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Frost Bite Frost Bite

History

Frostbite is a cold related injuries characterized by freezing of tissue most cases are encountered by soldiers or people who work outdoors in the cold among mountain climbers and other exposed to extremely cold temperatures at high altitude. It combines tissue freezing with hypoxia and general body dehydration.

Patient Education

- 1.The best way not to get frostbite is staying indoors during extremely cold weather. If you must go outside, wear layers of clothes.
- 2.Keep hands and feet dry.
3. Increase fluid and chlorine intake in cold weather.
5. Use the buddy system when you go out in bad weather or in bad areas.

Signs/ Symptoms

Frost Bite Symptoms: Skin is hard, cold, and pale with no feeling.

There are four degrees of this injury. The first shows as erythematic, edema, and waxy an appearance hard white plaques sensory deficits. The second stage has the same things from step one but step two also has blisters. Stage three has all the other steps and blood filled blisters not clear blisters. Stage four shows as damaged muscles, tendons and bone.

Causes

Predisposing factors and populations at greatest risk include the following.

1. Individuals stranded in cold weather.
2. Soldiers and laborers working in a cold environment.
3. Winter and high-altitude athletes.
4. Extremes of age.
5. Homelessness.
6. Altered mental status.
7. Exposure to water or dampness.
8. Immobilization.
9. Use of nicotine.
10. Previous cold injury.
11. Fatigue.
12. Use of inadequate or constrictive clothing.

Frost Bite definition: Local damage to tissue caused by extremely low temperatures. Damage to tissue results from formation of ice crystals accomplished by a reduction in local blood flow. Necrosis (death of tissue) and even gangrene (decay of dead tissue) can result from frostbite.

People most at risk:

People who live year round cold areas like Alaska are most at risk. There are not many cases of frostbite in the U.S.A. Children are more at risk because they play in the snow more then adults.

Treatment

Bring the person inside. If it just happened you should get the person into dry clothing. Remove all wet clothing put chilled body part in warm clothing until all sensation returns. Do not let the person control the temperature at all. If it is too severe go to your local hospital emergency room.

Do Not

1. Do not thaw out the frostbite area.
2. Do not use direct heat.
3. Do not rub or massage the affected area.
4. Do not disturb if any blisters on skin.
5. Do not smoke or drink during recovery.

Surgical Operations

No surgical operations may need to be done but it can damage your muscles or tendons very badly.

Complications

Wound infection, tetanus, hyperglycemia, acidosis, refractory dysrhythmias, tissue loss, gangrene, and death.

Drugs

Ibuprofen, Penicillin, Aloe Vera cream, Diphtheria, Tetanus immune globulin, Morphine sulfate.

Follow up

Frostbite a serious illness that must be treated before something important gets damaged like a muscle or tendon. There are things you can do to help it but if it's too serious its best if you go to a hospital before more damage is done.

Info/resources

These are all the links I used I learned all of my paper from these three sites.

Http:

kidhealth.org/parent/firstaid_safe/emergencies/frostbite.htm

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[Www.bknubug.goc/medilineplus/ency/article/000057.html](http://www.bknubug.goc/medilineplus/ency/article/000057.html)

www.Emedicine.com