

# Shock

Cardiogenic shock  
Hypovolemic shock  
Neurogenic shock  
Anaphylactic shock  
Septic shock

Inadequate  
blood flow  
to tissue

Cellular  
hypoxia

Anaerobic  
metabolism  
in cells

Cells yield  
2ATP + Lactic acid

Bodywide  
lactic acidosis

- Condition in which vital tissues and organs are not receiving enough blood flow to function properly; medical emergency
- Two main outcomes: tissue hypoxia and cellular dysfunction

## Shock can be caused by:

- Decreased cardiac output (cardiogenic)
- Maldistribution of blood flow (distributive)
- Reduced blood oxygen content (hypovolemic)

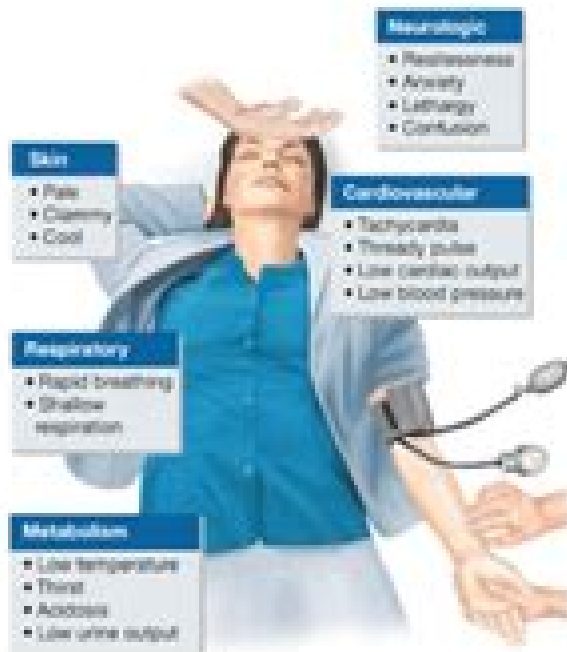
## Results in cellular hypoxia, which causes:

- Anaerobic metabolism
- Free radical production
- Macrophage induction

- Failure of microcirculation to autoregulate blood flow can lead to activation of coagulation



= Tissue hypoxia  
and  
cellular dysfunction  
↓  
Irreversible organ  
damage +  
**death**



## Compensatory Stage= Sympathetic Nervous System (SNS)

- Homeostatic mechanisms are sufficient to maintain adequate tissue perfusion despite a reduction in cardiac output
- Sympathetic nervous system (SNS) activation attempts to maintain blood pressure even though cardiac output has fallen
  - Baroreceptor reflex increases heart rate and contractility to increase cardiac output**
  - RMS- vasoconstriction and volume expansion to increase preload and systemic vascular resistance**

## Progressive Stage= Hypotension & Hypoxia

- Marked by hypotension and marked tissue hypoxia
  - Lactate production increases with anaerobic metabolism
  - Lack of ATP leads to cellular swelling, dysfunction, and death
  - Cellular and organ dysfunction result from oxygen-free radicals, release of inflammatory cytokines, and activation of the clotting cascade
- Clinical manifestations: **MOOST COMMON= Hypotension & Tachycardia**
  - Low blood pressure, SBP < 90 mmHg
  - Narrow pulse pressure (systolic & diastolic numbers close together)
  - Tachycardia
  - Acute renal failure
    - Oliguria
    - Increased BUN and Cr
  - Decreased level of consciousness (↓/↑ lactic acid and decreased Oxygen)
  - Increased respiratory rates (↓/↑ hypoxemia)
  - Metabolic and respiratory acidosis with hypoxemia

# Shock A Nursing Guide

**JR Anderson**



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## **Table of Contents Shock A Nursing Guide**

1. Understanding the eBook Shock A Nursing Guide
  - The Rise of Digital Reading Shock A Nursing Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Shock A Nursing Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Shock A Nursing Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Shock A Nursing Guide
  - Personalized Recommendations
  - Shock A Nursing Guide User Reviews and Ratings
  - Shock A Nursing Guide and Bestseller Lists

5. Accessing Shock A Nursing Guide Free and Paid eBooks
  - Shock A Nursing Guide Public Domain eBooks
  - Shock A Nursing Guide eBook Subscription Services
  - Shock A Nursing Guide Budget-Friendly Options
6. Navigating Shock A Nursing Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Shock A Nursing Guide Compatibility with Devices
  - Shock A Nursing Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Shock A Nursing Guide
  - Highlighting and Note-Taking Shock A Nursing Guide
  - Interactive Elements Shock A Nursing Guide
8. Staying Engaged with Shock A Nursing Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Shock A Nursing Guide
9. Balancing eBooks and Physical Books Shock A Nursing Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Shock A Nursing Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Shock A Nursing Guide
  - Setting Reading Goals Shock A Nursing Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Shock A Nursing Guide
  - Fact-Checking eBook Content of Shock A Nursing Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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