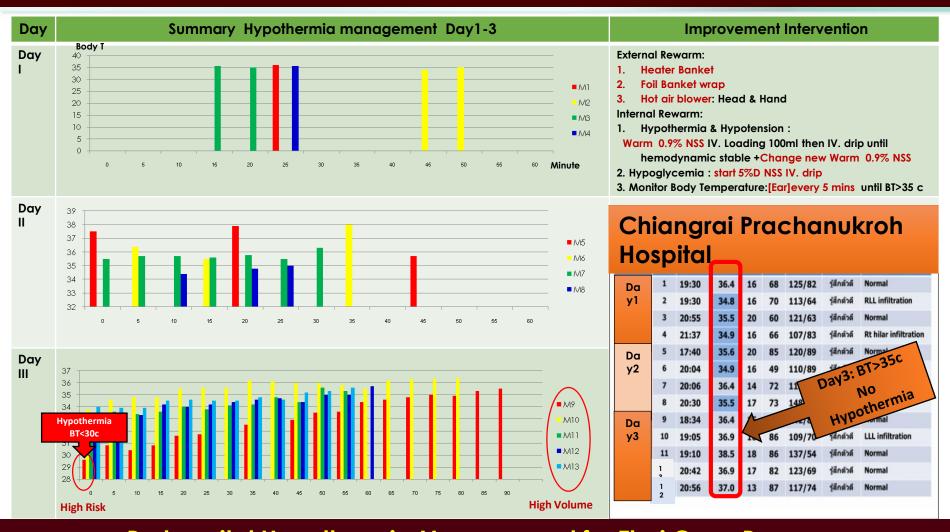
Wild Boar [High risk BT<30c]

1.TRIAGE 2.STABILIZE 3.REFER Advance TRIAGE protocol: Discharge criteria: A. Airway management by Anesthesiologist: Oral AW+Suction clear AW+O2 facemask with bag A. Airway clearance RED 10LPM **B.** Breathing management by Chest Med.: Spontaneous Breathing B. Breathing clearance Yellow C. Circulation management by Cardio Ped.: IV. Fluid as protocol C. Circulation clearance Green * Cardiac& Respiratory Monitor: NIBP+EKG & O2Saturation+RR every 5 mins D. Hypothermia management: D. Hypothermia management: BT>35 c External Rewarm: **Triage zone** 1. Heater Blanket [from US.Air Force]...Generate the body heat as normal. *Handoff communication @04.10PM 2. Foil Blanket...Prevent the body heat loss, the whole body fully wrapped. Doctor to Doctor[D2D] 3. Hot Air Blower...Rewarm specific area: Head & Hand if pulse oximeter waveform analysis error • Responsive to painful Full Discharge criteria Internal Rewarm: stimuli 1. Hypothermia & Hypotension: @05.40PM E3V2M4 Warm 0.9% NSS IV. Loading 100ml then IV. drip until hemodynamic stable + New bag before refer by • AW + Breathing normal air ambulance rate 120ml/hr [Total IVF 1500ml, Lung no wheezing ,Foley cath. urine 600ml] Refer by Air Ambulance 2. Hypoglycemia: start 5%D NSS IV. drip 40ml/hr @06.04PM Time вт NTBP HR RR O2 Sat DTX 29.6 12 100 109 30.8 172/124 12 98 Move to Yellow Zone 10 30.4 172/127 96 10 85 @04.16PM 15 30.8 142/96 85 12 98 20 31.6 144/104 82 16 100 78 31.7 160/104 22 100 **Admit in Chianarai** Off Full face mask 30 156/101 81 13 99 32.5 100 156/91 81 16 **Prachanukroh Hospital** Off Wet suit 40 @06.34PM Spinal board 32.9 82 15 136/93 100 50 81 33.5 153/100 14 100 Eye protection 33.6 135/100 81 18 100 Good Conscious O2 Facemask101PM 60 34.4 155/93 81 16 100 34.6 169/98 83 13 100 BP 142/89 .HR 77 .RR 15 70 74 34.8 134/89 13 95 BT 36.4c 75 100 35 147/85 16 80 34.9 73 CXR: Normal 134/92 21 99 85 90 35.3 130/80 80 20 100

