

Shock Study Guide

A reminder... any notes you may have taken will be good tools to study from. Remember... "If we talked about it in Class... it's fair game for the test!" That means, if we discussed it in class... it MIGHT be something I put on the test!

Key things for review of the Shock Unit:

General First Aid Care for ANY victim: (WHY?!?!?... because these situations can be life threatening, and the seriousness of each puts them in this order!! In short, as we said in class... you need to treat the most serious thing first! This is the order!!

- 1. Restore Breathing**
- 2. Control Bleeding**
- 3. THEN, Treat for Shock**

Know the symptoms of a victim in the Early Stage of Shock and the Late Stage:

Early Stage Symptoms:

Dizziness (light headed)
Pale skin
Nausea - Vomiting
Red blotchy skin
Restless (fidgety, unable or unwilling to sit still)
Anxious (overly upset, nervous, scared)

Late Stage Symptoms:

Dilated Pupils
Unresponsive Eyes
Unresponsive Behavior
Rapid or Weak Pulse

How will you check your victim for symptoms that you can not SEE FOR YOURSELF? Example... how will you find out if your victim is **Responsive?** **What kind of questions are good, and what ones are bad... AND WHY!**

Remember your 3 goals for a Shock victim:

Maintain Body Temperature (sudden body temperature change will make shock worse!)

3 things you need to address about maintain body temp. 1) if the victim is outside... 2) if the victim is inside and the air temperature is cool... 3) if the victim is in a very warm place (outside, or a hot room). Be able to explain what you will do for your victim in each of these situations.

Improve Circulation (make it easier for the blood to flow through the victim's body. Put them in the best position for this to occur. What IS that position?) What injuries will you NEVER MOVE? Can you move a victim, to improve their circulation, if they have a simple fracture? (broken bone)

Improve Ventilation (get them some fresh air... or make it easier for them to breathe. Getting your victim to calm down here, will improve their breathing. Getting their breathing pattern under control, or slowed down is important, and calming them is a big part of getting that done. Again, remember "what's the OVERALL goal here???)

What is your OVER ALL single, main goal, in treating a shock victim?? **KEEPING THE SHOCK SYMPTOMS FROM GETTING WORSE.**

Remaining calm is extremely important... both for you and your victim! You need to be able to think on your feet, and know what to do to help them... AND if you panic, and show the victim that you're scared... their symptoms will get worse.

This will probably be an essay question!! Make sure you review this! The body language and attitude of the first aider go a long way in "reassuring the victim". Give the victim a feeling that you know what you're doing, and that they will be taken care of! Sooth their mind! YOU, as the First Aider, remaining calm - will go a long way in calming your victim!!