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| HOT WEATHER | | | | NO. | |
| POLICY: It is the policy of this facility to follow the Illinois Department of Public Health recommendations for hot weather warnings.  STATEMENT:  When the outdoor temperatures climb into the 80’s, 90’s and 100’s this facility will evaluate our ability to maintain a reasonable comfortable temperature inside the buildings.  PROCEDURE:   1. This facility will follow the IDPH recommendations of doing preventive maintenance to ensure that air-conditioning equipment is in good repair. 2. Identify resident at high risk: 3. Persons with circulatory and respiratory problems 4. The very young and very old 5. Persons receiving certain medications including; 6. Alcohol 7. Diuretics 8. Anti-hypertensive medications 9. Sedative 10. Hypnotics 11. Tyrcylics 12. Anticholnergics 13. Phenothiazines 14. Antihistamines 15. Belladonna 16. Alkaloids 17. These high-risk residents should be identified and monitored closely during periods of extreme temperatures. 18. Guidance should be sought from the resident’s physician for special supportive measures to be applied to high-risk residents. The resident’s physician should be notified of negative health effects due to hot weather. 19. Monitor Residents Physical condition; 20. Take resident’s temperature and vital signs more often (e.g. 2 to 4 hour intervals). 21. Monitor fluid intake and output 22. Evaluate resident for symptoms of heat stroke and heat exhaustion. | | | | | |
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| HOT WEATHER | | | | NO. | |
| COMPARISON OF HEAT STROKE AND HEAT EXHAUSTION  **HEAT STROKE HEAT EXHAUSTION**   |  |  | | --- | --- | | The result of direct exposure to high temperatures or sun. It affects those who are debilitated or fatigued. | State of weakness produced by the loss of normal fluids and salts of the body. It is a result of exposure to heat. | | **SYMPTOMS:**  Dizziness,  Weakness,  Nausea  Spots before the eyes,  Ringing in the ears,  Bright red skin,  Rapid, strong pulse,  Unconsciousness usually follows;  Temperature; May reach 108\* F. | **SYMPTOMS:**  Face: pale, cool, moist.  Skin: cool, clammy and with profuse perspiration.  Temperature; slight elevation.  Pulse: weak, thread, and rapid.  Muscles: tense and contracted.  Eyes: pupils are normal. | | **TREATMENT:**  Cool off resident,  Remove clothing,  Apply cold cloths,  Give sponge bath,  Inform physician,  Begin emergency treatment,  Transport to acute care facility immediately. | **TREATMENT:**  Keep resident quiet.  Head should be lowered.  Inform physician.  Increase fluids or start I.V. fluids.  Begin emergency treatment.  Transfer to an acute care facility may be indicated | | | | | | |
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| HOT WEATHER | | | | NO. | |
| INCREASING RESIDENT COMFORT:   1. Monitoring interior area temperature to compare with the attached Table D Zones (from Illinois LTC licensing codes). This will assist in determining the severity of the heat-related problem within the facility. 2. Check the temperature in two hour intervals from 8:00 a.m. to 10:00 p.m. in resident living areas and compare with temp/humidity reports from local news media. 3. Temperatures inside the facility are usually lower than outside, but humidity is usually higher. Daily comparisons of indoor/outdoor temperatures will assist in evaluation emergency measures to relieve that threat. When indoor temperature and humidity exceed the upper limit on Table D, OR IF RESIDENT NEEDS require the following would be set into action:  * Relocate the resident to cooler areas in the facility. * Monitor fluid intake and output and increase intake of needed. * Provide a variety of cool, nutritious fluids – Gaterade; flavored ice pops * Encourage resident to wear loose fitting lightweight clothing. * Keep window blinds closed, limit outside travel, monitor resident activity increase ventilation with fans. * Turn off unnecessary lights and equipment that may generate heat.  1. Maintenance department will take special measures to reduce building temperature.  * Hose down the exterior walls to cool the masonry, especially the walls exposed to the sun.  1. In the event there should be an area power outage, the maintenance department will monitor the building temperature from 8:00 a.m. to 10:00 p.m. and record such temperatures. The facility emergency power consists of emergency lighting. Opening of windows for ventilation would be necessary. Dietary department would need to transfer ice from ice machines to cooler and place in walk-in freezer. | | | | | |
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