



 Please call 911 if you think you have a medical emergency.

Shock Treatment

Self-Care at Home

If you come upon a person in shock, the initial response should be to call 911 and activate the emergency response system.

Lay the person down in a safe place and try to keep them warm and comfortable.

Medical Treatment

- EMS personnel are well trained in the initial assessment of the patient in shock. The first course of action is to make certain that the **ABCs** have been assessed. The so-called ABCs are:
 - **Airway:** assessment of whether the patient is awake enough to try to take their own breaths and/or if there is anything blocking the mouth or nose.
 - **Breathing:** assessment of the adequacy of breathing and whether it may need to be assisted with mouth-to-mouth resuscitation or more aggressive interventions like a bag and mask or intubation with an endotracheal tube.
 - **Circulation:** assessment of the adequacy of the blood pressure adequate and determination of whether intravenous lines are needed for delivery of fluid or medications to support the blood pressure.
- If there is bleeding that is obvious, attempts to control it with direct pressure will be attempted.
- A fingerstick blood sugar will be checked to make certain that hypoglycemia (low blood sugar) does not exist. Many people can appear to be on death's door, but wake up and remain normal when given sugar.
- In the Emergency Department, diagnosis and treatment will happen at the same time.

- Patients will be treated with oxygen supplementation through nasal cannulae, a face mask, or endotracheal intubation. The method and amount of oxygen will be titrated to make certain enough oxygen is available for the body to use. Again, the goal will be to pack each hemoglobin molecule with oxygen.
- Blood may be transfused if bleeding (hemorrhage) is the cause of the shock state. If bleeding is not the case, intravenous fluids will be given to bolster the volume of fluids within the blood vessels.
- Intravenous drugs can be used to try to bolster blood pressure (vasopressors). They work by stimulating the heart to beat stronger and by squeezing blood vessels to increase the flow within them.

more information from eMedicineHealth

- [Shock Symptoms](#)
- [Exams and Tests](#)
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For more information, read the complete article, Shock

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59301>) on <http://www.emedicinehealth.com>.

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