Shock

REFRESHER

RECOGNIZE IT

- Organs and tissues don't receive enough oxygen and nutrients due to inadequate blood flow — life-threatening
- The perfusion triangle: pump function, container (vessel) function, fluid function — one of the three fails
- Pump failure can't move blood; vessel dilation makes normal volume not enough to fill the system; blood/plasma loss leaves the container under-filled

ASSESS

- Cardiogenic: tachycardia, decreased BP, shallow RR, confusion, cold clammy skin
- Septic: tachycardia, increased or decreased BP, increased RR, fever, flushed and warm
- Anaphylactic: tachycardia, decreased BP, SOB, itching, hives, flushed, constriction
- Hypovolemic: tachycardia, shallow RR, confusion, cold clammy skin
- Neurogenic: bradycardia, decreased BP (depends on injury), dry warm skin

ACT — FIRST MOVES

1. Cardiogenic, hypovolemic, neurogenic: IV fluids and oxygen therapy
2. Septic: IV fluids, oxygen therapy, push-dose epi
3. Anaphylactic: IV fluids, oxygen therapy, epi, Benadryl (diphenhydramine), albuterol

PEARLS

- Name the failing corner of the triangle first — pump, container, or fluid — and the treatment follows
- Immediate intervention is essential to restore circulation and prevent organ damage

Take Home Message:

Shock is a failed corner of the perfusion triangle — pump, container, or fluid; find which one, and treat that.