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