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# Heatstroke, sunburn

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# Learning objectives

- Student will learn the difference between heatstroke and sunburn.
- Student will learn how to evaluate the condition of a patient with hyperthermia and provide first aid.

# Definition

Heatstroke = overheating

- Overheating of the organism due to exposure to high temperature (exceeding the maximum body temperature)
- The organism is no longer able to cool down effectively (failure of thermoregulation)

Sunburn

- Overheating of the body, especially the head, when exposed to the sun and high outside temperatures

# Causes

- Too high outside temperature
- Inappropriate clothes
- High relative humidity (sweating is not working)
- Insufficient drinking regime
  
- Sunburn is caused by a long stay in the heat and in the sun without a head covering

# Symptoms

- Hypertermia (up to 41°C)
  - Red hot skin
  - Headaches, dizziness
  - Nausea, vomiting
  - Tachycardia, tachypnoea
  - Convulsions from fluid and ion loss
  - Disorientation, unconsciousness
- Manifestations may appear after several hours

# First aid- heatstroke

- Prevent further heating - move the affected person to a colder room, to the shade, cold wraps
- CAVE for hypothermia
- If the patient is conscious, we serve drinks (ideally ionic drinks, mineral water)
- In case of impaired consciousness, we proceed according to SSS ABC

# First aid- sunburn

- The same procedure as for heatstroke
- In addition, we put cold wrap on the head
- Headache can be relieved with paracetamol (=acetaminophen) if the patient is conscious and does not vomit

# Prevention

- Sufficient drinking regime (non-alcoholic drinks)
- Adequate clothing, including a head covering
- Adequate physical activity



# Learning outcomes

- Student is able to explain the difference between heatstroke and sunburn.
- Student is able to describe how to provide FA in case of heatstroke and sunburn.
- Student is able to list possible preventive steps for heatstroke and sunburn.

# Sources

- [https://cprguidelines.eu/sites/573c777f5e61585a053d7ba5/content\\_entry573c77e35e61585a053d7baf/573c78115e61585a053d7bce/files/S0300-9572\\_15\\_00329-9\\_main.pdf?](https://cprguidelines.eu/sites/573c777f5e61585a053d7ba5/content_entry573c77e35e61585a053d7baf/573c78115e61585a053d7bce/files/S0300-9572_15_00329-9_main.pdf?)
- <https://www.medicalnewstoday.com/articles/320226>

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