

Baby, It's Hot Outside!

NURSING NOTES by Jessica Decker, RN

Heat-Induced Illness Signs and Symptoms:

- + Confusion
- + Heavy Sweating
- + Cold, pale, and clammy skin
- + Fast, weak pulse
- + Nausea or vomiting
- + Muscle cramps
- + Feeling tired or weak
- + Feeling dizzy
- + Headache
- + Fainting (passing out)



Why Are Seniors More Prone to Heat Stress?

- ❖ Older adults do not adjust as well as young people to sudden changes in temperature.
- ❖ Seniors are more likely to have a chronic medical condition that changes normal body responses to heat (ex. chronic lung and heart conditions, obesity, and being sedentary).
- ❖ Older adults are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat (ex. blood pressure medications, diuretics, and anti-depressants).

What Can You Do to Stay Cool and Hydrated?

- Stay in air-conditioned buildings as much as possible.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Wear loose, lightweight, light-colored clothing.
- Try to limit your outdoor activity to when it's coolest.
- Rest often in shady areas so that your body has a chance to recover.
- If you wish to go outside, please let your nursing staff know and sign out at the front desk.