

Summary of CMHC Policy D-27.2 Heat Stress

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TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

Managed Care

CMHC Heat Stress Policy

Formulated: 8/1997

Last Review: 1/2022

Purpose: To establish guidelines for preventing and monitoring heat stress illness

Responsibility: The facility medical staff is responsible for providing guidelines to assist facility administration in the determination of safe and healthful work conditions.



3 types of Heat Stress

1. Heat cramps: brief, intermittent crampy pain in muscles subjected to strenuous exercise
2. Heat Exhaustion: *(most common form of heat stress)
weakness, anxiety, fatigue, dizziness, headache, nausea, urge to defecate, profuse perspiration, rapid pulse, incoordination and confusion
3. Heat Stroke: (MEDICAL EMERGENCY) collapse, headache, chills, gooseflesh, weakness, incoordination, nausea, vomiting, progression to unconsciousness, hot and dry skin, rapid and weak pulse

High Risk Individuals

Age >65, Cardiovascular Disease, Diabetes, Asthma/ Chronic Obstructive Pulmonary Disease, Thyroid Disease, End Stage Liver disease, Seizure Disorder, Psychiatric Disease and/or individuals who take the following types of medication:

1. Anhidrotics: drugs that inhibit perspiration
2. Poikilothermics: drugs that disrupt regulation of normal body temperature
3. Potentiators: drugs that potentiate anhidrotics or poikilothermics



Current Patient Restrictions

Patient:

MRN:

Sex:

Race:

Order Provider	Section	Element	Restriction	Start Date	# Days	Exp. Date	Cont	Data	Units
		III	19b. Psych - No Work in Direct Sunlight	06/01/2023			Yes		
		III	20b. Psych - No Temperature Extremes	06/01/2023			Yes		
		III	21b. Psych - No Humidity Extremes	06/01/2023			Yes		
		IV	Disciplinary Process Consult Representative of Mental Health Department before taking disciplinary action	05/22/2023			Yes		
		V		Mental Health Representative Required RESEND	05/22/2023			Yes	
				05/18/2023					

PULHES Management			
	DESIG	CODE	MODIFIER
P	2	B	P
U	1	A	-
L	1	A	-
H	1	A	-
E	1	A	-
S	2	B	T

PLEASE NOTE: HSM-18 in the mainframe will be updated from these orders hourly from 6AM to 5PM.

User Name: [1]

Run Date:



PROCEDURE:

- Determine safe hot weather working conditions
- Acclimatization
- Fluid intake
- Work -rest cycle:
 - Temp 90-95: 5 min rest every hr.
 - Temp 96-120: 5 min rest every 30 min and 1/3 work intensity reduction
 - Temp > 120: 10 min rest every 20 min and 1/2-2/3 work intensity reduction
- Transportation
- Training



Table 1: Heat and Humidity Index Actual Air Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	126	130					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Relative Humidity (%)

Likelihood of heat disorders with prolonged exposure or strenuous activity	Heat Index	Risk Level
 = Caution	80 to 90°F	Possible fatigue with prolonged exposure
 = Extreme Caution	91°F to 103°F	Heat-related illness possible with long exposure
 = Danger	103°F to 115°F	Heat stroke possible and heat-related illness likely
 = Extreme Danger	Greater than 115°F	High risk of heat stroke



Heat Related Illness Report Example

HEAT RELATED ILLNESSES

Facility (UOA): All UTMB and Texas Tech Facilities

Observe Date Range: 08/21/2023 - 08/28/2023

Patients that have an active & inactive ICD Code that starts with "T67".

Report Number: CCD1900

Report Date: 08/28/2023 07:00:44AM

<u>FACILITY (UOA)</u>	<u>LAST NAME</u>	<u>FIRST NAME</u>	<u>MI</u>	<u>MRN</u>	<u>DOB</u>	<u>SEX</u>	<u>AGE</u>	<u>RACE</u>	<u>RECDATE</u>	<u>STATUS</u>	<u>HOUSING</u>	<u>OBSRVDATE</u>	<u>ICD</u>	<u>DIAGNOSIS DESCRIPTION</u>	<u>DIAG STATUS</u>
BETO 1 (OB)									08/17/2023	ACTIVE		08/22/2023	T67.1	HEAT SYNCOPE	Inactive
HUGHES (AH)									06/10/2021	ACTIVE		08/25/2023	T67.9	EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Inactive
LYCHNER (AJ)									07/31/2023	ACTIVE		08/24/2023	T67.9	EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Inactive
LYCHNER (AJ)									02/23/2023	ACTIVE		08/22/2023	T67.9	EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Inactive
LYCHNER (AJ)									06/28/2022	ACTIVE		08/24/2023	T67.9	EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Inactive
LYCHNER (AJ)									12/14/2022	ACTIVE		08/21/2023	T67.9	EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Inactive
STILES (ST)									05/01/1995	ACTIVE		08/23/2023	T67.5	HEAT EXHAUSTION, UNSPECIFIED	Inactive

GRAND TOTAL: 7



Heat Related Illness April 15-August 15

	T67.0 HEATSTROKE AND SUNSTROKE	T67.1 HEAT SYNCOPE	T67.2 HEAT CRAMP	T67.5 HEAT EXHAUSTION, UNSPECIFIED	T67.6 HEAT FATIGUE, TRANSIENT	T67.9 EFFECT OF HEAT AND LIGHT, UNSPECIFIED	Total
Apr			1	3	1	1	6
May	1	1		1	1	5	9
Jun		9	2	12	7	8	38
Jul		6	1	2	7	10	26
Aug	2				3	7	12
Total	3	16	4	18	19	31	91

Questions?



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