

OEC Ch. 28 Altitude-Related Emergencies

Summary:

- Altitude illness can become life threatening
- Acute Mountain Sickness = AMS (Altered Mental Status also = AMS)
- Once symptoms of AMS develop, do not ascend further until symptoms completely resolve.
- Prevention of altitude illness, when ascending, is always preferred to treatment.
- Suspect High Altitude Cerebral Edema in the presence of headache and ataxia when at high altitude.
- Descent and Supplemental oxygen almost always improve the symptoms of altitude illness.

Study:

Fig 28-2, 28-3, key points p.657, fig. 28-4, Key point p. 658, fig 28-5, read p. 659-661, fig. 28-6, fig. 28-7, fig 28-8, fig 28-9, key point p. 663, fig 28-10, read General Management, key point, p 664, fig 28-11, fig 28-12, key point 665,

Vocab:

Acclimatization, Acute Mountain Sickness (AMS), Altitude illness, Ataxia, Gamow Bag, High altitude cerebral edema HACE, High Altitude Pulmonary Edema HAPE, Hypoxemia, Khumbu cough, Sleeping Altitude.