Tropical Diseases

662. Case Study of Heat Related Injuries

K Singh, J Hanumanthu, A Venniyoor, MSN Murthy,
PS Tampi, YD Singh
INHS ASVINI, Mumbai - 400 005.

Heat related injuries are common in a tropical environment. There is a paucity of published Indian data in this field. Thirty patients of Heat Related injury were studied and managed in Khurda, District of Orissa, Apr-May 1999. During the period of study the ambient temperature was 43-47°C and relative humidity was > 80%. All patients included in the study had CNS involvement. All patients were males with mean age of 19.5 years and presented after exceptional exertional activity. CNS involvement in the form of delirium/disorientation was seen in all 30 cases. Increase in body temperature at time of presentation was seen in 06 patients. Hypothermia was seen in 01 patient. Five patients were observed to have seizure activity and required IV injection of Sodium Dilantin. Two patients required mechanical ventilation. Deranged urea and creatinine level were noted in six patients. All cases were treated with rehydration and cooling with tepid water. Twenty nine patients made full recovery with no residual organ dysfunction. One patient had fatal outcome with multi-organ system failure. This study, has shown that CNS involvement can occur in heat related injuries even in the absence of increase in body temperature above normal. Timely management with tepid water-cooling rehydration, anti-convulsants (if required) and supportive therapy results in good out-come.

*Adjudged Best Papers and got an award of Rs. 1000/- each from Chairman Scientific Committee, Diamond APICON 2005.