



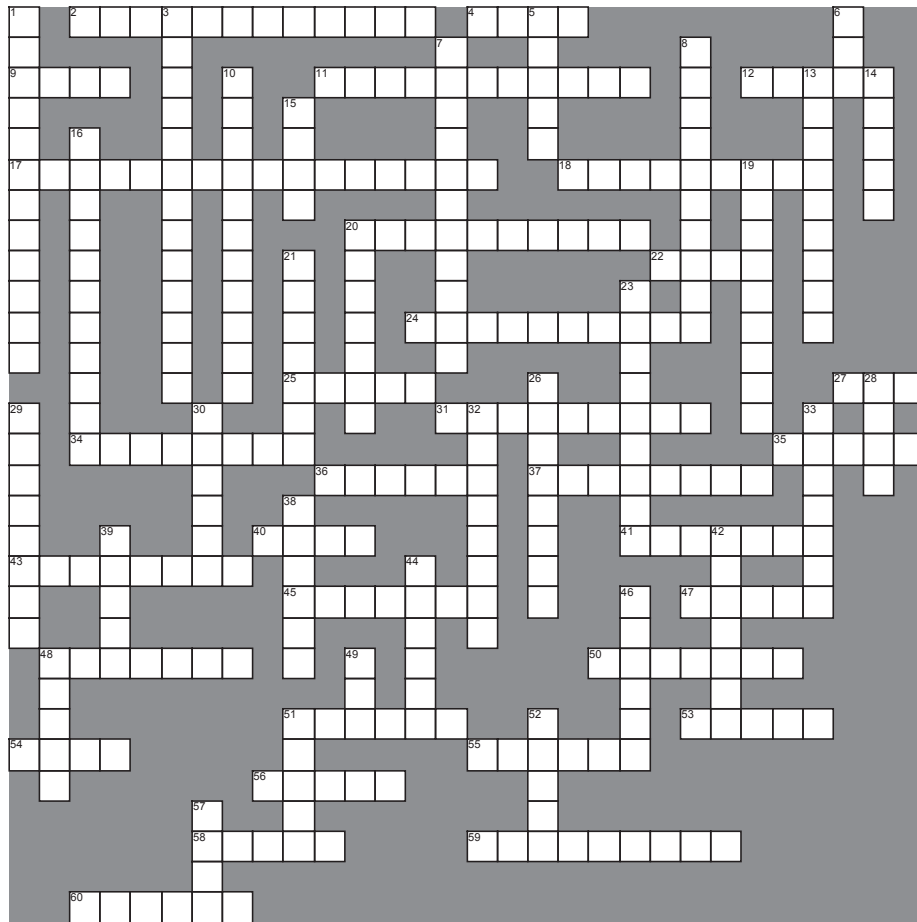
Test Your Knowledge

by Sandy Wilbanks, MSN, FNP

Exertional Heat Stroke



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Across

2. Unusually high body temperature.
4. Keep the _____ elevated.
9. Address any modifiable _____ factors.
11. Having a decreased blood volume .
12. Rapid cold _____ immersion.
17. Maintenance of a constant internal body temperature .
18. EHS can lead to thrombosis and _____.
20. Heat _____.
22. Rapid cooling on _____ must be administered .
24. Heat dissipates by conduction, _____ evaporation and radiation.
25. A dark _____ of the urine due to dehydration.
27. Exertional heat stroke (ab).
31. Prevention starts with _____ athletes.
34. Rapid _____ cooling.
35. Continuous _____ sign reassessment.
36. Heat cramps are painful muscle _____.
37. High _____ body temperature.
40. Basal _____ temperature.
41. A brief loss of consciousness .
43. Infection may _____ risk.
45. Heat-related _____ syndromes.
47. Stop cooling when temperature _____ below 101° F.
48. Risks of cooling are outweighed by therapeutic _____.
50. Heat cramps occur after _____ has occurred .
51. A group of body organs that work together.
53. EHS presentations may be _____ or delayed.
54. Use _____ in conjunction with wetting the skin.
55. Cold IV _____ can be administered.
56. Treatment of EHS should be _____.
58. Treat EHS within 30 minutes of _____ of symptoms.
59. Oral _____ is a first line treatment.
60. Most cases of EHS occur during the _____.

Down

1. Having a normal body temperature.
3. EHS is caused by _____ heat stress.
5. _____ of the legs may follow heat exposure.
6. Immerse in circulating _____ water.
7. Heat dissipates from the body via _____.
8. Increased sweat _____ promotes heat dissipation.
10. Life _____ complications.
13. Cool first, _____ second.
14. Acute _____ failure.
15. Immediately treat during the "Golden _____".
16. Rectal _____ is the most accurate.
19. Cold water _____.
20. The _____ and children are at higher risk.
21. Exertional heat stroke is a _____ emergency.
23. A sensation of whirling.
26. Hyperthermia due to physical _____.
28. Exertional _____ illness.
29. _____ should be removed.
30. Schedule rest and water _____.
32. Respiratory _____ syndrome.
33. Poor athletic _____ is a risk for EHS.
38. Heat exhaustion causes _____ and water depletion.
39. Ice packs to neck, _____ and axilla.
42. Dehydration decreases _____ stroke volume.
44. Drink water _____ exercise sessions.
46. Most EHS cases occur during _____ participation.
48. The body generates heat at a steady _____ rate.
49. Emergency medical services (ab).
51. Rest in the _____.
52. Hot and _____ environments are a risk.
57. Reduce _____ temperature to < 40.5° C.

Source:

Pryor RR, Casa DJ, Holschen JC, O'Connor FG, Vandermark LW. Exertional heat stroke: strategies for prevention and treatment from the sports field to the emergency department. *Clin Pediatr Emerg Med.* 2013;14(4):267-278.

Sandy Wilbanks, MSN, FNP, works for Covenant Healthcare in Saginaw, MI, and has written the book *Cross Check Medical Crossword Puzzles*. She can be reached at swilb10175@aol.com.

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The answer key for this puzzle is available online.