

To determine the type of fluids to be administered and the type of approach to be performed in the different types of shock” Silva et al (2018).

Abstract:

BACKGROUND: shock refers to a physiological situation that puts life at risk. Its early identification and the timely institution of therapeutic measures can avoid death. Despite the frequent administration of fluid therapy as a treatment for shock, the type and dose of fluids to be delivered remain undetermined.

AIM: to determine the type of fluids to be administered and the type of approach to be performed in the different types of shock.

METHOD: integrative literature review.

RESULTS: data about fluid therapy in hypovolaemic and distributive shock were obtained, specifically in the haemorrhagic and the septic types. None of the articles addressed cardiogenic shock.

CONCLUSION: hypotensive resuscitation, with blood, is the most appropriate approach in haemorrhagic shock. There remains a question regarding the best approach in septic shock. However, conservative fluid therapy seems to be appropriate, with preference given to the administration of balanced crystalloids or albumin as an alternative.

Reference:

Silva, J., Gonçalves, L. and Sousa, P.P. (2018) Fluid therapy and shock: an integrative literature review. *British Journal of Nursing*. 27(8), p.449-454.

doi: 10.12968/bjon.2018.27.8.449.