

 Shock

Type	Cause	Hemodynamics
Hypovolemic	Hemorrhage, dehydration, burns	↓CVP, ↓CO, ↓MAP
Cardiogenic	MI, severe heart failure	↑CVP, ↓CO, pulmonary congestion
Distributive	Septic, anaphylactic, neurogenic	Early sepsis: normal/high CO, low SVR
Obstructive	PE, tamponade	Mechanical blockage

- ✓ **Early (compensated)** — tachycardia is the earliest cardiovascular sign, restlessness or anxiety, cool clammy skin (or warm and flushed in early septic shock), **urine output <30 mL/hr**, narrowing pulse pressure
- ✓ **Late (decompensated)** — hypotension, altered mental status, weak or absent peripheral pulses, multi-organ dysfunction, **lactate >2 mmol/L**
- ✓ **Priorities** — airway → oxygen → large-bore IV access → fluid resuscitation (except cardiogenic) → monitor urine output → prepare vasopressors
- ✓ **Do not wait for hypotension.** It is a late sign

 Anaphylaxis

- ✓ Airway swelling, wheezing or stridor, hypotension, urticaria
- ✓ **IM epinephrine immediately** — first-line, never delayed for anything else
- ✓ Then maintain the airway, high-flow oxygen, IV fluids, continuous monitoring, prepare to repeat the dose

 Sepsis

- ✓ **Signs** — fever or hypothermia, tachycardia, tachypnea, hypotension, altered mental status, elevated lactate, falling urine output
- ✓ **One-hour bundle** — measure lactate → **blood cultures before antibiotics** → broad-spectrum antibiotics → IV fluids **30 mL/kg** for hypotension or lactate ≥4 mmol/L → vasopressors to keep **MAP ≥65 mmHg** if still hypotensive → oxygen as needed
- ✓ **Sepsis is time-dependent. Early antibiotics save lives**

 Myocardial infarction and stroke

- ✓ **MI classic** — chest pain or pressure, radiation to arm or jaw, diaphoresis, nausea
- ✓ **MI atypical (older adults, women)** — fatigue, dyspnea, epigastric discomfort, dizziness. **Absence of chest pain does not rule out MI**
- ✓ **MI actions** — oxygen if hypoxic, cardiac monitor, IV access, **aspirin** if not contraindicated, prepare for reperfusion (PCI). Diagnostics: troponin, ST elevation or depression, new arrhythmias
- ✓ **Stroke** — **FAST**: Facial droop, Arm weakness, Speech difficulty, Time to call. Also sudden severe headache, vision loss, loss of coordination, sudden confusion. **Time is brain**