

Acute adrenal insufficiency or Addison's disease is an endocrine disorder that occurs when the adrenal glands do not produce sufficient amounts of cortisol and other glucocorticoid hormones needed to respond to stress and inflammatory reactions needed to re-establish homeostasis after a stress response.

**Signs and Symptoms:**

- A. Severe weakness
- B. Confusion
- C. Pain in your lower back or legs
- D. Severe abdominal pain, vomiting and diarrhea, leading to dehydration
- E. Reduced consciousness or delirium
- F. Low blood pressure
- G. Hyperkalemia (High potassium)
- H. Hyponatremia (low sodium)

If left untreated, symptoms may progress to hypotension, shock, seizures and eventual heart failure.

**Treatment:**

Treatment based on identification, assessment and patient's level of distress

- A. Supplemental 100% Oxygen to maintain O<sub>2</sub> saturation > 95%
- B. ETCO<sub>2</sub> level
- C. BGL
- D. monitor vital signs including temperature
- E. Cardiac Monitor and 12 lead
- F. Vascular Access
  - a. If indicated (i.e. tachycardia, hypotension), 20 ml/kg NaCl to maintain systolic BP ≥ 90 mmHg
- G. For patient's confirmed to have acute adrenal insufficiency by either the presence of a medical alert bracelet, designation of medical records or other patient, family or medical confirmations administer Solu-Medrol 125mg slow IV push.