

Activity Title: Trauma Triad of Death: Acidosis, Coagulopathy and Hypothermia

Speaker: Jeff Solheim

1. Hypothermia in Trauma Defined
2. Name four causes of Hypothermia in the Trauma patient
 - a. Causes of Hypothermia in Trauma
 - i. Heat loss in the field
 - ii. Ambient Temperatures
 - iii. Fluid Resuscitation
 - iv. Injury Severity
 - v. Elevated Blood Alcohol levels
 - vi. Impaired thermogenesis
 - vii. Blood Transfusions
 - viii. Age
 - ix. Anesthetics/paralytics
 - x. Surgery
3. State two effects of Hypothermia on body systems
 - a. Effects of Hypothermia on the Body
 - i. Cardiovascular system
 - ii. Pulmonary system
 - iii. Central Nervous system
 - iv. Renal system
 - v. Metabolism
 - vi. Gastrointestinal system
 - vii. Endocrine system
 - viii. Hematological system
4. List three strategies to prevent hypothermia when caring for the trauma patient
 - a. Care Implications
 - i. Passive external warming measures
 - ii. Active external warming measures
 - iii. Active Core re-warming measures
5. State the most negative impact of acidosis on long term outcomes in trauma patients
 - a. Effects of Acidosis on the body
 - b. Treatment considerations
 - c. Factors which contribute to acidosis in the trauma patient
6. Describe two causes of coagulopathies in the trauma patient
 - a. Four causes of coagulopathies in trauma patients
 - i. Dilution
 - ii. Disseminated intravascular coagulopathy
 - iii. Major metabolic derangements
 - iv. Hypothermia
 - b. Recognizing the onset of coagulopathies
 - c. Treatment of coagulopathies