The development of an elderly specific guide for assessing heat illness risk in the UK

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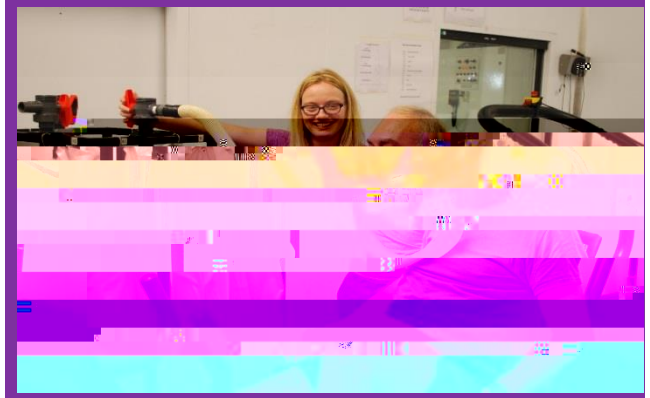
Presentation Aims

- Provide a rationale for conducting research in the UK, that investigates the elderly's responses to the heat
- Explain my ongoing research study and the preliminary result
- Discuss a research dissemination programme
- Outline plans for future research



Rationale for research into elderly health and the heat

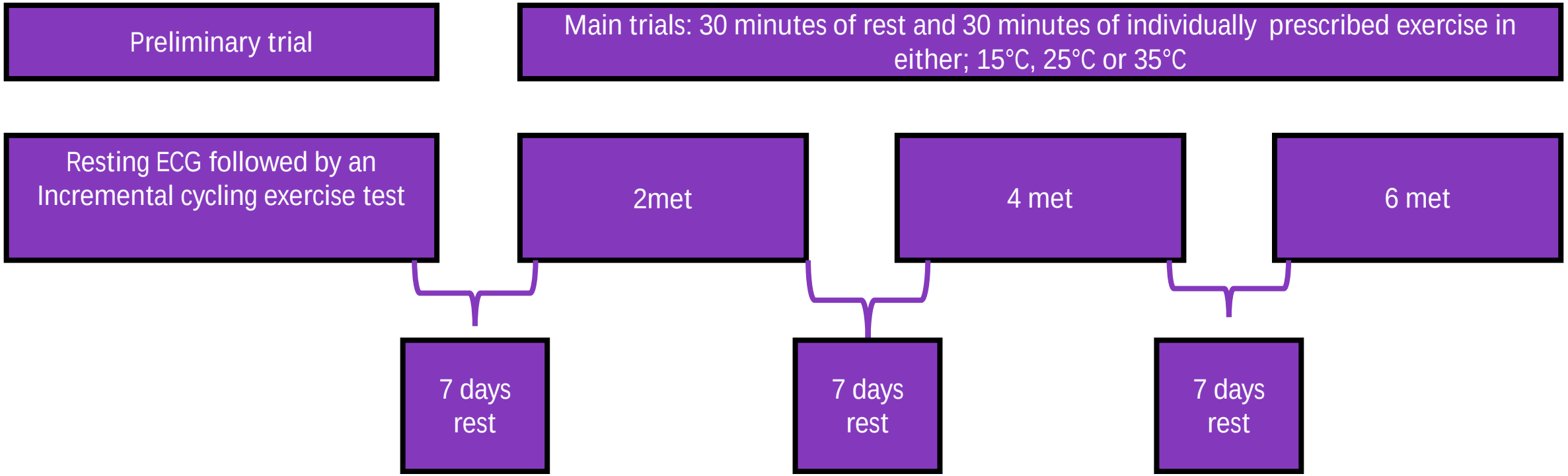
1. Climate change

Focus group outcomes

- Not enough specific advice on how to keep safe for people of their age
- Feel like they are forgotten about and that there is more heat alleviating advice for children
- Strategies they use to keep themselves cool are based on common sense
- Never heard of the heat wave readiness plan

