



## **STEPS TO BE TAKEN BY ADULT CARE FACILITIES IN WARM WEATHER**

1. Observe and monitor residents to ensure both their comfort and safety.
2. Assure, through active encouragement and assistance when necessary, that residents maintain adequate fluid intake (e.g., water and fruit juices should be available). Avoid alcohol.
3. Encourage residents to wear appropriate clothing while indoors and outdoors (lightweight, light-colored, loose-fitting clothing and hats).
4. Encourage residents not to lie or sit in direct sunlight, e.g., if outside, encourage residents to sit in shaded areas.
5. Monitor residents engaging in physical activities. Discourage strenuous physical activity as appropriate.
6. Alert staff to the signs, symptoms and consequences of heat exhaustion, heat stroke and heat cramps.
7. Instruct staff to monitor residents for signs and symptoms of heat related conditions. Notify the resident's physician and obtain medical services if necessary.
8. Provide information to both residents and staff on medications (sample list enclosed) that may cause residents to be more susceptible to heat-related conditions.
9. Assure that facility policies and procedures for heat emergency situations are current, complete, known to staff, and carried out.
10. Use air circulating and air cooling equipment (window fans, floor fans, mechanical ventilation systems and air conditioners) to achieve and maintain air movement and air cooling within the facility, especially in resident rooms and resident use areas.
11. Protect against temperature elevations within the facility by closing window blinds and shades on sun-exposed walls, opening windows on shaded walls and turning off heat generating devices such as lights.
12. Adjust menus as needed, incorporating items such as cold plates, salads, etc. Consult with your dietician.

## SYMPTOMS OF HEAT-RELATED CONDITIONS AND MANAGEMENT

Heat-Related Illness	Signs & Symptoms	Management
Heat Exhaustion	Gradual weakness, nausea, anxiety, excess sweating, headache, dizziness, or fainting. May lead to loss of consciousness and/or circulatory failure. Skin is pale, grayish and clammy. May show irritability or change in behavior; low or normal temperature; slightly low blood pressure; cramps in the abdomen/ arms/ legs.	Move resident to a cooler place and encourage rest. Lay the resident down and elevate the legs and feet slightly. Loosen or remove resident's clothing and apply wet cloths, such as towels or sheets. If the resident is conscious, give cool water to drink. Make sure the resident drinks slowly. Give a half glass of cool water (not iced) every 15 minutes. Monitor the resident carefully. Heat exhaustion can quickly become heatstroke.
Heat Stroke (Serious Emergency)	Headache, weakness, agitation, confusion, seizures, lethargy, or sudden loss of consciousness. Hot, red, dry skin with little sweating; very high temperature (above 105 degrees); hard, rapid pulse; rapid, shallow breathing.	Immediately call 911 or paramedics. Remove resident's clothing and cool skin by wrapping or immersing in cold water or ice.
Heat Cramps	Severe cramps and spasms in the arms, legs and/or abdomen; mild nausea; perspiration. Skin may be hot and dry or cool and clammy depending on the humidity. The muscles feel like hard knots. Resident may have pale skin.	Move resident to a cooler place and encourage rest. Lightly stretch the effected muscle and replenish fluids. Provide half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them as they can cause further dehydration, making the conditions worse.

**RESIDENTS TAKING THE FOLLOWING MEDICATIONS MAY HAVE ADDED SENSITIVITY TO HEAT AND OTHER CONDITIONS (Not all inclusive)**

Antibiotics	Tetracyclines, sulfa drugs, quinolones (Cipro, Noroxin, etc.)
Anticholinergics	Atropine, Benadryl, Cogentin, Ditropan, Donnatol
Antidepressants	Elavil, Tofranil, Zoloft
Antipsychotics	Haldol, Mellaril, Navane, Risperdal
Diuretics	Hydrochlorothiazide (HCTZ), Lasix
Potassium Supplements	K Dur, Micro K
Steroids	Decadron, Prednisone
Cardiotonics	Lanoxin (Digoxin)
Antispasmodics	Dicyclomine

**ANTIDEPRESSANT DRUGS**

<b>Generic</b>	<b>Brand</b>
Amitriptyline	Elavil
Amoxapine	Ascendin
Bupropion	Wellbutrin Wellbutrin SR
Citalopram	Celexa
Clomipramine	Anafranil
Desipramine	Norpramine
Doxepin	Sinequan
Duloxetine	Cymbalta
Escitalopram	Lexapro
Fluoxetine	Prozac, Prozac weekly
Fluoxetine/Olanzapine	Symbyax
Fluvoxamine	Luvox
Imipramine	Tofranil
Maprotiline	Ludiomil
Mirtazapine	Remeron, Remeron Sol Tab
Nefazodone	Serzone
Nortriptyline	Pamelor, Aventyl HCL
Paroxetine	Paxil
Phenelzine	Nardil
Protriptyline	Vivactil
Sertraline	Zoloft
Tranlycypromine	Parnate
Trazodone	Desyrel
Trimipramine	Surmontil
Venlafaxine	Effexor Effexor XR

### MOOD STABILIZER DRUGS

Generic	Brand (mg/ml)
Lithium carbonate	Lithobid
	Eskalith
	Eskalith CR
Lithium Citrate	Cibalith – S
Valproic Acid	Depakene
Divalproex sodium	Depakote (dr) Depakote (ER) Depakote Sprinkles
Carbamazepine	Tegretol Tegretol XR Tegretol chew Carbatrol (er)
Gabapentin	Neurontin
Lamotrigine	Lamictal
Topiramate	Topamax

### CONVENTIONAL ANTIPSYCHOTIC DRUGS

Generic	Brand
Chlorpromazine	Thorazine
Fluphenazine	Prolixin
Haloperidol	Haldol
Loxapine	Loxitane
Mesoridazine	Serentil
Molidone	Moban
Perphenazine	Trilafon
Thioridazine	Mellaril
Thiothixene	Navane
Trifluoperazine	Stelazine
Prochlorperazine	Compazine
Triavil	Amitriptyline/ perphenazine

### Long Acting Antipsychotics

Fluphenazine (Prolixin) decanoate

Haloperidol (Haldol) decanoate

Risperidone (Risperdal Consta)

### ATYPICAL ANTIPSYCHOTIC DRUGS

Generic	Brand
Clozapine	Clozaril
Risperidone	Risperdal, Risperdal Consta, Risperdal M-Tab
Olanzapine	Zyprexa, Zyprexa Zydis, Zyprexa intramuscular
Quetiapine	Seroquel
Ziprasidone	Geodon
Aripiprazole	Abilify

### AGENTS FOR MANAGEMENT OF ANTIPSYCHOTIC MOTOR SIDE EFFECTS

	Generic	Brand
Anticholinergics	Benzotropine Diphenhydramine Trihexyphenidyl	Cogentin Benadryl Artane
Benzodiazepines	Clonazepam Lorazepam	Klonopin Ativan
Beta Blockers	Atenolol Metoprolol Nadolol Propranolol	Tenormin Lopressor Corgard 20,40 Inderal 10
Dopamine agonist	Amantadine	Symmetrel
Thyroid preparations	Thyroid dessicated Thyroid extract Levothyroxine	Levothroid Levoxyl Synthroid

Note: There is a potential for some drugs to interact with each other to increase a resident's sensitivity to heat. For case-specific information, consult with the prescriber or pharmacist.