



Hypotension / Shock

History

- Blood loss - vaginal or gastrointestinal bleeding, AAA, ectopic
- Fluid loss - vomiting, diarrhea, fever
- Infection
- Cardiac ischemia (MI, CHF)
- Medications
- Allergic reaction
- Pregnancy
- History of poor oral intake

Signs and Symptoms

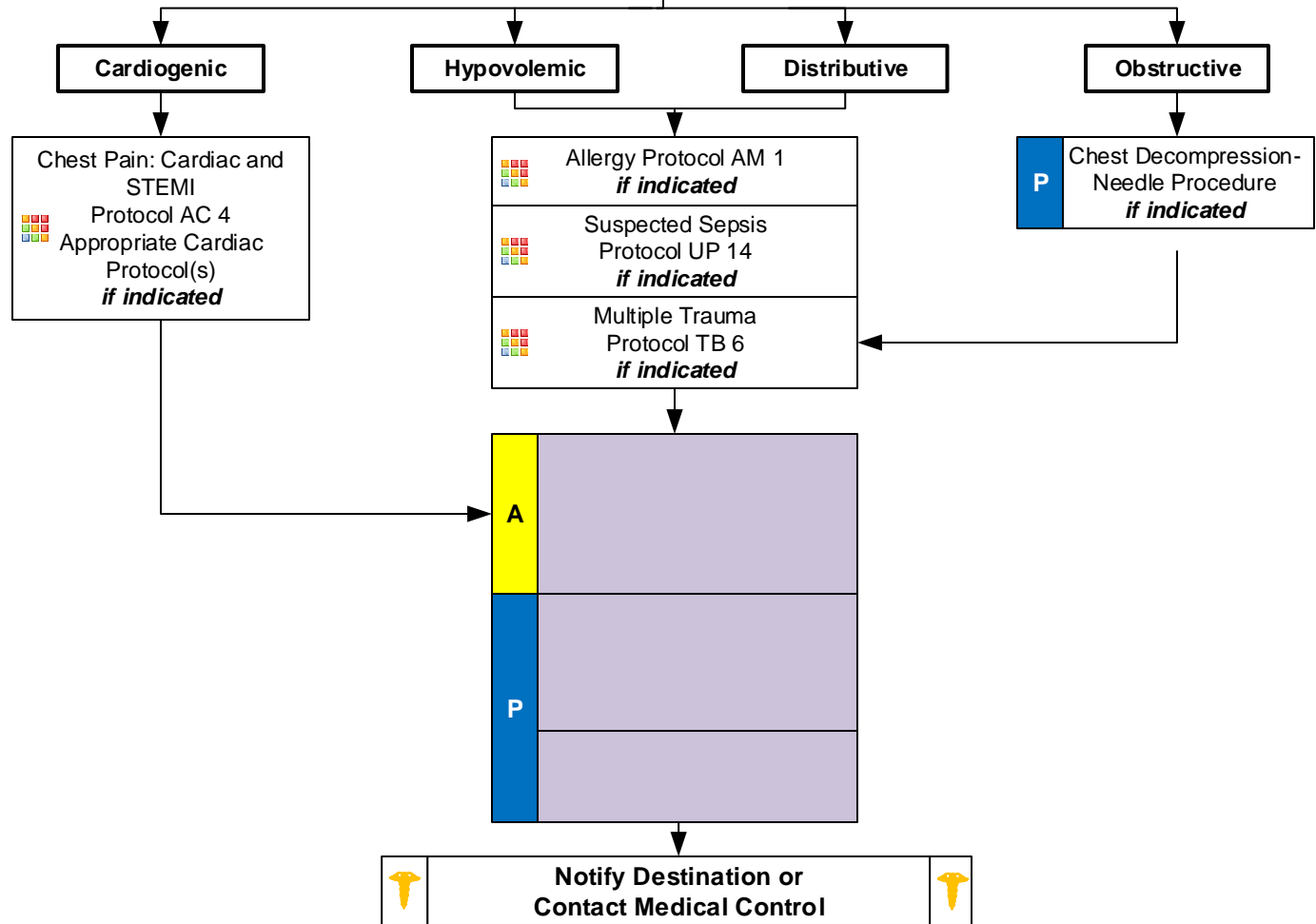
- Restlessness, confusion
- Weakness, dizziness
- Weak, rapid pulse
- Pale, cool, clammy skin
- Delayed capillary refill
- Hypotension
- Coffee-ground emesis
- Tarry stools

Differential

- Ectopic pregnancy
- Dysrhythmias
- Pulmonary embolus
- Tension pneumothorax
- Medication effect / overdose
- Vasovagal
- Physiologic (pregnancy)
- Sepsis

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|----------|---|
| | Blood Glucose Analysis Procedure |
| B | 12 Lead ECG Procedure |
| A | IV / IO Procedure |
| P | Cardiac Monitor |
| | Airway Protocol(s) <i>if indicated</i> |
| | Diabetic Protocol AM 2 <i>if indicated</i> |

History and Exam Suggest Type of Shock



Adult Medical Protocol Section



Hypotension / Shock

Pearls

- **Recommended Exam: Mental Status, Skin, Heart, Lungs, Abdomen, Back, Extremities, Neuro**
- Hypotension can be defined as a systolic blood pressure of less than 90. This is not always reliable and should be interpreted in context and patients typical BP if known. Shock may be present with a normal blood pressure initially.
- Shock often is present with normal vital signs and may develop insidiously. Tachycardia may be the only manifestation.
- Consider all possible causes of shock and treat per appropriate protocol.
- For non-cardiac, non-trauma hypotension, consider Dopamine when hypotension unresponsive to fluid resuscitation.
- **Hypovolemic Shock:**
 - Hemorrhage, trauma, GI bleeding, ruptured aortic aneurysm or pregnancy-related bleeding.
 - Tranexamic Acid (TXA):**
 - Agencies utilizing TXA must have approval from your T-RAC.
- **Cardiogenic Shock:**
 - Heart failure: MI, Cardiomyopathy, Myocardial contusion, Ruptured ventricular / septum / valve / toxins.
- **Distributive Shock:**
 - Sepsis
 - Anaphylactic
 - Neurogenic: Hallmark is warm, dry, pink skin with normal capillary refill time and typically alert.
 - Toxins
- **Obstructive Shock:**
 - Pericardial tamponade. Pulmonary embolus. Tension pneumothorax.
 - Signs may include hypotension with distended neck veins, tachycardia, unilateral decreased breath sounds or muffled heart sounds.
- **Acute Adrenal Insufficiency or Congenital Adrenal Hyperplasia:**
 - Body cannot produce enough steroids (glucocorticoids / mineralocorticoids.) May have primary or secondary adrenal disease, congenital adrenal hyperplasia, or more commonly have stopped a steroid like prednisone. Injury or illness may precipitate. Usually hypotensive with nausea, vomiting, dehydration and / or abdominal pain. **If suspected Paramedic should give Methylprednisolone 125 mg IM / IV / IO or Dexamethasone 10 mg IM / IV / IO. Use steroid agent specific to your drug list. May administer prescribed steroid carried by patient IM / IV / IO. Patient may have Hydrocortisone (Cortef or Solu-Cortef). Dose: < 1y.o. give 25 mg, 1-12 y.o. give 50 mg, and > 12 y.o. give 100 mg or dose specified by patient's physician.**