

DPH UPDATE



June 2024

Department of Public Health

Recommendations for Management of Patients/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.
- If residents choose 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, unless the resident is allergic to the product.
- Encourage residents to sit in areas of the facility that may be air-conditioned.
- Prior to predicted heatwaves, check air conditioning systems and supplies. Ensure that facility equipment maintenance contracts are current, as well as emergency call list for rental companies (e.g., portable air conditioning units).
- If air conditioning problems develop, alert corporate office and/or local building authorities as appropriate.

- Communicate status of repairs to residents and families by positing 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 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
Definition	Definition
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.
History	History
Exposure to high environmental temperature; use of medications that increase heat production or inhibit perspiration.	Exposure to heat, usually indoors.
Differential Symptoms	Differential Symptoms
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, arid 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 maybe soft

Source: Taber's Cyclopedic Medical Dictionary, 18th Edition

- Contact the resident's health care provider for any concerns of heat related conditions.