

Integumentary System

Hyperthermia is extreme high body temperature (Saladin, 2020). Hyperthermia occurs when your body takes more heat than what it releases.

Homeostasis keeps a stable internal environment. When someone has hyperthermia it means that the body temperature is extremely high and the body is no longer in homeostasis. When the body is out of homeostasis this can cause illness in this case Hyperthermia.

When you apply cool pads and spray on the skin it increases the rate of evaporation and rapidly decreases the body temperature. The use of cold water may pose a risk of overcooling someone with hyperthermia.

Not drinking water was a hindrance for Karen. When she ran without drinking water it caused dehydration. When your body is dehydrated it decreases your endurance and increases fatigue.

References:

Saladin, K. (2020). *Anatomy & Physiology: The Unity of Form and Function*. (9th ed.). McGraw-Hill Education.