Initial Date: 10/21/2019
Revised Date:
Section 11-81~~5~~

Formatted: Tab stops: 5.44", Left + 5.81", Right + Not at 6"

Formatted: Header

Dehydration

This protocol provides guidance for the evaluation and treatment of a patient with symptoms of dehydration.

Purpose: Evaluation and treatment of patient presenting with signs or symptoms of dehydration by the Community Integrated Paramedic (CIP)/Mobile Integrated Health Paramedic (~~CP/~~MIHP).

~~TANDEM365~~CIP/MIHP Directives:

1. Follow CIP Patient *General Assessment and Care~~Treatment~~ Protocol* (11.50)~~2~~.
2. When assessment findings reveal symptoms of mild dehydration, the CIP/MIHP may recommend the following:
   a. Increase oral fluid consumption.
3. For participants exhibiting at least two of the qualifying symptoms below indicating moderate dehydration, the CIP/MIHP may perform the following:
   a. Administer up to 1 liter Normal Saline fluid bolus over 60 minutes. The PCP or other specialty physician will be contacted if additional fluids are needed with approval from the overseeing physician. This excludes participants with uncontrolled CHF or those with a diagnosis of CKD Stage 3 or above.

Qualifying symptoms include:

- Dry mucous membranes
- Orthostatic hypotension
- Relative hypotension
- Poor oral intake
- Headache
- Lightheadedness
- Vomiting
- Decreased urine output
- Diarrhea

If two or more of the following symptoms are present, strongly consider transport to an emergency department as the patient is at a high risk of sepsis:

- Hyperthermia temp >38˚C (100.8˚F)
- Hypothermia temp <36˚C (96.8˚F)
- Heart rate >90bpm
- Respiratory rate <10 or >20 per minute
- Systolic blood pressure <90mmHg or evidence of hypoperfusion

4. The CIP/MIHP will communicate with the patient's care team as outlined in the *General Treatment Protocol 11-2* to develop a continuity plan.