

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: FIRST AID - SHOCK 8.1

SUBJECT:	First Aid (Shock)
AZ POST DESIGNATION:	8.1.11
HOURS:	1
COURSE CONTENT:	Discussion of two (2) main types of shock: Hypovolemic and anaphylactic shock. It describes signs and symptoms along with the needed treatments.
PERFORMANCE OBJECTIVES:	Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will: 8.1.11 Given a written, verbal or visual description of a person in shock, including anaphylactic shock and hypovolemic shock, identify the signs, symptoms and appropriate treatment steps.

DATE FIRST PREPARED: January 1998

PREPARED BY: Pam Peterson

REVIEWED – **REVISED**: David Kleinman DATE: December 1998
REVIEWED – REVISIED: Sgt. William Wright
ALEA Course Revision 2001 DATE: October 2003
REVIEWED – REVISIED: SME Committee DATE: October 2003
REVIEWED – **REVISED**: Officer Tim Taylor, SME Chairman DATE: February 2004
REVIEWED – **REVISED**: AZPOST (DocX) DATE: March 2022
REVIEWED – REVISIED: DATE:
AZ POST – APPROVAL: Richard Watling DATE: April 2004
AZ POST – APPROVAL: Lori Wait DATE: March 2022

INSTRUCTOR REFERENCES:

CLASS LEVEL: Student

TRAINING AIDS:

INSTRUCTIONAL STRATEGY: Lecture and class discussion.

SUCCESS CRITERIA: 70% or higher on a written, multiple-choice examination.

COMPUTER FILE NAME: 8.1.11 Shock

DATE RELEASED TO THE SHARE FILE: August 2023

I. INTRODUCTION

- A. Instructor – (self) introduction.
- B. Preview of performance objectives.

II. SHOCK

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- A. Definition: Failure of the circulatory system to provide enough blood to the vital organs.
- B. Three (3) factors in shock are:
 - 1. Pump failure.
 - 2. Fluid loss.
 - 3. Pipe failure.

C. Two (2) major shocks are:

- 1. Hypovolemic – blood/fluid loss.
- 2. Anaphylactic – allergic reaction.

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D. Other types to be aware of:

- 1. Psychogenic. (Fainting)
- 2. Metabolic. (Fluid loss due to vomiting, diarrhea or excessive urination.)
- 3. Septic. (Caused by severe infections.)
- 4. Respiratory. (Respiratory distress.)
- 5. Neurogenic. (Damage to the spinal cord.)
- 6. Cardiogenic. (Heart failure.)

E. Signs and symptoms:

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- 1. Pale, cool and clammy skin – this is due to the body shunting blood to the core and vital organs.
- 2. Rapid and weak pulse – this can be due to less blood or oxygen in the system, so the body tries to circulate what it has left more often.

3. Rapid and shallow respirations. The body tries to move as much air as possible.
 4. Dilated pupils.
 5. Appear restless, anxious.
 6. A change in mental status.
 7. Cyanosis (late sign).
 8. Decreased blood pressure (late sign).
- F. Anaphylactic shock.
1. Immediately life threatening.
 2. Aggressive airway! (Rapid swelling causing airway obstruction.)
 3. Signs and symptoms:
 - a. Itchy skin (hives).
 - b. Tingling feeling in the face, throat, hands, chest and/or feet.
 - c. Tightness in the throat and chest.
 - d. Swelling of the face and tongue.
 - e. Wheezing.
- G. Treatment for shock: **P. O. 8.1.11**
1. Ensure airway.
 2. Have the patient lie down.
 3. Elevate the lower extremities.
 4. Keep the patient warm and at rest.
 5. Be calm and compassionate.
 6. You can remember as: "Face is pale, raise tail," "Face is red, raise head."

- H. Pearls about shock.
 - 1. You can talk someone into shock and you can possibly talk someone out of shock.
 - 2. Keep a close eye on children. They compensate well for a while with shock and then they can “crash” suddenly.

- I. **Mental exercise:**
 - 1. You are at the scene of a motor vehicle accident. EMS is on the scene and is treating the most seriously injured.
 - 2. You see a woman sitting on the curb holding her arm. You see that the front of her shirt has a little blood on it from cuts on her face. You approach her and ask if she is okay. She says that she does not know, but her arm hurts. You notice that she is very pale and her speech is slurred.
 - a. What do you do first? (Call EMS)
 - b. What is your first intervention? (Lay the person down.)
 - c. What steps do you want to take? (Put their feet up. Keep them warm and monitor their vitals.)

III. CONCLUSION

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).