

暈厥 (Syncope)

- 定義：暫時性腦部血液灌流降低，引起的暫時性意識喪失合併姿態張力 (postural tone) 的喪失。通常不需要藥物或是心律整流即可自動恢復。
- 機轉：暈厥的機轉依病態生理學，可區分為下列四大類

1. Reflex-mediated vasomotor instability

Vasovagal
Situational: micturition, cough, swallowing, defecation
Carotid sinus syncope
Neuralgia
High altitude
Psychiatric

2. Orthostatic hypotension

Drugs
Primary disorders of autonomic failures
Secondary neurogenic causes

3. Neurological

Migraine
TIA
Seizure

4. Decreased cardiac output

- (1) Obstruction to Flow
 - Obstruction to LV outflow: aortic stenosis, HOCM, MS, myxoma
 - Obstruction to RV outflow: pulmonary stenosis, pulmonary HTN, Pulmonary embolism, myxoma
- (2) Arrhythmia
 - Bradyarrhythmias
 - Tachyarrhythmias
- (3) Other heart disease
 - Pumping failure: MI, CAD
 - Aortic dissection
 - Cardiac tamponade

病史的詢問必須要知道病人是在何種情況之下發生暈厥，如情緒激動、看見可怕的事物（如流血）、疼痛、大小便、吞嚥食物、頸部或手部的運動、站立太久、洗熱水澡、到高山上、劇烈的咳嗽。發作的時候是否有隨伴症狀，如抽筋、頭痛、眩暈、單側手足無力、步態不穩、心悸、胸痛或胸悶不適。最常見的暈厥是 vasovagal syncope.

TABLE 37-1	Causes of Syncope
Vascular	
Anatomical	
Vascular steal syndromes	
Orthostatic	
Autonomic insufficiency	
Idiopathic	
Volume depletion	
Drug- and alcohol-induced	
Reflex-mediated	
Carotid sinus hypersensitivity	
Neurally mediated syncope	
Glossopharyngeal syncope	
Situational (cough, sneeze, swallow, micturition, postprandial)	
Cardiac	
Anatomical	
Obstructive cardiac valvular disease	
Aortic dissection	
Atrial myxoma	
Pericardial disease, tamponade	
Hypertrophic obstructive cardiomyopathy	
Myocardial ischemia, infarction	
Pulmonary embolus	
Pulmonary hypertension	
Arrhythmias	
Bradyarrhythmias	
Sinus node dysfunction, bradycardia	
Atrioventricular block	
Tachyarrhythmias	
Supraventricular arrhythmias	
Ventricular arrhythmias (including long-QT and Brugada syndromes)	
Implanted pacemaker or implantable cardioverter-defibrillator malfunction	
Neurological and cerebrovascular*	
Arnold-Chiari malformation	
Migraine	
Seizure (partial complex, temporal lobe)	
Vertebrobasilar insufficiency/transient ischemic attack	
Metabolic*	
Drugs, alcohol	
Hyperventilation (hypocapnia)	
Hypoglycemia	
Hypoxemia	
Psychogenic syncope*	
Anxiety, panic disorder	
Somatization disorders	
Syncope of unknown origin	

* Disorders resembling syncope.