Prehospital Hypothermia Management for Thai Cave Rescue: Lesson learn for Emergency preparation plan

35.5

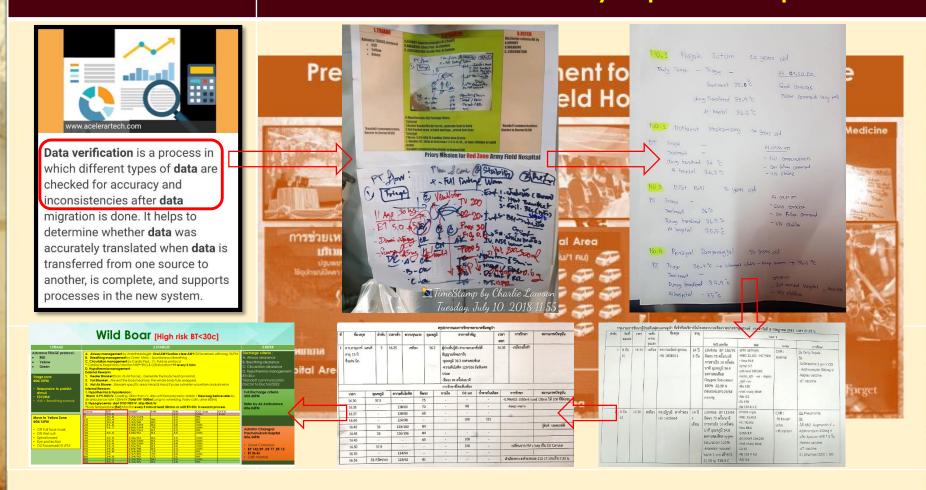




Prehospital Hypothermia Management for Thai Cave Rescue: Lesson learn for Emergency preparation plan

DATA Verification

Lesson learned for Quality Improvement process



ICASM 2018 Sharing The Sky Safety

Emergency Preparation Plan [Non-Medical Emergency Services]

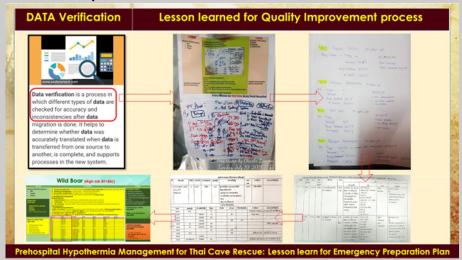
- Best Practice Advice of the European Helicopter EMS (HEMS) and Air Ambulance Committee (EHAC) Medical Working Group on how HEMS and Pre Hospital Critical Care teams may maximize the positive impact of their resources in the event of Major Incidents.
- Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine, Published: 15 August 2018 https://sitrem.biomedcentral.com/articles/10.1186/s13049-018-0522-1

- Local Protocol for Major Incident Plans:
- ☐ Setup Priority: Triage /Stabilize/Refer
- ☐ Unit Orientation for all members and new staffs
- Handoff CommunicationDoctor to Doctor[D2D]

1.TRIAGE	2.STABILIZE	3.REFER
Advance TRIAGE protocol : RED Yellow Green	A. Aitway management by Anesthesiologist: O'2 tocsmask, Ord Ally, Instubbilion it Indicated by Succinyl 1.5mg/kg 8. Breathing management by Chest Med.: Ventitatorsetting: Tidad vol.7ml/kg, 8R 20bpm/PEEP 5/Pmax 30	Discharge criteria : A. Airway clearance by Anesthesiologist
Rapid Airway Assessment	C. Circulation management by Cardio Ped. : Atrophie, Levophed, Adrenaine and Defibrillator as PALS protocol	B. Breathing clearance by Chest Med.
to a definitive care before remove welsuit and change spinal board	* Cordioc& Respiratory Monitor: NIBP-EKG & O2Saturation+RR-every 5 mins	C. Circulation clearance by Caraio Fed.
	Particular to the latest and the lat	D. Hypothermia management 8T>35 c stable in rewarm process
	D. Hypothermia management : External Rewarm:	
	 Header Blanket (from U.S.A.F. Force) Generate the body heat as normal. Foil Blanket Prevent the body heat loss, the whole body (flay wrapped. Hot A.F. Blower Revairm specific area: Head & Hand If pulse oximeter waveform analysis error. Internal Revenue. 	
	Hypothermia & Hypotension: Warm 0.9% NSS IV, Loading 100ml then IV, drip until hemodynamic stable +New bag before refer by	*Handoff communication: Doctor to Doctor[D2D]
"Handoff communication: Doctor to Doctor[D2D]	of ambulance 2. Hypoglycemia: start 5%D NSS IV. drip *Body Temperature(Earl Monitor every 5 mins at least 30mins or until 8T>35 c in rewarm process	

