### NIH Toxidrome

#### Stress-response/Sympathomimetic

- **Affected Areas**
  - Central Nervous System
  - Autonomic Nervous System

- **Immediate Symptoms**
  - Altered mentation
  - Agitation
  - Obtundation
  - Confusion
  - Increased Pupil size (mydriasis)
  - Respirations (hyperventilation)
  - Pulse
  - Blood pressure
  - Sweating (diaphoresis)
  - Carpopedal spasm

- **Ongoing Symptoms**
  - Progression of agitation to panic
  - Potential for loss of consciousness or convulsions

### Examples

- **Chemical Warfare Agents**
  - None currently listed

- **Toxic Industrial Chemicals/Toxic Industrial Materials**
  - Mephedrone
  - Amphetamines

### Common Treatment Protocols

- General supportive care
- Proximity, immediacy, expectancy (PIE)
- Simplicity, proximity, immediacy, centrality, expectancy (SPICE)

### Sensitive Populations

- No particularly sensitive populations

### Concerns About This Syndrome

- Syndrome may also be triggered by:
  - Exposure to upsetting
  - Smells
  - Sights
  - Sounds
  - Situation

- Recognition by providers that casualties with this toxidrome may have a stress response, a toxicological reaction to a sympathomimetic drug, or both.

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Not meant to be a complete care guideline. Please refer to the CHEMM website for more information: [https://chemm.hhs.gov/mmghome.htm](https://chemm.hhs.gov/mmghome.htm)