

First Aid Notes

PGS

2025-01-31

Contents

Shock

1

Shock

Any medical condition or injury can lead to shock. Shock is brought on by low circulating blood volume. Patient will have lowered blood pressure.

Signs and symptoms

- *Initial signs*
 - pale face, lips or fingernails
 - feeling faint or dizzy
 - cool, moist, sweaty skin
 - nausea
 - anxiety
- *Severe shock:*
 - feeling agitated
 - feeling thirsty
 - weak, rapid pulse
 - shallow, fast breathing
 - capillary refill more than 2 sec
 - blue face, earlobes, lips or fingernails (patient is very sick!)
 - decreasing level of consciousness

Treatment

- DRSABCD
- Help the patient lie down. Do not raise their legs.
- Reassure them.
- Manage severe bleeding, if any, then other injuries.
- Loosen tight clothing.
- Keep them warm using a blanket.
- Give them small amounts of cool water (if they're conscious, don't have abdominal injuries and won't need an operation soon).
- If they have difficulty breathing, put them in the recovery position.