Major Incident Plans	Training	Equipment
Integrated with the Major Incident plans of other local medical and nonmedical emergency services.	Major Incident exercises should be conducted on a regular basis.	Risk evaluate of specific local scene hazards (temperature, immersion, etc)
Efficient communication	Operational staff must ensure that they are familiar with the local Major Incident plans	Local Protocols to facilitate the organization and Documentation of Major Incidents

 Documentation of Major Incidents and DATA Verification process



Sharing The Sky Safety

Lesson learned from Thai Cave Rescue



1.Awareness of Hypothermia [Medical Emergency Services]

Setup Hypothermia Protocol for Major Incident Plans:

- □ External Rewarm:
- 1. Heater Blanket ...Generate the body heat as normal.
- 2. Foil Blanket ... Prevent the body heat loss, the whole body fully wrapped.
- 3. Hot Air Blower ...Rewarm specific area: Head & Hand if pulse oximeter waveform analysis error.
- □ Internal Rewarm:
- 1. Hypothermia & Hypotension:

Warm 0.9% NSS IV. Loading 100ml then IV. drip until hemodynamic stable +New bag before refer by air ambulance

2. Hypoglycemia:

Start 5%D NSS IV. drip

□ Body Temperature[Ear] Monitor

every 5 mins at least 30 mins or until BT>35 c in rewarm process

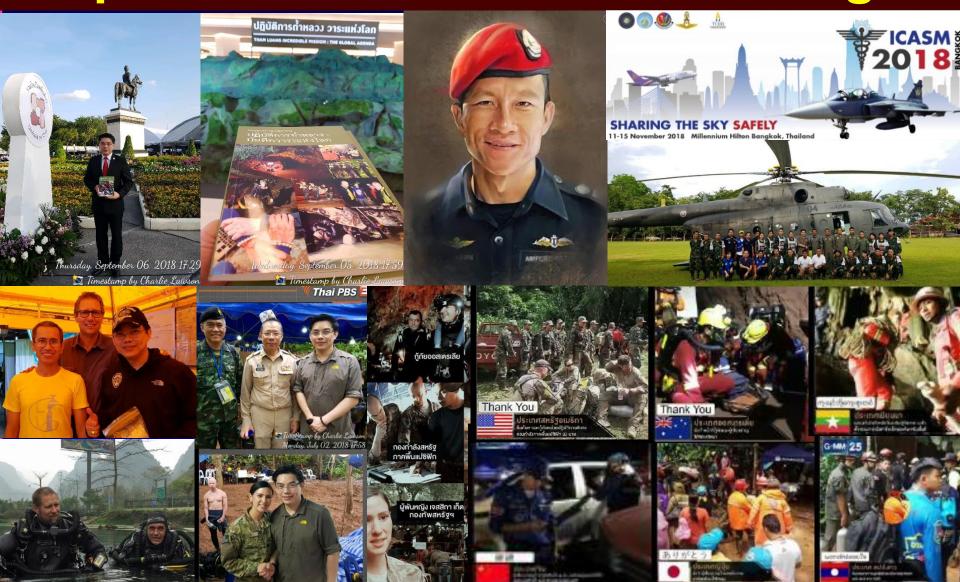
2.Emergency preparation plan [Non-Medical Emergency Services]

Setup Local Protocol for Major Incident Plans:

- ☐ Setup Priority: Triage /stabilize/Refer
- Unit Orientation for all members and new staffs
- ☐ Handoff Communication process
- Documentation of Major Incidents and DATA Verification process

Thank You All

"Operation The World Never Forget"



Thank You All "Operation The World Never Forget"

