



# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

### Recommendations for Management of Nursing Home Residents During Hot Weather

- Baseline assessment of all residents (some residents tolerate the heat better than others). Make particular note of residents with ongoing febrile illnesses, as well as those subject to excessive fluid loss (e.g., diarrhea, vomiting, open wounds).
- Regular, more frequent assessment of residents at risk (e.g. cardiovascular or respiratory disease, neurologic conditions that affect the temperature regulating mechanism, those who cannot communicate their thirst).
- Notify facility medical director. Maintain a roster of residents "at risk" and report on status regularly to medical director.
- Monitor and document air temperatures in various parts of the building at regular intervals.
- Ensure adequate fluids for each individual resident, as well as make fluids available for staff. Increase frequency of "rounds" to encourage resident consumption of fluids; set up "water stations" throughout the facility; offer various forms of fluids (e.g. popsicles, watermelon).
- Initiate and monitor Intake and Output on patients with risk factors/diagnoses and those whose intake is poor. Daily weights may also be appropriate.
- Ensure a sufficient and safe supply of fans to circulate air.
- Evaluate resident's clothing needs, especially those cognitively unable to evaluate own needs.
- Monitor residents' temperatures and provide cool sponge baths.
- If residents chose to go outside, monitor carefully for heat-related symptoms and identify those residents who may be prone to heat-related problems or photosensitivity due to medications. Encourage residents to sit in shaded outdoor areas; apply sunscreen as needed.
- Encourage residents to sit in areas of the facility that may be air-conditioned.
- Prior to predicted heat waves, check air conditioning systems and supplies. Ensure that contracts are current, as well as emergency call list for rental companies (e.g. portable air conditioning units).
- If air conditioning is available, provide for regular maintenance. If air conditioning problems develop, alert corporate office and/or local building authorities as appropriate. Communicate status of repairs to residents and families by posting signs in the facility. Incorporate heat-related events in the facility's Disaster Plan.
- Maintenance staff should make regular rounds and monitor building systems throughout the period of hot weather (e.g. overloaded electrical circuits, open windows). Documentation of monitoring efforts, findings and interventions should be maintained.
- Notify DPH regarding issues of mechanical failures and the measures implemented by the facility. DPH may call the nurse in charge to ascertain implementation of appropriate interventions, status of residents, and ambient temperatures.

### Comparison of Heatstroke and Heat Exhaustion

Heatstroke	Heat Exhaustion
<b>Definition</b>	<b>Definition</b>
A condition or derangement of the thermo-regulatory center due to exposure to the rays of the sun or very high temperatures. Loss of body heat is inadequate or absent.	A state of definite weakness produced by the excess loss of normal fluids and sodium chloride in the form of sweat.
<b>History</b>	<b>History</b>
Exposure to high environmental temperature; use of medications that increase heat production or inhibit perspiration.	Exposure to heat, usually indoors
<b>Differential Symptoms</b>	<b>Differential Symptoms</b>
Face: Red, dry, and hot Skin: Hot, dry, and no sweating  Temperature: High, 106° to 110°F (41.1° to 43.3°C) Pulse: Full, rapid, strong, bounding Respirations: Dyspneic, fast, sonorous Muscles: Tense and possible convulsions Eyes: Pupils are dilated but equal	Face: Pale, cool, and moist Skin: Cool, clammy, with profuse diaphoresis Temperature: Usually not above 100°F (37.8°C) Pulse: Weak, thready, and rapid Respirations: Shallow and quiet Muscles: Tense and contracted Eyes: Pupils are normal; eyeballs may be soft
<b>Treatment</b>	<b>Treatment</b>
Absolute rest with head elevated; keep body cool by any means available until hospitalized, but do not use alcohol applied to skin. Take temperature every 10 minutes, and do not allow it to fall below 101°F (38.5°C) to prevent hypothermia. Drugs: Allow no stimulants; give infusions of normal saline (to force fluids).	Keep patient quiet; head should be lowered to prevent orthostatic hypotension; keep body warm to prevent onset of shock.  Drugs: Salty fluids and fruit juices should be given frequently in small amounts. Intravenous isotonic saline will be required if patient is unconscious.

Source: Taber's Cyclopedic Medical Dictionary,  
18<sup>th</sup> Edition

- If the above conditions are noted, monitor Intake and Output and administer oxygen if ordered by the physician.