

Hypovolemic SHOCK

(PM: pg. 3 /5, 6; IG: 3 /8, 9)

= blood/ fluid loss. May be life-threatening

SYMPTOMS

- **Blood/ fluid loss stages**: cool, wet, pale skin, shivering → anxious → confused → lethargic
 - Can be difficult to diagnose in early stages, as survivors are commonly healthy looking, no pain, coherent.
- **Regularly check for these symptoms**: (RPM)
 - ✓ **Respiration** rates: rapid, shallow breathing?
 - ✓ **Perfusion**: capillary refill > 2 seconds, or rapid pulse? (for child, use **M** instead)
 - ✓ **Mental status**: not alert, unable to respond well?

TREATMENT

- **Keep warm**: wrap survivor, including underneath; risk of hypothermia. Remove wet clothing (with permission, if possible)
- **May raise height of feet**, to encourage blood flow to vital organs, as warranted. (not for bleeding head wound)