

PATROL NAME: _____ **TROOP #** _____

NORTH VALLEY DISTRICT 2008 FIRST AID MEET

Frostbite & Hypothermia

Scenario: While hiking on the Appalachian Trail near the Life Trail, a cold front comes in and the temperatures drop. Snow and sleet begins to fall during the hike. When the patrol gets to a cabin, one scout complains of numb toes, ears, and fingers. He is also shivering. Upon examining the scout's extremities the patrol leader finds that the scout's toes, ears, and fingers are whitish gray in appearance.

The patrol has a cell phone available and has good reception.

Only the patrol leader and the Scout(s) that call for help may speak to the judge.

| ACTION TAKEN | POSSIBLE POINTS | POINTS EARNED |
|--|-------------------|---------------|
| CALLING FOR HELP | 25 Max pts | |
| 1. The Scout tells what happened | | |
| a. The scout has mild hypothermia | 5 | |
| b. The scout has frostbite of the toes, ears, and fingers. | 5 | |
| 3. The Scout gives location as being at a cabin on the Appalachian Trail near the Life Trail and/or says he will meet rescuers at a specific location. | 5 | |
| 4. The Scout explains what is being done | | |
| a. The patient is being warmed | 5 | |
| 5. The Scout hangs up last, when judge says OK | 5 | |
| HYPOTHERMIA TREATMENT PROCEDURE | 40 Max pts | |
| 1. The patient is given warm liquids to drink (soup, fruit juices, water are acceptable; no caffeine or alcohol). | 10 | |
| 2. The patient's wet clothing is removed. | 10 | |
| 3. The patrol gets the patient into warm clothes, or wraps the person in blankets, clothing, or anything handy that could be used, like jackets or a sleeping bag. | 5 | |
| 4. The patrol wraps towels around water bottles filled with Warm fluids and places them in the armpit and groin areas. | 5 | |
| 5. The patrol monitors the patient closely for any change in condition. | 5 | |
| 6. The patrol <u>did not</u> rewarm the person too quickly (for Instance, by immersing the person in warm water.) | 5 | |
| | | |

| FROSTBITE TREATMENT PROCEDURE | 35 Max pts | |
|--|-------------------|--|
| 1. The frostbitten area is re-warmed by any of the following: | | |
| (a) Exposing the area to warm water until normal color returns and it feels warm. | 5 | |
| (b) The area is loosely bandaged. | 5 | |
| (c) The hands are placed under the victim's armpits or the rescuer's armpits. | 5 | |
| (d) The ears are warmed by a rescuer taking his gloves off and using his hands to warm the patient's ears. | 5 | |
| (e) The toes are warmed by placing them on the belly of a rescuer to warm them or by the hands of the rescuer. | 5 | |
| 2. The frostbitten area <u>is not</u> rubbed or massaged. | 10 | |
| | | |
| | | |
| TOTAL POINTS | 100 | |

JUDGE'S NAME (PRINT): _____

JUDGE'S SIGNATURE: _____

JUDGE'S AFFILIATION: _____