Appendix 2: Sample medical record template for exertional heat stroke (Modified from Falmouth Road Race).

### Exertional Heat Stroke Medical Record

<table>
<thead>
<tr>
<th>Time of Accident</th>
<th>Time Released</th>
<th>Triage Nurse (Record Keeper)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Sex (Circle one)</td>
<td>Age</td>
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</tbody>
</table>

#### Mental Status
- Awake/Alert
- Confused
- Obtunded
- Unresponsive

#### Skin
- Normal
- Pale
- Cyanotic
- Warm
- Dry
- Wet

#### Symptoms
- Headache
- Vision changes
- Chest pain
- Palpitations
- Nausea
- Abdominal pain
- Vomiting
- Diarrhea
- Muscle cramps

<table>
<thead>
<tr>
<th>Cooling Method</th>
<th>Time</th>
<th>Rectal temp. (°C)</th>
<th>Blood pressure</th>
<th>Heart rate</th>
<th>GCS</th>
<th>Notes</th>
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</table>

At the end of cooling

Abbreviations: CWI = cold water immersion, RIT = rotating ice towel, None = pre and post-cooling values

#### Part Medical History
- Tobacco
- Alcohol
- Hypertension
- Previous heat illness
- Diabetes
- Seizures/Epilepsy
- Heart disease
- Allergy
- Other

#### Fluid Intake History
- Drank before
- Drank during

#### Medications
- Yes
- No

Known drug allergies:

#### Triage Decisions:
- Yes
- No

( ) CWI
( ) RIT
( ) Refusal of tx.
( ) Observe
( ) Transfer to:

Signature (MD)