

# Hartstilstand

## HARTSTILSTAND

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### 1. Oorzaken

- mechanisme van plotse dood: = dood binnen de 24h na de start van de symptomen. Het is bij 50% van de patienten met cardiovasculair lijden de eerste presentatie van hun toestand.

- overleving van CPR + ALS: 9 à 65% krijgt opnieuw circulatie. 1 à 20% verlaat ooit het ziekenhuis.

Recidief arrest bij neurologisch intact overlevenden is 30% binnen het jaar en 60% binnen de 5 jaar!

- indeling van de oorzaken:

- acute coronaire ischaemie: in 50% de oorzaak
- primaire ritmestoornissen: elektrische stoornissen congenitaal of verkregen, myocarditis of hypertrofische cardiomyopathie
- hartruptuur
- pericardtamponade
- metabole stoornissen
- niet cardiale oorzaken:
  - vooral bij PEA (pulseless electrical activity) = EMD (electromechanische dissociatie)
  - (omkeerbare) oorzaken: (4 H's en 4 T's)
    - Hypoxie (R/ O2 toedienen)
    - Hypovolemie (R/ IV colloïden en fysiologische oplossing)

- Hypo/Hyperkaliemie & metabole afwijkingen

- Hypothermie

- Toxiciteit (anti-aritmica, digoxine, betablokkers, calciumantagonisten, tricyclische antidepressiva, cocaine, heroïne)

- Tensiepneumothorax (R/ naald 14-16G plaatsen midclaviculair + intercostaal 2, naald laten zitten, CPR, Thoraxdrain)

- Tamponade (R/ pericardpunctie)

- Thrombo-embolische & mechanische obstructie (longembolie)

## **2. Kliniek**

- Bewustzijnsverlies
- ademhalingsstilstand (soms nog enkele minuten gasping)
- afwezigheid van pols
- soms voorafgegaan door thoracale pijn, ademnood, palpitaties, stuipen, shock, bewustzijnsveranderingen

## **3. Diagnostisch werkplan**

- Quick look met paddles
- monitoring: bloeddruk, ritme, saturatie
- labo:
  - CBC
  - elektrolyten
  - ureum, creatinine

- hartenzymes (CK, CK-MB, troponine)
- bloedgasen. Indien kandidaat voor thrombolyse beter een arteriele lijn plaatsen en zo weinig mogelijk prikken.
- medicatie concentratiebepaling (vb digoxine)
- toxicoscreening
- ECG
- Rx thorax:
  - positie endotracheale tube
  - pneumothorax
  - cardiomegalie
- Echocardio
  - vocht in pericard?
  - wandmotiliteit
- klepfunctie

#### **4. DD**

Plots bewustzijnsverlies met pulsaties door

- syncope
- epilepsie
- CVA
- hypoglycemie
- luchtwegobstructie
- hoofdtrauma
- intoxicatie

#### **Eerste opvang**

- quick look met paddles en zo nodig defibrillatie
- ABC (CPR, intubatie)
- IV lijn
- monitoring

## Specifieke behandelingen

behandeling in te stellen, afhankelijk van het ritme. Bradycardie, tachycardie

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