

What is Shock?

Worksheet

Shock is a state of severe circulatory failure causing inadequate oxygen delivery to tissues. The three main types are hypovolemic (blood loss), cardiogenic (heart failure), and distributive (sepsis, allergic reaction).

Questions

1. Shock is caused by:

- A) Minor pain
- B) Circulatory failure and tissue oxygen loss
- C) High fever
- D) Anxiety

2. Hypovolemic shock is due to:

- A) Infection
- B) Blood loss
- C) Heart failure
- D) Allergic reaction

3. Why lay a shocked person flat with legs raised?

- A) To reduce pain
- B) To keep them still
- C) To redirect blood to vital organs
- D) To prevent them falling

4. Which is NOT a sign of shock?

- A) Rapid weak pulse
- B) Warm flushed skin
- C) Confusion
- D) Cold extremities

5. A person has lost 2 litres of blood in an accident. What type of shock?

6. A patient's heart stops pumping properly. Which shock type?

7. Someone in shock is pale and confused. First aid steps?

8. Define: What is shock?

9. Define: Three types of shock?

10. Define: Signs of shock?

Answer Key

1. B) Circulatory failure and tissue oxygen loss — Shock is specifically inadequate oxygen delivery due to circulation failure, not pain or emotions.
2. B) Blood loss — Hypovolemic shock results from decreased blood volume, typically from hemorrhage.
3. C) To redirect blood to vital organs — Elevating legs improves blood flow to the brain and heart, sustaining critical functions.
4. B) Warm flushed skin — Shock causes pale, cold, clammy skin — warm flushed skin indicates something else, like fever or heat stroke.
5. Blood loss → volume drop → circulatory failure Type: Hypovolemic shock (not enough circulating fluid)
6. Heart failure → reduced cardiac output → no blood to organs Type: Cardiogenic shock (pump failure)
7. 1. Call emergency 2. Lay flat, raise legs (unless spinal injury) 3. Cover with blanket (warmth) 4. Stay calm, reassure, monitor breathing
8. A life-threatening state where tissues don't get enough oxygen due to circulatory failure.
9. Hypovolemic (blood loss), cardiogenic (heart failure), distributive (infection/allergy).
10. Pale cold skin, rapid weak pulse, fast breathing, confusion, weakness.

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