

An Ongoing Series

I Can't Breathe—A SIPe of Water

Mariusz K. Urbaniak¹; Katarzyna (Kasia) Hampton, MD^{2*}

During a nighttime hostage rescue mission, your team undertakes a strenuous swim in cold water. Shortly after climbing on board of a large watercraft, one of your teammates becomes acutely ill. He is short of breath and he is coughing a lot. Thankfully, your team has successfully eliminated the threat and you can focus on helping your buddy.

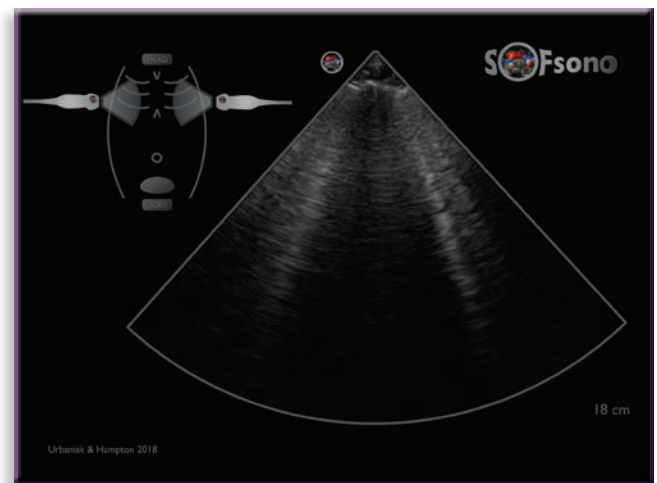
At your initial assessment, you note the following: heart rate, 105 beats/min; blood pressure, 145/95mmHg; respiratory rate, 30/min; SPO₂, 91% on room air; temperature, 35.5°C (95.9°F).

This 41-year-old man is in moderate respiratory distress, and even without a stethoscope, you can hear him wheezing. He shakes his head, however, when you ask him about a history of asthma.

Therefore, before attempting therapy, you hook up a pocket-size ultrasound transducer to your smartphone.

1. What specific diagnosis is likely, and what suggestive findings are present in Figure 1?

FIGURE 1 Lung ultrasound findings observed bilaterally.



2. What easily treatable risk factor could contribute to this condition?

Join us at SOFsono.org for further case discussion.

*Address correspondence to sofsono.org@gmail.com

¹Mr Urbaniak is a medical professional within the Polish Armed Forces. ²Dr Hampton is an emergency physician and a volunteer subject matter expert ultrasound instructor for the military medical community. She is currently practicing at the Landstuhl Regional Medical Center, Germany (US Army Medical Department).



Spring 2018
Volume 18, Edition 1

JSOM

JOURNAL of SPECIAL OPERATIONS MEDICINE™



THE JOURNAL FOR OPERATIONAL MEDICINE AND TACTICAL CASUALTY CARE



Inside this Issue:

- › Case Reports: Low Titer Group O Whole Blood Transfusion Protocol, Search and Rescue Corpsmen and Severely Injured Aviators, Hypothermia and DKA Challenges
- › In Brief: Shrail System Versus English Operating Table
- › Focus on REBOA
- › Collapsible Tube Model of Bleeding Control
- › Resilience in SOF, Intramuscular TXA in Tactical and Combat Settings
- › SOF Risk Reduction: Integration of ESRTs
- › Prehospital Ketamine Use During OEF
- › Blood Lead Toxicity in Multipurpose Military Dogs
- › Ocular Injuries and Cultural Influences in Afghanistan During OEF
- › Lead Exposure in the Special Operations Shooter, Screening Laboratory Studies for Heat Injury
- › Ongoing Series: Canine Medicine, Human Performance Optimization, Infectious Diseases, Injury Prevention, Law Enforcement & Tactical Medicine, Operational Medicine in the Austere Environment, Prolonged Field Care, SOFsono Ultrasound Series, Special Talk: An Interview, Unconventional Medicine, Book Reviews, TacMed Updates, TCCC Updates, and more!

*Dedicated to the
Indomitable Spirit
and Sacrifices of
the SOF Medic*

A Peer-Reviewed Journal That Brings Together the Global Interests of Special Operations' First Responders