

Shock

Shock

“Golden Hour”

- The first hour after a serious injury or the sudden onset of certain illnesses.
- If shock can be prevented or if its severity can be reduced, the patient's chances for survival are greatly improved.

Shock

Two important responsibilities of a first responder;

1. Keeping patients from going into shock
2. Helping to stabilize patients who are in shock

If nothing is done for the patient who is in shock, DEATH will almost always result.

Shock

Shock indicates a problem with the circulatory system. The problem can be related to;

1. HEART - heart fails to pump the required volume of blood or stops pumping, *shock will develop*
2. Vessels - must be a closed system, if vessels are cut or burst open where enough blood is lost, *shock will develop*

Shock

Shock indicates a problem with the circulatory system. The problem can be related to;

3. Volume - must be enough blood to fill the vessels, if there is loss of blood volume or vessels enlarge to a size that no longer allows the system to be properly filled, *shock will develop*

Shock Development

“Patients can go into shock a little at a time.”

- You will often have enough warning to prevent shock from occurring or to slow down the process, helps save a life
- Shock is a reaction to a problem. This reaction causes more problems that, in turn, cause more problems

Types of Shock

- Hemorrhagic Shock - bleeding shock
- Cardiogenic Shock - heart shock
- Neurogenic Shock - nerve shock
- Anaphylactic Shock - allergy shock
- Psychogenic Shock - fainting
- Metabolic Shock - body fluid shock
- Septic Shock - bloodstream shock
- Respiratory Shock - lung shock

Symptoms or Signs of Shock

The symptoms of shock are;

- Weakness
- Nausea with possible vomiting
- Thirst
- Dizziness
- The patient indicates restlessness and fear.

Symptoms or Signs of Shock

The signs of shock are;

- Entire Body
 1. Restlessness or combativeness
 2. Profuse external bleeding
 3. Vomiting or loss of body fluids
 4. Shaking and trembling (rare)
- State of awareness - disoriented, confused, unresponsive, faint

Symptoms or Signs of Shock

The signs of shock are;

- Breathing - shallow and rapid
- Pulse - rapid and weak
- Skin - pale, cool and clammy
- Face - pale, often with blue color seen at the lips, tongue, and ear lobes
- Eyes - lackluster, pupils are dilated

Shock Patterns

1. Increased pulse rate - adjust to loss of blood
2. Increased breathing rate - demand for oxygen increases
3. Restlessness or combativeness - patient reacts to the body's attempt to adjust
4. Changes indicating shock - skin, nail bed, and other color changes occur. Cool skin, sweating will be profuse, thirst, weakness and nausea

Shock Patterns

5. Rapid, weak pulse and labored, weakened respirations - body is failing it's attempt to adjust
6. Changes in the state of awareness - blood in brain decreases and patient becomes confused and disoriented, sleepy or unconscious
7. Respiratory arrest, then cardiac arrest can develop

Prevent Shock

1. Have patient lie down and stay at rest
2. Keep the patient's airway open and prevent tilting of the head
3. Control major bleeding and splint major fractures
4. Keep the patient warm with suitable covers - do not over heat

Prevent Shock

5. Properly position the patient
 - Elevate the lower extremities 8-12 inches
 - Lay the patient flat, face up
 - Slightly raise the head and shoulders - only conscious patients if they are having trouble breathing
6. DO NOT give any food or drink
7. Monitor vital signs - every 5 minutes, stay alert for vomiting