

Presentation

Notes - Answer Key



1. Hypothermia: Occurs when the body gets cold and loses heat faster than the body can make it.
2. Symptoms of hypothermia in infants: Bright red, cold skin, very low energy.
3. Infants are at greater risk because:
 - They have a larger body surface area to mass ratio than adults, allowing greater heat loss.
 - They regulate body temperature much less efficiently.
 - It's difficult for them to produce heat by shivering.
4. Precautions:
 - Keep rooms at comfortably warm temperature in winter months.
 - Keep infant in warm clothes during winter.
 - Dress infant appropriately if you must go outside – avoid being outside in extreme cold or heat.
 - Never leave an infant in an unattended vehicle.
5. Hyperthermia: Occurs when a person's body temperature produces or absorbs more heat than it can dissipate. Body temperature rises and remains above the normal; 98.6°F.
6. Symptoms of hyperthermia in infants: Dry mouth or tongue; few tears when crying; few wet diapers; dark, smelly urine; sunken "soft spots" eyes or cheeks; mottled, graying skin – cool to touch; high fever; listlessness.
7. Infants are at greater risk because:
 - Unable to tell someone they're hot/cold, thirsty.
 - Temperature-regulating systems aren't fully developed.
 - Fewer sweat glands than adults, so not as efficient as adults in keeping cool.
8. Precautions:
 - Keep rooms at a comfortably cool temperature during the summer.
 - Dress infants in cool clothing in hot summer months. Use wide-brimmed hats in light colors if you take infant outside.
 - Use infant-safe sunscreen/sunblock on infants over 6 months if outside. Avoid outdoors in extreme heat.
 - Keep the infant hydrated – breast milk, formula, juice, water.
 - Never leave infant in an unattended car.
9. Best home temperature – winter 68-72° F
10. Best home temperature – summer 75-78° F
11. Three issues to consider when selecting infant clothing are: Answers will vary but should include any 3 of the following: Good clothing design is usually simple and functional. Avoid scratchy lace or zippers at the neckline. In summer, infants need lightweight clothing and full coverage for sun protection. If infant is over 6 months, any exposed skin needs infant-safe sunscreen. Use wide brimmed hats for sun protection. Too many clothes or layers can cause overheating. If infant gets overheated from too much or the wrong weight clothing for the environment, infants can develop heat rash. If clothing is too loose, infant can get wrapped up in it and suffocate. Loose clothing is more likely to catch on fire. Clothing should fit more snug rather than tight. Infants' clothing should never have drawstrings.