

# 31 – WEAKNESS, BIKING

ICELAND



## THE STORY:

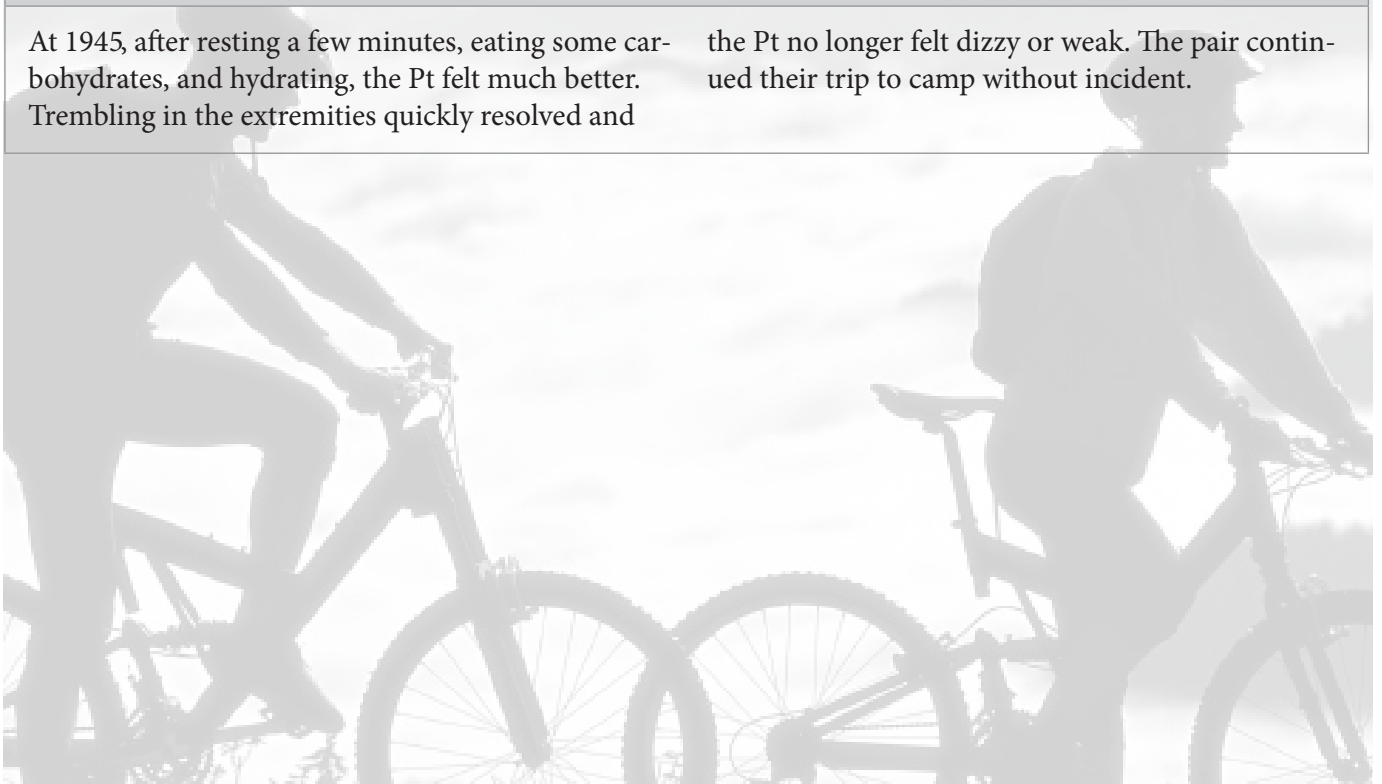
A pair of mountain bikers exploring a remote valley in the interior of Iceland had spent a long day biking and alternately carrying their bikes through thick mud and multiple stream crossings. At 1925, the Pt, a 27 y/o male complained of weakness, dizziness, and stated he was having difficulty balancing on his bike. The Pt had no allergies, took no regular medication, had last eaten at 1330 with water intake

at regular intervals, and had been mountain biking since 0800 that morning. The Pt's partner found him pale, sweaty, and shaking in the extremities with some obvious difficulty balancing. The Pt had no recent history of injury or illness. Pulse was: 88, Resp. 20, Skin: pale, cool, moist, Pt was awake and lethargic in answering questions.

**Put the appropriate information from the story above into the correct spaces provided in the SOAP note. Develop an Assessment for 1925 hrs. with Anticipated Problems and an appropriate Treatment Plan.**

At 1945, after resting a few minutes, eating some carbohydrates, and hydrating, the Pt felt much better. Trembling in the extremities quickly resolved and

the Pt no longer felt dizzy or weak. The pair continued their trip to camp without incident.



## QUESTIONS

1. If this Pt were a diagnosed diabetic, would this change your treatment plan?
2. If the hypoglycemia became progressively worse for this patient, what other signs and symptoms might you expect?

**ASSESSMENT AND TREATMENT PLAN**

<b>A = Assessment (Problem List)</b>	<b>A' = Anticipated Problems</b>	<b>P = Treatment Plan</b>
1925		
hypoglycemia	↓ mental status	feed and hydrate / monitor

**NOTES**


**What Actually Happened Next ...**

After further hydration and additional carbohydrates, the Pt was asymptomatic and able to continue biking without recurrence.