# LECTURE 6

**Shock:** is a life threatening medical condition as a result of insufficient blood flow throughout the body.

A shock often accompanies sever injury or illness.

Medical shock is a medical emergency and can lead to other conditions such as lack of oxygen in the body's tissues (hypoxia), heart attack (cardiac arrest) or organ damage. It requires immediate treatment as symptoms can worsen rapidly.

Medical shock is different than emotional or psychological shock that can occur following a traumatic or frightening emotional event.

## Types of shock:

1) **Septic shock:** result from bacteria multiplying in the blood and releasing toxins.

Common causes are:

a. Pneumonia
b. Urinary tract infections U.T.I
c. Skin infection (cellulitis)
d. Intra-abdominal infection (such as ruptured appendix)
e. Meningitis

2) **Anaphylactic shock**

It is a type of sever hypersensitivity or allergic reaction.

Causes include allergy to:

a. Insect stings
b. Medicines or food (nuts, berries, sea food, … etc.)

### 3) Cardiogenic shock

Happened when the heart muscle is damaged and unable to supply sufficient blood to the body.

This can be the end result of heart attack or congestive heart failure (CHF)

### 4) Hypovolemic shock Causes by:

a. Sever blood and fluids loss, such as from traumatic bodily injury. which makes the heart unable to pump enough blood to the body.
b. Severe anemia where there is not enough blood to carry oxygen through the body.

### 5) Neurogenic shock

It is caused by spinal cord injury usually as a result of a traumatic accident or injury.

## Symptoms of all types of shock:

1. Rapid shallow breathing
2. Rapid weak pulse
3. Cold and moist extremities

4. Dizziness or fainting
5. Weakness
6. Decrease systolic BP < 80 mmHg
7. Pallor
8. Disturbed mental state

## Depending on the type of shock the following symptoms may also be observed:

1. Eyes appear to stare
2. Anxiety or agitation
3. Seizures
4. Confusion or unresponsiveness
5. Lower or no urine output
6. Bluish lips and fingernails (cyanosis)
7. Sweating
8. Chest pain

## Treatment:

Depending on the type or causes of the shock treatment differs.

In general fluid resuscitation (giving a large amount of fluids to raise blood pressure quickly) with an I.V in the ambulance or emergency room is the first line treatment for all types of shock.

## MANAGEMENT OF SHOCK

1. Place the victim in shock position
2. Keep the victim warm and comfortable
3. Turn the victim head to one side if neck injury is not suspected

## Therapy are including:

1. Maintain or increase intravascular volume.
2. Decrease any future fluids loss via I.V fluid regimen.
3. Give supplementary O2 therapy to commence replacement of fluids via the intravenous route.