

**Evidence Based Medicine in the Realm of Heat Stroke and Sudden Death
with Lab**

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Key Points of Presentation:

1. Heat acclimatization
2. WBGT modifications
3. Transitional Periods (exertional sickling, rhabdo)
4. Body temperature assessment
5. Factors influencing body temperature rise
6. Cool first transport second
7. Cold Water immersion for EHS
8. Getting athletic trainers at every high school
9. AED access within 1 minute of organized athletic activities
10. Emergency action plans

Presentation Objectives:

1. Attendees will be able to list and identify current best practices for the prevention of sudden death in sport, particularly exertional heat stroke in addition to steps to minimize sudden death in areas such as strength and conditioning sessions.

(Knowledge)

2. Attendees will be able to differentiate between acceptable means of temperature assessment in exercising individuals and the best cooling modalities to use in the event of exertional heat stroke. (Analysis)

3. Attendees will develop strategies for implementing policies to keep athletes safe during sport and physical activity. (Synthesis)

4. Attendees will be able to recommend to their employers gaps in their current policy and procedures in dealing with possible cases of sudden death in sport. They will be able to provide evidence supporting implementation of heat acclimatization guidelines, appropriate assessment and treatment of exertional heat stroke, and AED policies to minimize the risk of sudden death in their setting. (Evaluation)

5. Attendees will be able to gain hands on experience in appropriate methods and techniques used to acquire an accurate body temperature and implementation of cooling modalities in the event of an exertional heat stroke. They will also gain hands on experience in working with devices that assess environmental conditions (Wet Bulb Globe Temperature) that can be used to establish activity modifications during extreme conditions. (Apply)

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