

# Common EMT Emergencies

**Shock:** Inadequate Tissue Perfusion (Hypo-perfusion)

## Types of Shock

**Hypovolemic Shock:** *Loss of blood or fluid from within Blood Vessels resulting in low blood volume:*

- Hemorrhagic (Whole Blood Loss due to Trauma)
- Non- Hemorrhagic (Burn or Severe Dehydration, Plasma Loss)

**Distributive Shock:** *Decrease in Volume caused by massive systemic vasodilation and increase in capillary permeability:*

- Septic Shock (Low volume due to leaky capillaries caused by infection)
- Anaphylactic Shock (Low volume due to leaky capillaries caused by Allergic Reaction)
- Neurogenic Shock (C-spine Injury)

**Cardiogenic Shock:** *Ineffective Pump function caused by the following Cardiovascular Emergencies:*

- Myocardial Infarction (MI) also referred to as a Heart Attack. Damages ability of heart to function properly.
- Congestive Heart Failure (CHF) an emergency that produces shortness of breath, pulmonary edema (fluid in the lungs) Sacral Edema (fluid in the interstitial space of the lower back), and Pedal Edema (fluid in the interstitial space of the lower legs). CHF causes the heart to pump ineffectively therefore causing a fluid back up into these main areas of the body.
- Lethal Cardiac Rhythm (EMT's don't need to know these) You nerds will learn that these are: VTACH, SVT, 3rd Degree Heart Block, ETC.

**Obstructive Shock:** *Results from a condition that prevents forward blood flow:*

- Tension Pneumothorax (Pneumothorax is an accumulation of air in the thorax, outside the lung. As the pneumothorax expands, the lung collapses and cannot be ventilated).
- Embolism (A sudden blockage of blood flow through a pulmonary artery, caused by a blood clot)
- Pericardial Tamponade

## Signs and Symptoms of SHOCK:

- Abnormal Vital Signs (Low Blood Pressure, Fast Heart Rate, Increased Respirations)
- Pale, Cool, Diaphoretic Skin Signs for most types of shock due to decreased blood flow to skins and vital organs.
- Warm, Hot, Febrile Skins for Sepsis only
- Delayed Capillary Refill >2 seconds
- Shortness of Breath (especially with obstructive)
- Weak, Thready, Pulses

## BLS Treatment for SHOCK:

- High Flow Oxygen via Non-rebreather mask at 15 LPM hooked up to 100% Oxygen
- Lying Pt. Supine when appropriate (SOB not a Chief Complaint)
- Upgrade ALS when: Vitals are abnormal, significant MOI, Decreased Level of Consciousness, etc.
- Serial Vitals q 3-5 minutes and notice trends of pt improvement or deterioration
- Obtain (SAMPLE) History for medical patient or (History, Allergies, Medications) during Secondary
- Perform a thorough (DCAPBTLS) Head-Toe Exam for Trauma Patient during Secondary.
- Keep Patient Warm.

