Exercise Induced Collapse (EIC): Overview

Background
1. Sudden loss of consciousness or postural tone during or after athletic event
2. Fatal and nonfatal collapse
3. Traumatic and non-traumatic collapse
   - Fatal traumatic collapse
     ▪ Head / neck injury
     ▪ Cardiac contusion
     ▪ Vascular disruption
     ▪ Visceral organ disruption
   - Fatal non-traumatic collapse
     ▪ Usually Sudden Cardiac Death (78%)
   - Nonfatal traumatic collapse
     ▪ Head/neck injury
     ▷ Concussion most common
   - Nonfatal non-traumatic collapse
     ▪ "Hitting the wall"
     ▪ Neurocardiogenic
     ▪ Hyponatremia
     ▪ Hyperthermia
     ▪ Hypothermia
     ▪ Anaphylaxis
     ▪ Bronchospasm
     ▪ Insulin shock

References
3. Camargo, C, Simmons, FE. Anaphylaxis: Rapid recognition and treatment. UpToDate Online 16.3 Topic last update 10/10/08

Author: Tony Chang, MD, University of Nevada Reno FPRP

Editor: Carol Scott, MD, University of Nevada Reno FPRP