



PRESS STATEMENT

MINISTRY OF HEALTH MALAYSIA

HEAT EXHAUSTION AND HEAT STROKE CASES IN MALAYSIA

The Ministry of Health (MOH) is deeply concerned with the recent death of a newly recruited PULAPOL trainee in Hospital Segamat on 16th March 2016 due to heat stroke. The global heat wave or Equinox phenomenon currently faced by Malaysia is expected to continue until April. The increase in temperature has various impacts on health, ranging from heat rash, heat cramps to heat exhaustion, with heat stroke being the most serious form of heat injury and is considered a medical emergency.

As of today, there is a total of seven (7) cases nationwide reported by MOH's hospitals between 1st March – 18th March 2016 related to the current hot weather which include six (6) cases of heat exhaustion treated in the outpatients department (Hospital Kuala Lumpur – 1, Hospital Langkawi – 2, Hospital Tengku Ampuan Afzan – 1, Hospital Port Dickson – 1 and Hospital Putrajaya – 1), and 1 case of heat stroke in Hospital Segamat which regrettably succumbed to the illness in ICU.

Heat stroke results from prolonged exposure to high temperatures and usually is in combination with dehydration, which leads to failure of the body's temperature control system. It can also occur due to internal heat production from within the body as a result of strenuous activity.

MOH will take precautionary measures to face the challenges in managing heat stroke and assures the public that all hospitals and health clinics are prepared to treat cases related to the current heat wave. Guidelines especially for the management of heat stroke for the Emergency and Trauma Departments and health clinics will be distributed to assist medical personnel in managing the cases related to hot weather. Pamphlets regarding heat stroke will also be distributed to ensure the public are aware of the signs and symptoms of diseases related to the heat, precautionary measures and actions to be taken. We also actively educate the public on this situation via the mass and social media.

Datuk Seri Dr. S. Subramaniam

Minister of Health Malaysia

18 March 2016