

## Hypothermia Checklist for Seniors

A senior's behaviour may be influenced by underlying medical conditions. It is important to take the time to consider the potential medical issues underlying challenging behaviour before immediately assuming the need for behaviour management strategies. If the symptoms described below are observed in a senior this may be an indication of an underlying medical condition. It is helpful to remember that it may take some time before some of these symptoms become apparent and a review may be helpful at various times throughout a stay.

Use this checklist for information and referral purposes only. Each organization should assess the use of this form against their own liability concerns. It is not a substitute for assessment and diagnosis by medical professionals. **If use of this checklist results in concern for the health of a senior, consult medical advice immediately.** Staff should not attempt to use this tool to conduct their own diagnosis. Staff should also report any concerns to their supervisor in accordance to their organization's policy and procedures.

Please also consider the personal assessment of comfort and safety experienced by the seniors when using this tool. Some seniors may be uncomfortable with others touching them or may be less likely to disclose answers to some of the questions provided.

Possible Symptoms	Yes	No
Do the senior's extremities (hands, feet, nose, ears) or trunk feels cool to the touch?		
Does the senior often report, or is there evidence to indicate, episodes of confusion and sleepiness?		
Does the senior have thick, slow speech?		
Does the senior demonstrate an unsteady, uncoordinated walk (wide base, feet thrown out: <a href="http://www.youtube.com/watch?v=FpiEprzObIU">http://www.youtube.com/watch?v=FpiEprzObIU</a> ), known as ataxic gait?		
Does the senior show a marked rigidity in movement or posture with muscles that are seemingly tight?		
Is the senior demonstrating shallowness in their breathing?		
Does the senior have wet or insufficient clothing?		
Does the senior report burning pain affecting the hands or feet which feels like tingling or numbness		
Does the senior show weakness and/or clumsiness?		
Does the senior show irritability and/or combativeness?		