

# POLICIES AND PROCEDURES MANUAL

KEYSTONE COMMUNITY RESOURCES, INC.

KEYSTONE INDEPENDENT LIVING, INC.



**Policy Title:**  
Heat Illness

**Chapter:**

**Effective Date:**  
7/1/1992

**Revision Date:**  
11/25/2008

**Policy Number:**

**Executive Director**

## SCOPE:

- Chapter 6400 – Community Homes For Individuals With Mental Retardation

## INTRODUCTION:

1. Many of our residents are elderly, overweight and non-verbal. Many are diagnosed with health problems such as seizure disorders, hypertension, heart disease or poor blood circulation. Many are prescribed medications which puts them at risk such as Vasodilators (medication which dilates blood vessels) or Diuretics (medication which rids the body of water). In addition, many of our residents are at increased risk of Photosensitivity because they are prescribed psychotropic medications.
2. Some methods of lowering incidence of heat reactions or heat related illness:
  - Drink adequate amounts of water
  - Increase intake of salt if not contraindicated
  - Moderate eating habits
  - Restrict activity
  - Wearing loose, light colored clothing and protective hat in hot, sunny weather.
  - Use sun block.
  - Avoid exposure to extreme heat.
  - Assure good ventilation
  - Move air by using fans and air conditioning.
  - Monitor frequently.
3. These are common sense preventative measures and it is your responsibility to monitor residents because they may not recognize the danger of becoming ill or may not be able to communicate signs of illness to you. They should be checked frequently.
4. keep in mind that once the signals of a heat related illness begin to appear, the victim's condition can quickly get worse and can result in death If you see any of the signals of sudden

illness and the victim has been exposed to extreme heat, suspect a heat related illness and inform the nurse-on-duty or physician on-call at once.

**DISCUSSION:**