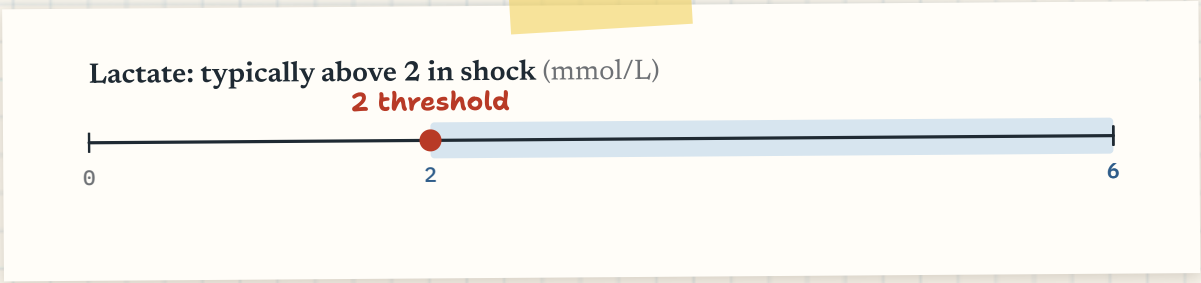
Types of shock at the bedside

Name the type before you treat



Step by step

1. Skin cold or warm?
2. Neck veins full or flat?
3. Check the lungs
4. Echocardiogram if unclear
5. Name the type, then treat

Type	CO	SVR	Bedside
Hypovolemic	Down	Up	Cold; flat veins
Cardiogenic	Down	Up	Cold; full veins; crackles
Obstructive	Down	Up	Cold; full veins; no crackles
Distributive	Usually up	Down	Warm; bounding pulse

Four types of shock

BLOOD PRESSURE

$$BP \approx CO \times SVR$$

CO = HR × SV; lactate typically above 2 mmol/L in shock

Tank, pump, pipes

Tank empty = hypovolemic
Pump fails = cardiogenic
Blockage = obstructive
Pipes too wide = distributive

Exam traps

- Low blood pressure is not required for shock.
- Late septic shock can turn cold.
- Types can combine.
- Caution with fluids when the lungs are wet.

Types of shock: telling the four patterns apart at the bedside

Video, written lesson, practice question and sources: medservatory.com/usmle-step-2-ck/emergency-acute-care/types-of-shock-hypovolemic-cardiogenic-obstructive-distributive

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