

28 – EXHAUSTION, HIKING

CHILE



THE STORY:

Hikers responded to a 27 y/o male lying off the edge of the trail in the Andes. The Pt stated that he had climbed to a peak that morning and was half way back down — a vertical gain and subsequent loss of almost 8,000 feet (2,400m) — when he started to feel sick and unsteady. He was carrying a coke bottle from which he had drunk approximately 2 liters of water since his morning departure 9 hours before. Ambient temperature was 99° F (37.5° C). The Pt complained of weakness, nausea, dizziness on standing, and stated he last urinated approx. 6 hrs. previously. Pt denied that he had blacked out at any point prior to arrival of the hikers. He stated

a history of allergies to pollen for which he took antihistamines, had no other relevant medical history, stated he hadn't eaten since breakfast and had a total fluid intake of less than 2 liters of water over the course of his 9 hr. climb. At 1500 hrs., the Pt was lying on his side, awake and oriented but weak, listless, complaining of being thirsty. His skin was pale and cool. Vitals taken supine: Pulse: 100, Resp.: 20, B/P: 94/50, Skin: pale and cool, Temp.: 98.5° F (37° C) orally. Vitals taken standing: Pulse: 124, Resp.: 24, B/P: 90/50, Skin: pale, cool. His mental state was unchanged but he complained of being lightheaded.

Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1500hrs. with Anticipated Problems and an appropriate Treatment Plan.

QUESTIONS

1. What are the most useful elements of the PAS for determining the problem and the most appropriate treatment?
2. How could the patient's current problem lead to heat stroke or hyponatremia if unresolved in this environment?

ASSESSMENT AND TREATMENT PLAN

A = Assessment (Problem List)	A' = Anticipated Problems	P = Treatment Plan
1500		
compensated volume shock 2° to dehydration	decompensation / heat stroke	drink to thirst with electrolyte replacement / continued VS
		monitoring

NOTES

What Actually Happened Next ...

The Pt was successfully rehydrated and fueled and after a long rest, completed the descent in the cooler hours of the early evening.