



Exertional Heat Stroke Emergency Kit

Product	Price	Lifespan	Practicality	Purchasing
DataTherm® II Continuous temperature monitor	Monitor ~\$275 Thermistor \$12	Monitor is reusable, but probes are disposable for one time use.	These new probes are 78" long, excellent for cold water immersion. A good device whenever portability is a concern. Requires AAA batteries. **Make sure you ask for the longer 78" probes	https://www.medco-school.com/Supply/Product.asp?Leaf_Id=265098 http://www.rgmd.com/datatherm2.html
Measurement Specialties Thermistor (4600 Precision Thermometer and 400 General purpose probe)	4600 Thermometer ~\$800 400 Probe ~\$65	Reusable-will require cleaning solution	This product has the longest probe and therefore allows continuous tracking of a heat stroke victim's temperature during ice water immersion. This will measure temperatures up to 50°C, well beyond our necessity for an exertional heat stroke victim.	http://www.meas-spec.com/temperature-sensors/precision-ntc-thermistor-thermometers.aspx http://www.advindsys.com/Products/YSIMEdicalProbes.htm (probe only)
Welch Allyn Sure Temp Plus (Listed as an oral temperature device, but may be used rectally)	~\$325	Reusable- requires purchase of probe covers	This product may not be used for continuous tracking, therefore must be re-inserted for temperature monitoring. Requires AA batteries.	http://www.welchallyn.com/products/en-us/x-11-ac-100-000000001197.htm http://www.medexsupply.com/products/pid-758/WelchAllynSureTempPlus690Elect.htm?zmam=34602484&zmas=1&zmac=2&zmap=WA-01690-200
Rubbermaid Tub	100 gallon ~\$115 150 gallon ~\$190 300 gallon ~\$300	Reusable- will require cleaning	These tubs will be used for continuous cooling of a patient. The tub should be large enough to fit any active patient.	http://www.rubbermaidforless.com/agriculture-stock-tanks-category-15_18.html
Towels	27"x54" ~\$75/dozen	Reusable- will require washing between athletes	These towels can be used to hold athletes erect while in the cold tub (under the arms and harnessed behind them for support) and one for their head. If no tub is available, they can be used for a different cooling technique where the patient is fully covered in (7) ice towels (legs, torso, arms, head).	http://www.towelhub.com/





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Large Whisk	36" ~\$16	Reusable- will require washing	This product is considered a luxury for continuous aggressive stirring of the cold tub. (This product is not a requirement)	http://www.thefind.com/appliances/info-style-wire-whip
Rubbermaid Coolers	3 gallon ~\$25 5 gallon ~\$25 7 gallon ~\$45 10 gallon ~\$55	Reusable- will require washing	This product can be used not only to hold water and ice for rehydration and injury purposes but may also be used to hold ice towels if no cold tub is available.	http://www.rubbermaid.com/Category/Pages/Category.aspx?CatName=Coolers

***Practice Scenarios:**

The Life/form® Enema Administration Simulator is an anatomical model that may be used during educational classes on proper procedures for rectal thermometry and can be found at the following website:

<http://www.drmass.com/lienadsil.html>

***NOTE:** Water, ice, and an AED should always be available to the sports medicine staff and athletes.

Water: The immersion tub should be easily accessible from all venues and positioned near the water source. If this is not feasible, there should be a quick mode of transportation (e.g. golf cart) to take an EHS patient to the water source/tub.

Ice: There should be an easily accessible and unlimited supply of ice available. There should be enough ice available not only for the CWI tub, but also for water coolers, injuries, and ice towels. In addition, there should be enough ice to last the entire day (e.g. two-a-days) and the machine should be capable of completely refilling for the next day's events.

Automatic External Defibrillator (AED): An AED should always be available and readily accessible at the site of each athletic event. An AED should also be provided for travel along with a certified athletic trainer for all away and off-site events.

