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Shock

Shock happens when not enough blood and oxygen can get to your organs and tissues. It causes very low blood pressure and may be life-threatening. It often happens along with a serious injury.

There are several kinds of shock. Hypovolemic shock happens when you lose a lot of blood or fluids. Causes include internal or external bleeding, dehydration, burns, and severe vomiting and/or diarrhea. Septic shock is caused by infections in the bloodstream. A severe allergic reaction can cause anaphylactic shock [<https://medlineplus.gov/anaphylaxis.html>]. An insect bite or sting might cause it. Cardiogenic shock happens when the heart cannot pump blood effectively. This may happen after a heart attack. Neurogenic shock is caused by damage to the nervous system.

Symptoms of shock include:

- Confusion or lack of alertness
- Loss of consciousness
- Sudden and ongoing rapid heartbeat
- Sweating
- Pale skin
- A weak pulse
- Rapid breathing
- Decreased or no urine output
- Cool hands and feet

Shock is a life-threatening medical emergency and it is important to get help right away. Treatment of shock depends on the cause.

NIH: National Heart, Lung, and Blood Institute

Diagnosis and Tests

- Lactate Test [<https://medlineplus.gov/lab-tests/lactate-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-lactato/>]
- Procalcitonin Test [<https://medlineplus.gov/lab-tests/procalcitonin-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-procalcitonina/>]

Treatments and Therapies

- Anaphylaxis: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-anaphylaxis/basics/ART-20056608?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-anaphylaxis/basics/ART-20056608?p=1>]
- Shock [<https://www.emergencyphysicians.org/article/know-when-to-go/shock>] (American College of Emergency Physicians)
- Shock: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-shock/basics/ART-20056620?p=1>] (Mayo Foundation for Medical Education and Research)

Related Issues

- Anaphylaxis-Like Reactions [<https://www.nationaljewish.org/conditions/anaphylaxis/reactions?modal=1>] (National Jewish Health)
- Toxic Shock Syndrome [<https://www.mayoclinic.org/diseases-conditions/toxic-shock-syndrome/symptoms-causes/syc-20355384?p=1>] (Mayo Foundation for Medical Education and Research)

Specifics

- Anaphylaxis [<https://familydoctor.org/condition/anaphylaxis/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/anafilaxia-es/?adfree=true>]
- Sepsis [<https://www.mayoclinic.org/diseases-conditions/sepsis/symptoms-causes/syc-20351214?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/sepsis/symptoms-causes/syc-20351214?p=1>]
- What Is Cardiogenic Shock? [<https://www.nhlbi.nih.gov/health/cardiovascular-disease/shock>]  (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/choque-cardiogenico>]

Clinical Trials

- ClinicalTrials.gov: Shock [<https://clinicaltrials.gov/search?cond=%22Shock%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Shock, Septic [<https://clinicaltrials.gov/search?cond=%22Shock,+Septic%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Advancing shock prediction: leveraging prior knowledge and self-controlled data for enhanced... [<https://www.ncbi.nlm.nih.gov/pubmed/40660187>]
- Article: Vasopressin use across shock states: international insights from an international ESICM-endorsed... [<https://www.ncbi.nlm.nih.gov/pubmed/40611266>]
- Article: Prognostic value of the lactate-albumin ratio in trauma: A comparison with... [<https://www.ncbi.nlm.nih.gov/pubmed/40591619>]
- Shock -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Shock%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American College of Emergency Physicians [<https://www.acep.org/>]

Children

- Anaphylaxis in Infants and Children [<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Anaphylaxis.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/injuries-emergencies/paginas/anaphylaxis.aspx>]

Teenagers

- Serious Allergic Reactions (Anaphylaxis) [<https://kidshealth.org/en/teens/anaphylaxis.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/anaphylaxis.html>]
- Toxic Shock Syndrome (For Teens) [<https://kidshealth.org/en/teens/tss.html>] (Nemours Foundation)

Patient Handouts

- Anaphylaxis [<https://medlineplus.gov/ency/article/000844.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000844.htm>]
- Cardiogenic shock [<https://medlineplus.gov/ency/article/000185.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000185.htm>]
- Hypovolemic shock [<https://medlineplus.gov/ency/article/000167.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000167.htm>]
- Septic shock [<https://medlineplus.gov/ency/article/000668.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000668.htm>]
- Shock [<https://medlineplus.gov/ency/article/000039.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000039.htm>]



MEDICAL ENCYCLOPEDIA

- Anaphylaxis [<https://medlineplus.gov/ency/article/000844.htm>]
- Cardiogenic shock [<https://medlineplus.gov/ency/article/000185.htm>]
- Hypovolemic shock [<https://medlineplus.gov/ency/article/000167.htm>]
- Septic shock [<https://medlineplus.gov/ency/article/000668.htm>]
- Shock [<https://medlineplus.gov/ency/article/000039.htm>]

Related Health Topics

- Anaphylaxis [<https://medlineplus.gov/anaphylaxis.html>]
- Low Blood Pressure [<https://medlineplus.gov/lowlbloodpressure.html>]

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