

Shock – Nursing Revision Handout

Definition

Shock is a life-threatening condition where tissue perfusion and oxygen delivery are inadequate, leading to organ dysfunction.

Causes

Hypovolemic: blood/fluid loss; Cardiogenic: heart failure; Distributive: sepsis, anaphylaxis, neurogenic; Obstructive: PE, tamponade, pneumothorax.

Types

Hypovolemic, cardiogenic, septic, anaphylactic, neurogenic, obstructive shock.

Signs and Symptoms

Hypotension, tachycardia, weak pulse, cold clammy skin, tachypnea, confusion, reduced urine output.

Pathophysiology

Progression from reduced perfusion → anaerobic metabolism → lactic acidosis → organ dysfunction → possible irreversible multi-organ failure.

Diagnostic Investigations

Vitals, CBC, lactate, ABG, electrolytes, renal tests, ECG, echo, imaging (CXR, CT, FAST), CVP, SpO2 monitoring.

Medical Management

Oxygen therapy, IV fluids, blood transfusion, vasopressors, inotropes, antibiotics, treat underlying cause, supportive care.

Nursing Management

Monitor vitals, urine output, airway support, oxygen therapy, IV access, fluid administration, prevent complications, documentation, reassurance.

Complications

MODS, renal failure, respiratory failure, cardiac arrest, irreversible shock.

Prevention

Early detection, infection control, prompt fluid replacement, manage bleeding and sepsis early.