Theoretical model

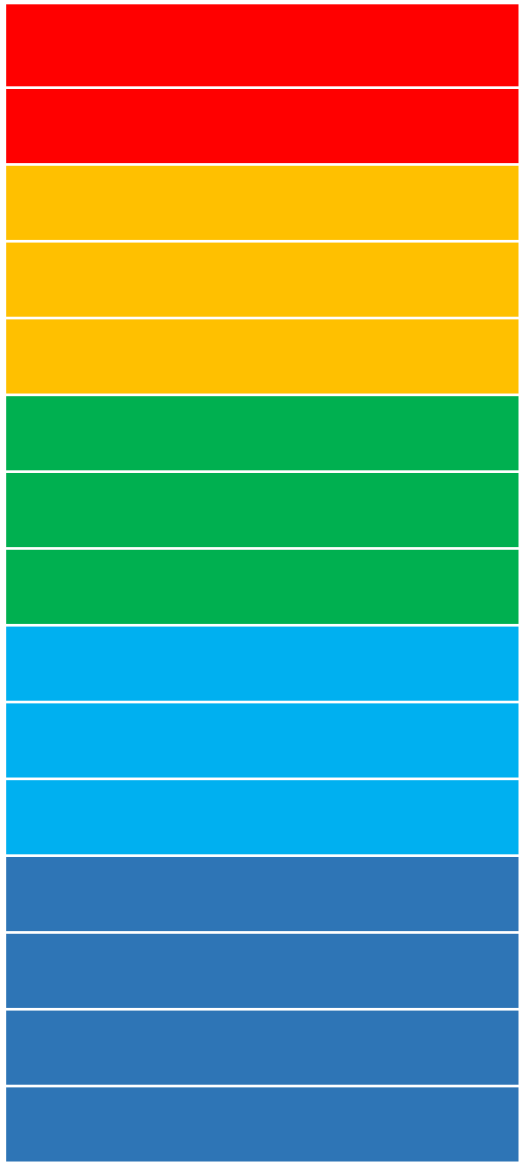
Research design



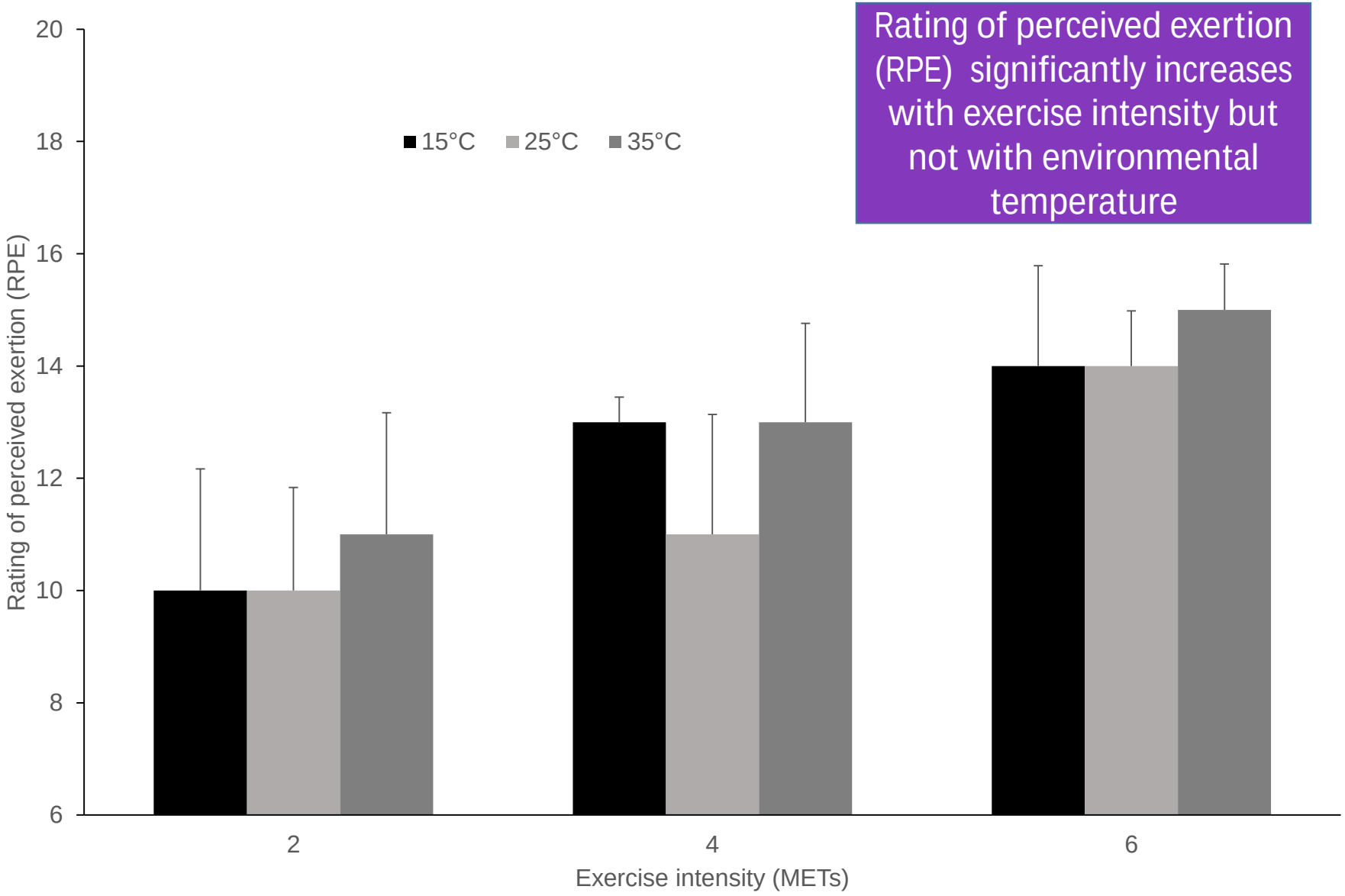
Physiological measurements were recorded every 5 minutes: core temperature, skin temperature and heart rate

