

3.3 Shock

Two Categories:

<i>Psychological Shock</i>	<i>Physical Shock</i>

Related Terms

Lack of oxygen ⇒ _____

No oxygen ⇒ _____

Brainstorm causes for lack of oxygen:

<i>Airway</i>	<i>Breathing</i>	<i>Circulation</i>

Specific Types of Physical Shock

1) Hypovolemic	
2) Cardiogenic	
3) Neurogenic	
4) Septic	
5) Anaphylactic	

Regardless of the type of shock, any lack of oxygen can be

The cells in your body require oxygen to survive (remember that energy is produced by the _____ system).

If something “_____” happens to the body, it will _____ to body tissue to conserve blood for the _____.

If there isn't enough oxygen for tissues, the cells will try using the _____ system and produce lactic acid as a byproduct. This system is inefficient and _____ for long.

If your body cells are starved of oxygen for long, this will cause the following process:

- 1) .
- 2) .
- 3) .
- 4) .
- 5) .

At some point, the body begins to shut down and _____ occurs in this order:

- 1) .
- 2) .
- 3) .

Common Symptoms of Physical Shock

- 1)
- 2)
- 3)**
- 4)
- 5)
- 6)
- 7)

Two types of people whose symptoms may be delayed:

- 1)
- 2)

When to call 9-1-1?

Treatment for Shock

W = _____

A = _____

R = _____

T = _____

S = _____

+ Supplemental Oxygen (if available)

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Specific Types of Physical Shock

1) Hypovolemic	
2) Cardiogenic	
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4) Septic	
5) Anaphylactic	

Regardless of the type of shock, any lack of oxygen can be life-threatening:

The cells in your body require oxygen to survive (remember that energy is produced by the aerobic system).

If something “shocking” happens to the body, it will constrict arterioles to body tissue to conserve blood in the central organs.

If there isn't enough oxygen for tissues, the cells will try using the anaerobic system and produce lactic acid as a byproduct. This system is inefficient and cannot be maintained for long.

If your body cells are starved of oxygen for long, this will cause the following process:

- 6) Cell function stops
- 7) Cell dies
- 8) Tissue dies
- 9) Organ dies
- 10) Body dies

At some point, the body begins to shut down and death occurs in this order:

Death

- 4) Clinical Death = pulse and breathing stop
- 5) Biological Death = brain cells die (4-6 minutes)
- 6) Legal Death = doctor pronounced

Common Symptoms of Physical Shock

- 8) Pale
- 9) Cool
- 10) Sweaty**
- 11) Cyanosis
- 12) Shallow Breathing
- 13) Weakness
- 14) Confusion

Two types of people whose symptoms may be delayed:

- 3) Athletes
- 4) Pregnant

Treatment for Shock

W = Warmth

A = ABC's

R = Rest and Reassurance

T = Treatment

S = Suitable Position

Key Points

- 1) Lack of oxygen**
- 2) Life-threatening**
- 3)**