

Adrenal Crisis

BLS

1. Assess Responsiveness and **ABCs**
2. **Pulse Oximeter**, if available (**Do Not Delay O₂**)
3. **O₂ 15 LPM** Non-Rebreather Mask
4. **Vital Signs** (BP, Pulse, Respiration Rate)
5. **Treat for Shock** as needed
6. Obtain **CBG**

ILS

As Above

9. **IV of a Balanced Salt Solution** titrate to a systolic BP of 90 mmHg
10. **ECG monitor**
11. Treat Hypoglycemia if present with D50

ALS

As Above

12. **Solu-Cortef** 100 mg IV/IM
13. **12 lead ECG**
14. Treat dysthymias per protocol

This condition presents much like the Flu with altered mentation/lethargy, pallor, abdominal pain, nausea, vomiting, diarrhea, dizziness, headache, weakness, hypotension, and possible hypoglycemia. This condition may be precipitated by trauma, stress, and infection.

Pediatric Adrenal Crisis

BLS

1. Assess Responsiveness and **ABCs**
2. **Pulse Oximeter**, if available (**Do Not Delay O₂**)
3. **O₂ 15 LPM** Non-Rebreather Mask
4. **Vital Signs** (BP, Pulse, Respiration Rate)
5. **Treat for Shock** as needed
6. Obtain **CBG**

ILS

As Above

9. **IV** of a Balanced Salt Solution
10. **ECG** monitor
11. Treat Hypoglycemia if present with **D50**

ALS

As Above

12. **Solu-Cortef** 2 mg/kg up to 100 mg IV/IM
13. **12 Lead ECG**
14. **Treat dysrhythmias** per protocol

Adrenal Crisis presents like the Flu with altered mentation/lethargy, pallor, abdominal pain, nausea, vomiting, diarrhea, dizziness, headache, weakness, and possible hypoglycemia. It may be precipitated by trauma, stress, or infection.

SOLU-CORTEF

Paramedic

PHARMACOLOGY AND ACTIONS

The active ingredient in Solu-Cortef is Hydrocortisone which is a systemic corticosteroid that produces multiple glucocorticoid and mineralocorticoid effects. These effects are mineral metabolism (Na, K+, and Cl), fluid balance, blood pressure control, allergic and immune response, as well as male and female hormones.

INDICATION

Episodes of Acute Adrenal Insufficiency or Addisonian Crisis in a patient that has been previously diagnosed with adrenal disease. This condition may be precipitated by trauma, stress, or infection and may present as altered mentation/lethargy, pallor, abdominal pain, nausea, vomiting, diarrhea, dizziness, headache, weakness, hypotension, diaphoresis, and possible hypoglycemia.

CONTRAINDICATIONS

- Known sensitivity to drug compound
- Systemic fungal infections
- Neonates and premature infants

PRECAUTIONS

Benzyl alcohol, a component of this medication, has been associated with serious adverse medical events and death, particularly in pediatric patients. The "gasping syndrome" (CNS depression, metabolic acidosis, and gasping respirations) has been primarily seen in neonates, but providers should monitor all pediatric patients when administering this drug.

SIDE EFFECTS

- Cushing Syndrome
- Fluid Overload
- Seizures
- Dizziness
- Nausea
- Anxiety
- Vomiting
- Headache

PROTOCOL USED IN

- Adrenal Crisis

DOSAGE

As stated in protocols

Adult: 100 mg IV/IM

Pediatric: 2 mg/kg up to 100 mg IV/IM

Pregnancy Risk Category: C

Oregon.