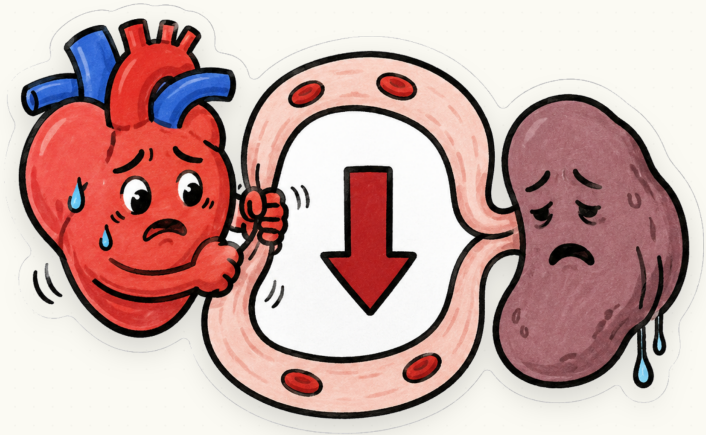


SHOCK DECODED

4 types, one grid

USMLE high yield



THE 4 TYPES

what went wrong

1

Hypovolemic

you lose volume: bleeding, burns, dehydration

2

Cardiogenic

the pump fails: MI, arrhythmia

3

Obstructive

flow is blocked: tamponade, tension pneumo, PE

4

Distributive

vessels dilate: sepsis, anaphylaxis, neurogenic



THE HEMODYNAMIC GRID

this decides the answer

	CO	SVR	PRELOAD
Hypovolemic	↓	↑	↓
Cardiogenic	↓	↑	↑
Obstructive	↓	↑	↑
Distributive	↑	↓	↓

The tell: distributive is the odd one out. only type with ↑ CO and ↓ SVR.

preload splits hypovolemic (low) from cardiogenic & obstructive (high)



WARM VS COLD

feel the skin

COLD ($\uparrow$ SVR)

*clamped down, cold & clammy, weak thready pulses
hypovolemic · cardiogenic · obstructive*

WARM ($\downarrow$ SVR)

*vasodilated, warm & flushed, bounding pulses
distributive (sepsis, anaphylaxis, neurogenic)*

PEARL: *neurogenic is warm and bradycardic (lost sympathetics)*



HOW TO FIX IT

match the problem

Hypovolemic

fluids and blood, stop the bleeding

Cardiogenic

support the pump (inotropes), go easy on fluids

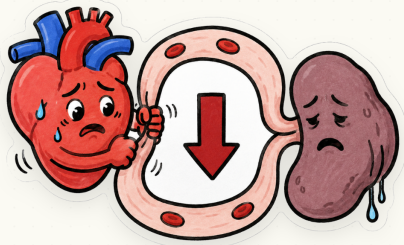
Obstructive

relieve it: decompress, drain, or bust the clot

Distributive

sepsis: fluids + antibiotics + norepinephrine · anaphylaxis: epinephrine





FOLLOW FOR MORE

*high yield USMLE cheat sheets,
every week*

@medschoolmatthew

save · share · follow