

# TEST YOURSELF CIRCULATION/SHOCK

## Structure of pamphlet

Test your own knowledge on the subject CIRCULATION/SHOCK  
- solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers"  
pp 73-77 and 83-92 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

**Stay up-dated**

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**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

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**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

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**You may phone us at  
[+45 7219 6004](tel:+4572196004)**

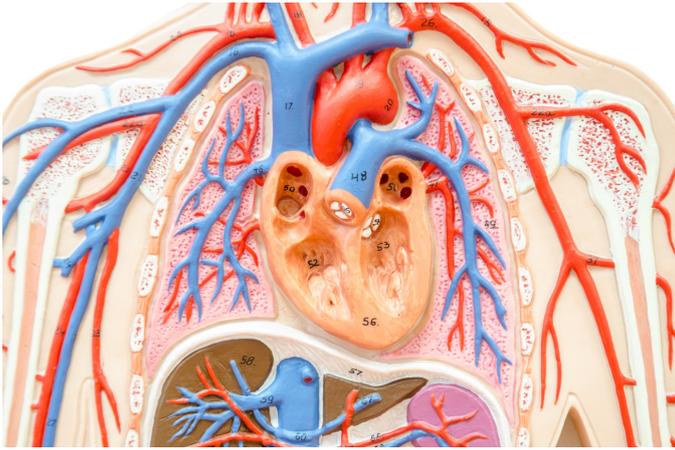
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**DANISH MARITIME  
AUTHORITY**

Centre of Maritime Health  
Service  
Vestervejen 1  
DK 6720 Fanø

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*The heart is composed of 4 chambers.*

*The arteries- red- carries oxygenated blood to the organs/cells.*

*The veins- blue- return de-oxygenated blood back to the heart and lungs.*

## **Did you know ?**

Test the capillary response on a nail or on the lips, to see if a person is going into shock.

If capillary response is more than 2 seconds – circulation **is** affected

When in shock, pulse and blood pressure goes opposite:

Pressure drops, pulse goes up

If breathing frequency goes up, it may also be a sign of imminent shock.

Shock is divided into 5 sub-types, depending on the trigger mechanism.

## Answers to the assignments:

### Assignment 1

List the different types of shock and explain how they arise/what triggers

1. Blood loss

Accidents with external or internal bleeding.  
Illnesses with internal bleeding.  
(E.g. bleeding stomach ulcer)

2. Fluid loss

Illnesses with fever, vomiting or diarrhea.  
Physical work, in hot surroundings, without sufficient fluid-intake. Larger burns.

3. Allergic

Known allergy, insect bite or medicine.

4. Cardiac

Acute myocardial infarction. Chest pain.

5. Anxiety/pain

When other causes are excluded.

“Medical Guide for Seafarers”, p 85

### Assignment 2

Describe skin characteristics like colour, temperature and moistness, when a person is in imminent or actual shock because of blood loss.

The skin is pale, cold and clammy.

“Medical Guide for Seafarers”, pp 75 and 83-85

### Assignment 3

Describe skin characteristics like colour, temperature and moistness, when a person is in imminent or actual allergic shock.

Flushing red skin on large portions of the body.  
The person feels warm, with heart pounding.  
He is cool and clammy to the touch and itching and hives may be present on large parts of the body.

“Medical Guide for Seafarers”, pp 85 and 91