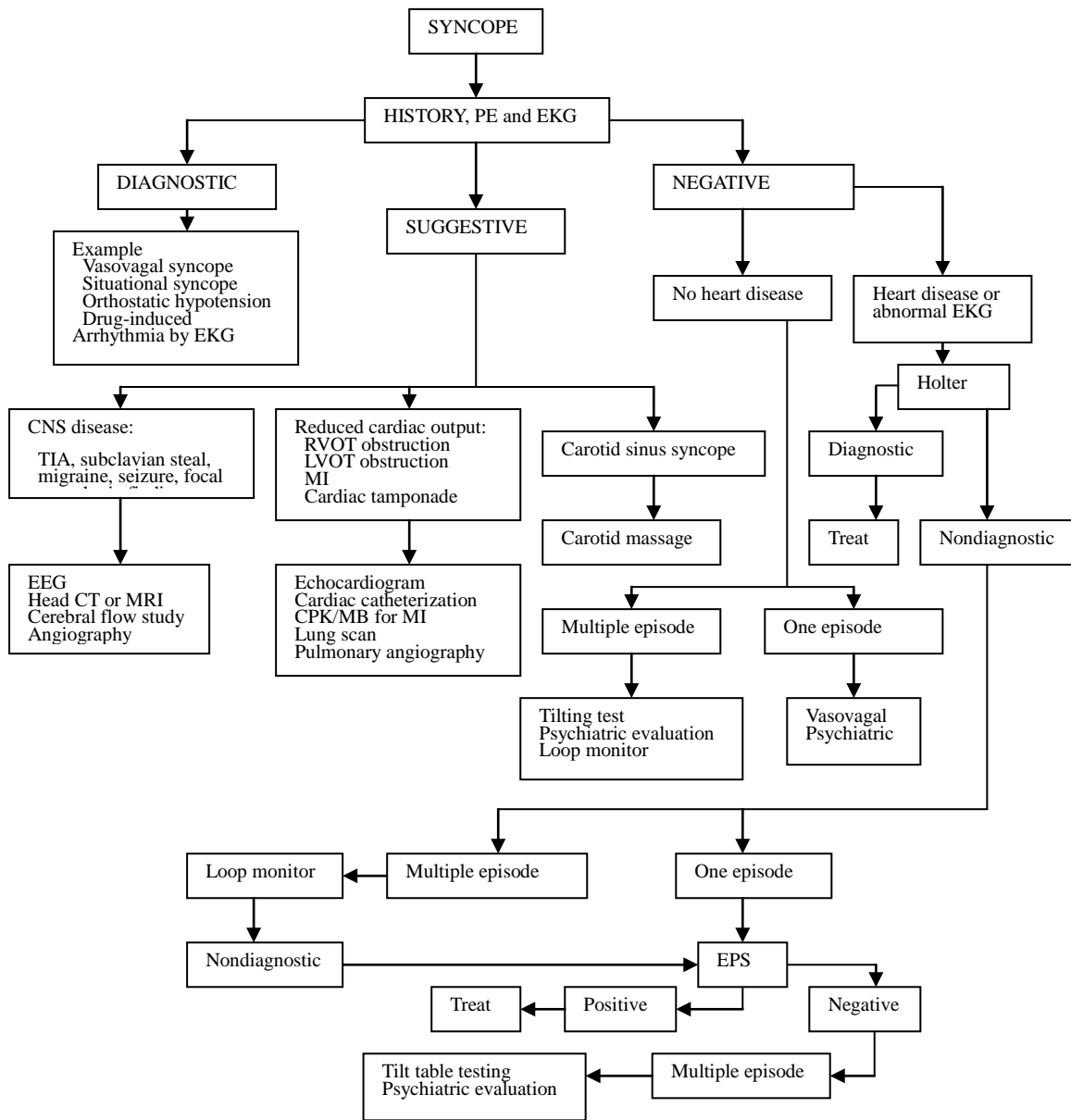
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Drugs

Diuretics
Alpha-adrenergic blocking drugs—terazosin (Hytrin), labetalol
Adrenergic neuron blocking drugs—guanethidine
Angiotensin-converting enzyme inhibitors
Antidepressants
Monoamine oxidase inhibitors
Alcohol
Diuretics
Ganglion-blocking drugs—hexamethonium, mecamylamine
Tranquilizers—phenothiazines, barbiturates
Vasodilators—prazosin, hydralazine, calcium channel blockers
Centrally acting hypotensive drugs—methyldopa, clonidine

快速記憶法：

- S → Situational：如疼痛、大小便、吞嚥食物、頸部或手部的運動。
- Y → Vasovagal (把 Y 看成 V)：如站立太久、洗熱水澡、到高山上、劇烈的咳嗽。
- N → Neurological：如抽筋、頭痛。
- C → Cardiac：如 AMI、arrhythmia、cardiac tamponade。
- O → Orthostatic hypotension 要知道病人有無服用 vasodilator、diuretic。
- P → Psychological：emotion stress。
- E → Everything else：要知道病人有無服用 sedative、cocaine 或其他 elicit drugs。



Reference

Ch37. Hypotension and syncope. Braunwald's HEART DISEASE 8th edition SAUNDERS 2008