We asked how the participant felt every 10 minutes, using scales for: thermal comfort, thermal sensation and rating of perceived exertion.

Perceptual Results



(Borg, 1962)

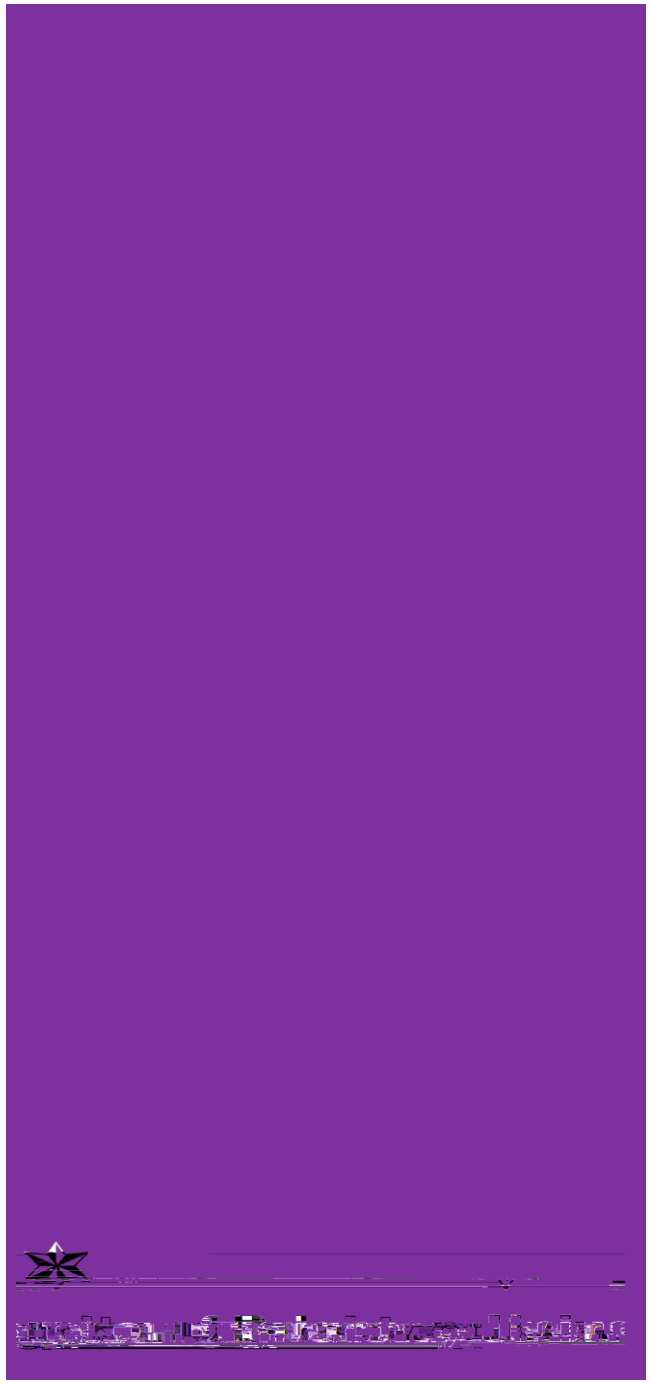


Rating of perceived exertion (RPE) significantly increases with exercise intensity but not with environmental temperature

Perceptual Results

Thermal comfort
5 very

Thermal sensation
8.0 unbearably hot
7.5
7.0 very hot
6.5
6.0 hot
5.5
5.0 warm
4.5
4.0 neutral
3.5
3.0 cool
2.5
2.0 cold
1.5
1.0 very cold
0.5
0.0 unbearably cold



Future directions

Perceptual cooling:

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