

EPC June 13, 2022

Shock

Burns

Hemorrhage

Shock - Definition

Shock is a critical condition brought on by the sudden drop in blood flow through the body. Shock may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes.

Shock - Signs & Symptoms

- Cool, clammy skin
- Pale or ashen skin
- Bluish tinge to lips or fingernails (or gray in the case of dark complexions)
- Rapid pulse
- Rapid breathing
- Nausea or vomiting
- Enlarged pupils
- Weakness or fatigue
- Dizziness or fainting
- Changes in mental status or behavior, such as anxiousness or agitation

Shock - First Aid

- Lay the person down and elevate the legs and feet slightly, unless you think this may cause pain or further injury.
- Keep the person still and don't move him or her unless necessary.
- Begin CPR if the person shows no signs of life, such as not breathing, coughing or moving.
- Loosen tight clothing and, if needed, cover the person with a blanket to prevent chilling.
- Don't let the person eat or drink anything.
- If the person is bleeding, hold pressure over the bleeding area, using a towel or sheet.
- If the person vomits or begins bleeding from the mouth, and no spinal injury is suspected, turn him or her onto a side to prevent choking.

Burns - Definition

Burns are tissue damage from hot liquids, the sun, flames, chemicals, electricity, steam and other causes. Kitchen-related injuries from hot drinks, soups and microwaved foods are common among children.

Major burns need emergency medical help. Minor burns can usually be treated with first aid.

Burns - Classification

- **First-degree burns** are mild (like most sunburns). The top layer of skin (epidermis) turns red and is painful but doesn't typically blister.
- **Second-degree burns** affect skin's top and lower layers (dermis). You may experience pain, redness, swelling and blistering.
- **Third-degree burns** affect all three skin layers: epidermis, dermis and fat. The burn also destroys hair follicles and sweat glands. Because third-degree burns damage nerve endings, you probably won't feel pain in the area of the burn itself, rather adjacent to it. Burned skin may be black, white or red with a leathery appearance.

Burns - Home Remedies & First Aid

- **Cool the burn.** Hold the burned area under cool (not cold) running water or apply a cool, wet compress until the pain eases. **Don't use ice.**
- **Remove rings or other tight items.** Try to do this quickly and gently, before the burned area swells.
- **Don't break blisters.** Fluid-filled blisters protect against infection. If a blister breaks, clean the area with water (mild soap is optional).
- You may put a thin layer of ointment, such as **petroleum jelly or aloe vera**, on the burn. The ointment does not need to have antibiotics in it. Some antibiotic ointments can cause an allergic reaction. **Do not use cream, lotion, oil, cortisone, butter, or egg white.**
- **Bandage the burn.** Cover the burn with a sterile gauze bandage (not fluffy cotton). **Wrap it loosely to avoid putting pressure on burned skin.** Bandaging keeps air off the area, reduces pain and protects blistered skin.

Burns - If Severe

For any burn call 911 or seek immediate care if:

- Are deep, involving all layers of the skin
- Cause the skin to be dry and leathery
- May appear charred or have patches of white, brown or black
- Are larger than 3 inches (about 8 centimeters) in diameter
- Cover the hands, feet, face, groin, buttocks or a major joint, or encircles an arm or leg
- Are accompanied by smoke inhalation
- Begin swelling very quickly

Hemorrhage - Definition

Hemorrhage is loss of blood from a damaged blood vessel. The bleeding can be inside or outside the body, and blood loss can be minor or major.

Types of Bleeding: Arterial (bright red & pulsatile bleeding), Venous (darker red & welling up), or Capillary (oozing).

Hemorrhage - Treatment

Treatment for hemorrhage depends on:

- Where it is in the body.
- How serious the hemorrhage is.
- How much blood may have been lost.
- How the person is feeling overall (for example, symptoms or other injuries).

Hemorrhage - External Bleeding

- Apply pressure to the wound with your gloved hands.
- Find a dressing (clean cloth) and press on the wound.
- Tie a tourniquet above the wound on an extremity. You can make a tourniquet from something tied very tightly, such as a stretchy band, cloth or belt.

Hemorrhage - When To Seek Medical attention

- Can't breathe normally.
- Coughs or spits up blood.
- Faints.
- Has bleeding that can't be stopped.
- Has severe chest or belly pain.
- Has cold or "clammy" skin.
- Is dizzy, light-headed or confused.